

Relationship between Self-efficacy, Impulsive Behavior and Fear of Rejection

Dissertation submitted in partial fulfilment of the requirements for the award of

Bachelor of Science in Psychology

By **Ann**

Theres Rarichan

Register No: SB22PSY049

Under the guidance of

Ms. Maria Dony

Assistant Professor

Department of Psychology



ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

Nationally Re-accredited at 'A++' level (4th cycle)

Affiliated to: Mahatma Gandhi University

MARCH 2025

CERTIFICATE

This is to certify that the dissertation entitled, "Relationship between self-efficacy, impulsive behavior and fear of rejection", is a bonafide record submitted by Anntheres Rarichan Reg.no.SB22PSY049, of St.Teresa's College, Ernakulam under the supervision and guidance of Ms Maria Dony, and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title or recognition before.

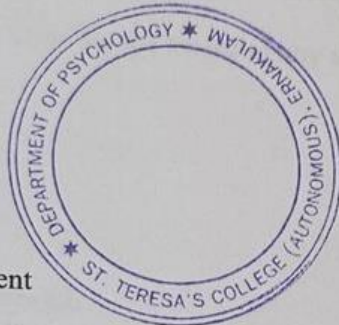
Date:

Ms. Ann Joseph

Head of the Department

Department of Psychology

St. Teresa's College, Ernakulam



Ms. Maria Dony

Assistant Professor

Department of Psychology

St. Teresa's College, Ernakulam

External Examiner 1:

25/04/2025

External Examiner 2:

Internal Examiner:

Graph in reforme

DECLARATION

I, Anntheres Rarichan, hereby declare that the study presented in the dissertation, which is submitted to the Department of Psychology, St. Teresa's College, Ernakulum is a Bonafide record of the research work carried out by me, under the supervision and guidance of Ms. Maria Dony, Assistant Professor of the Department of Psychology, St. Teresa's College, Ernakulum, in partial fulfillment of the requirements for the degree of Bachelor of Science in Psychology and has not previously formed the basis for the award of any degree, diploma, fellowship, title or recognition before.

Place: ERNAKULAM

Date: 24/4/25



Anntheres Rarichan

ACKNOWLEDGEMENT

It is not possible to prepare a project report without the assistance and encouragement of other people. This one is certainly no exception. I would like to express my deep heartfelt gratitude to the Department of Psychology, St. Teresa's College, Ernakulam for providing me with the opportunity to undertake the research.

I acknowledge my indebtedness and deep sense of gratitude to my research guide, Ms. Maria Dony, Assistant Professor, Psychology, for encouraging and guiding me throughout all the phases of my research.

I extend my sincere thanks to my parents, teachers and my friends who all have supported me throughout the time. I am grateful to each and every one who has given me guidance, encouragement, suggestions and constructive criticisms which has contributed immensely for this project.

Above all, I thank God Almighty for blessing me in all the stages of the project and for helping me complete the project successfully.

Thanking you

Anntheres Rarichan

Abstract

Self-efficacy, impulsivity, and fear of rejection are critical psychological constructs that drive decision-making, emotional control, and social interactions. Yet, their interrelations are not well understood, especially across heterogeneous cultural contexts. This research explores the

connection among these constructs in a group of 200 Englishspeaking adults between 18 and 35 years of age. Adopting a quantitative design, participants undertook established self-report scales measuring self-efficacy, impulsivity, and fear of rejection. Correlational procedures were used to assess the relations among these measures. Initial evidence indicates that weaker self-efficacy is correlated with greater impulsivity and larger fear of rejection, suggesting that individuals who doubt their capabilities tend to have impaired control over their impulses and an enhanced sensitivity towards social rejection. It is possible that cultural background will influence in which ways theses relations surface, emphasizing that context is highly relevant in psychology research. Knowledge of these dynamics can inform interventions to increase self-efficacy, decrease maladaptive impulsive behavior, and promote resilience against rejection sensitivity. The research presents a culturally responsive view of psychological adaptability and provides insights for mental health practitioners seeking to enhance emotional well-being and social functioning in young adults.

Table of Contents

Sl.No	Title	Page No
1.	Chapter I: Introduction	9
	Background of the study	10
	Theoretical Framework	12
2.	Chapter II: Review of literature	14

	Review of literature	15
	Rationale	19
	Current Study	20
3.	Chapter III: Methodology	22
	Problem Statement	23
	Objectives	23
	Hypothesis	23
	Operational Definition	23
	Research Design	24
	Sampling	24
	Inclusion Criteria	24
	Exclusion Criteria	24
	Measures	25
4.	Chapter IV: Result and Discussion	30
5.	Chapter V: Conclusion	35
	Key findings	36
	Implications	36
	Limitations	37
	Recommendations for Future Research	38
	Conclusion	39
	Reference	41
6.	Appendices	44
	Appendix A: Consent form	45
	Appendix B: Socio-Demographic Details	46
	Appendix C: General self-efficacy scale	47
	Appendix D: Barratt Impulsive Scale	50
	Appendix E: Fear of rejection scale	53

List of Tables

Table No.	Table Name	Page No.
Table 1:	Reliability of the Scales	26
Table 2:	Summary of the Shapiro-Wilk Test of Normality	27
Table 3:	Descriptive Statistics	29
Table 4:	Correlation between self-efficacy and fear of rejection	30
Table 5:	Correlation between Impulsive behaviour and fear of rejection	30 Table
6:	Correlation between self-efficacy, impulsive behaviour and fear rejection	31

CHAPTER I

INTRODUCTION Relationship between self-efficacy, impulsive behavior and fear of rejection

Background of the study

Self-efficacy is one's belief in the ability to achieve success and overcome challenges. When an individual has strong self-efficacy they won't take impulsive decision, where individuals tend to act without much thought and they won't be vulnerable to the fear of rejection.

Self-efficacy, according to Bandura (1997) and later broadened by Williams and Watson (1985), is a perception of capability in performing actions to accomplish goals. High self-efficacy stimulates motivation and persistence, while low

self-efficacy generates avoidance of tasks and limited personal development (Maddux, 2016; Schunk & DiBenedetto, 2021). In the long run, avoidance behaviour supports self-doubt, diminishing success opportunities (Zimmerman, 2000).

Rejection sensitivity is the fear of being rejected or criticized (Leary, 2001). It affects interpersonal behaviour, and individuals with rejection sensitivity might behave impulsively to stay clear of social rejection (Bernson et al., 2019). Impulsive actions, fueled by the need for approval, have maladaptive consequences, making life more difficult and interfering with relationships and emotional health (Downey & Feldman, 1996; Murray, Holmes, & Collins, 2006).

Impulsivity, also associated with dysregulation of emotions, relates to action conducted without respect to consequences (Whiteside & Lynam, 2001). As Wang et al. (2024) indicate, low self-efficacy individuals and those highly sensitive to rejection have difficulties controlling emotions, manifesting as impulse that interferes with long-term goals (Tangney et al., 2004). The dynamic among self-efficacy, fear of rejection, and impulsivity gives rise to a vicious cycle whereby low self-efficacy lessens emotional control, promoting impulsive reactions to social threats (Bandura, 1997; Leary, 2001). Resolving these in a comprehensive manner can enhance decision-making and emotional well-being (Maddux, 2016; Schunk & DiBenedetto, 2021).

The propensity for impulsive behaviour is usually shaped by one's self-efficacy and social rejection sensitivity. Individuals with high self-efficacy, who are convinced of their capacity to overcome difficulties and control their environment, tend to exhibit more impulse regulation since they are assured of their decision-making and problem-solving skills (Bandura, 1997; Schunk & DiBenedetto, 2021). Conversely, those with low self-efficacy can experience difficulty in

selfregulation and thus tend to have more impulsive behaviour due to seeking instant gratification or relief from uncertainty (Patton, Stanford, & Barratt, 1995).

Also, fear of rejection is very important in the formation of impulsive behaviour. Highly rejection-sensitive individuals tend to behave impulsively in social situations—either risk-taking to achieve approval or withdrawal precipitously to avert anticipated criticism (Mehrabian, 1970; Downey & Feldman, 1996). Others with lower fear of rejection tend to be more even-tempered behaviour, as they do not see social acceptance as a determining criterion in their choice (Leary, 2001). This research investigates how self-efficacy, impulse behaviour, and fear of rejection interact with one another, explaining how these issues together influence young adults' behaviour patterns and emotions (Cohen, 1988).

The problem of study revolves around comprehension of the ways in which selfefficacy, impulsiveness, and rejection sensitivity are related and work to influence decisionmaking and emotion regulation among young adults. As much as self-efficacy dictates the ability of a person to cope with tasks (Bandura, 1997), impulsivity tends to cause inefficient decision-making through its propensity to desire immediate gratification (Patton, Stanford, & Barratt, 1995). Fear of rejection, however, has been found to increase impulsive behaviour, with people engaging in social risks in order to receive approval or withdrawal to escape criticism (Mehrabian, 1970; Downey & Feldman, 1996).

Theoretical Framework

This study is mainly focused by Bandura's Self Efficacy Theory (1997), which mainly highlights the people's belief in their capacity to accomplish challenges which determines the individual's motivation, emotional control and decision making. Bandura (1986) defines that self-efficacy emphasizes the way individuals view challenges. High self-efficacy individuals are more goal-oriented and resilient

whereas low Self Efficacy individuals are likely to avoid the situation which are challenging and end up by taking impulsive decisions. (Maddux, 2016; Schunk & Dibenedatto, 2021) Self efficacy is a important component of selfregulation and individuals with lower self-efficacy might feel hard to supress their impulsive behaviour.

Impulsivity has also been correlated with ineffective emotional regulation, which further complicates rejection and social stress management (Tangney, Baumeister, & Boone, 2004).

The research also draws on Rejection Sensitivity Theory (Downey & Feldman, 1996), which describes how highly rejection-sensitive individuals anxiously expect and overrespond to perceived social rejection or criticism. Lowself-efficacy and highly rejection-sensitive individuals might respond with impulse behaviours to either try to gain social approval or take a sudden withdrawal to prevent rejection (Leary, 2001; Romero-Canyas et al., 2010). They are usually plagued with adaptive coping mechanisms, making emotional distress and maladaptive decision-making more likely (Murray, Holmes, & Collins, 2006).

By interconnecting all this theory, the study offers a integrated understanding of how this variables interact. Examining this variables and relationships can provide important insights into behavioural, control, emotional and social functioning mainly in young adults under social and emotional stress.

CHAPTER II

REVIEW OF LITERATURE

Review of literature

The review of literature considers the interconnection of self-efficacy, impulsivity, and fear of rejection based on fundamental psychological theories. It discusses Self-Efficacy Theory (Bandura, 1997) and how it functions as an explanation for behavioural regulation, the UPPS Model of Impulsivity (Whiteside & Lynam, 2001), and Rejection Sensitivity Theory (Downey & Feldman, 1996). Ultimately, it synthesizes these theories in order to evaluate their combined effect on decision-making and social behaviour among young adults

Self-efficacy and fear of rejection

Self-Efficacy and Fear of Rejection in Social Anxiety(Brown and Marshall (2019)). The aim of the study was to investigate the role of self-efficacy and fear of rejection in social anxiety and avoidance behaviour. Sample was taken from 350 undergraduate students from a U.S. university. Structural Equation Modelling (SEM) was used. Research Gap was that research concentrated primarily on social

anxiety but failed to examine the impact of these constructs on decision-making and impulsivity in day-to-day interactions. Conclusion for the study was that the Lower self-efficacy was significantly linked to greater fear of rejection, validating its position in social anxiety symptoms.

According to this study, Self-Efficacy and Fear of Rejection in Romantic Relationships (Johnson et al. (2021)). The aim of the study was to explore the effect of self-efficacy and fear of rejection on commitment and conflict resolution in romantic relationships. 420 young adults who were in committed relationships.. SelfEfficacy in Relationships Scale (Fincham & Rogge, 2010) and Fear of Rejection Scale (Leary, 2001). Regression Analysis was used for the statistical test. No gender differences in the role of self-efficacy and fear of rejection in relationship dynamics were explored by the study. Implicated that the building self-efficacy may promote more stable relationships through decreased fear-driven behaviours such as overattachment or avoidance. The study concluded that higher self-efficacy participants showed healthier conflict resolution and lower rejection fear, resulting in more stable relationships.

From this study, Self-Efficacy and Fear of Rejection as Factors Influencing Job Performance at Workplace (Singh and Patel (2020)). The aim was to examine how self-efficacy and rejection fear influence confidence at work and job performance. 500 corporate staff from different sectors. Sampling Technique used was Purposive sampling. Work Self-Efficacy Scale (Scherbaum et al., 2006) and Workplace Rejection Sensitivity Scale (London et al., 2014). Statistical Test used were ANOVA and Pearson correlation. Impulsivity in the way workers respond to rejection or performance feedback was not included in the study. The study concluded that the greater self-efficacy was associated with improved job

performance, whereas fear of rejection was associated with work anxiety and decreased productivity.

Building upon this, this study Self-Efficacy and Fear of Rejection in Academic Achievement. (Garcia and Lim (2023) explored the effects of self-efficacy and fear of rejection on academic motivation and class participation. 600 high school and college students. Sampling Technique used was Cluster sampling. Scales Used were Academic Self-Efficacy Scale (Chemers et al., 2001) and Fear of Negative Evaluation Scale (Watson & Friend, 1969).

T-tests and multiple regression were the statistical test used. The research failed to study long-term academic achievement or how personality traits determine such behaviours. Implicated that the facilitating academic self-efficacy can curb fear-based avoidance behaviour, increasing student engagement. The study concluded that higher self-efficacy students were more involved and achieved better academically, whereas fear of rejection resulted in less participation and academic anxiety.

Impulsive behaviour and fear of rejection

From this study, The Role of Impulsivity and Fear of Rejection in Adolescent Social Behaviour Hernandez and Kim (2021) examined how impulsivity and rejection sensitivity relate to peer pressure susceptibility and delinquency among adolescents. 500 high school students were sampled through cluster sampling. Adolescent Impulsivity Scale (Stanford et al., 2009) and the Social Anxiety and Rejection Sensitivity Scale (Gilbert & Meyer, 2005) were used to assess impulsivity and rejection sensitivity. Pearson correlation and ANOVA were employed for statistical analysis. The gap in the research is where the study had not accounted for environmental or familial factors in either impulsivity and rejection sensitivity. The

research implies the importance of school intervention programs that instill selfregulatory skills in preventing peer pressure stemming from impulsivity.

Impulsivity, Fear of Rejection, and Workplace Behaviour

According to this study, Stevenson et al. (2022) analysed impulsivity and rejection sensitivity effects on decision-making and workplace interpersonal interactions. The sample comprised 450 employees in the corporate sector, who were chosen purposively. The instruments used were the Dickman Impulsivity Inventory (Dickman, 1990) and the Workplace Rejection Sensitivity Scale (London et al., 2014). Hierarchical regression was the statistical test used. The gap in research is that it addresses short-term workplace behaviors without examining long-term career consequences of impulsivity and rejection sensitivity. The study recommends that organizations use self-regulation training to enable employees to cope with impulsive decision-making and fear of social rejection.

Self-efficacy and impulsive behaviour

The research "The relationship of self -efficacy beliefs to executive functions, (Gambin et al.2015). This study focused on the correlation between selfefficacy, impulsivity and inattention in school aged children. The sample of the study comprise 202 school aged children. Convenience sampling method was utilized. The instruments used were General Self-Efficacy Scale (Schwarzer & Jerusalem,1995), UPPS Impulsive Scale (Whiteside& Lynam, 2001). Multiple regression was utilized as statistical test. The study revealed that greater self-efficacy beliefs were linked to improved executive functions and reduced impulsivity in children. The limitation was dependence on self-report measures.

Self-efficacy

Self-efficacy and Academic performance in college students: A metaAnalysis". (Richardson et al., 2012). The purpose is to explore the correlation between self-efficacy and academic performance of college students. The metaanalysis consisted of 59 studies involving a total of 19,900 college students from diverse countries; gender and educational levels. Statistical test employed: Metaanalytic techniques. The study arrived at the conclusion that positive relationship between self-efficacy and academic performance.

Impulsive Behaviour

Impulsivity in the General population: A national study" (Swann et al., 2009). The objectives is to provide an estimate of the prevalence of impulsivity and explore its relation with psychiatric illness in the general population. Sample size include 34,653 adults aged 18 years and above from the united states; varied in gender and education level. Face-to-face interviews were administered using a multistage probability sampling design for national representation. Barratt impulsiveness scale were employed (Patton et al., 1995). Logistic analysis regression analysis was utilized as the statistical test. It was concluded in the study that the general population is dominated by impulsivity. Implication: Prevention and treatment targeting impulsivity could alleviate.

Fear of Rejection

The research "Rejection sensitivity and the Development of social anxiety in Adolescents: A five-year longitudinal study(Marston et al., 2021). The purpose is to investigate the contribution of rejection sensitivity to the development of social anxiety symptoms in adolescence. The sample included 1228 adolescents from united states, 52% female, aged 12-17 years, attending middle and high schools. Random sampling technique was applied. Children rejection sensitivity

questionnaire (Downey et al., 1998). The research determined that increased rejection sensitivity was able to predict increased symptoms of social anxiety over the five-year follow-up period. Implication: Prevention of social anxiety can be achieved by targeting rejection sensitivity during adolescence. Limitation: Self-reported measures were used in the study, and these can be influenced by response biases.

Rationale of the study

Understanding and knowing the relationship between self-efficacy, impulsive behaviour and fear of rejection is very helpful in these days where mental health issues and social pressures are increasing day by day. Self-efficacy one's ability to have belief in accomplish challenges which is important in decisionmaking, emotional stability and control. Individuals who are low in this domain exhibits behaviours such as self-doubt, anxiety and avoidant behaviours which increases the chance to fear of rejection. The fear can induce social withdrawal, issues regarding relationships and too much stress, which supports negative selfconcepts. Impulsive behaviour in which individuals act without thinking leads to taking wrong decisions and results in interpersonal conflicts. Those with elevated fear of rejection are likely to have impulsive behaviours as a means of seeking approval of fleeing emotional pain, establishing patterns of poor coping skills. Knowing the relationship is very important for in effective interventions which fosters emotional resilience, minimize maladaptive functioning and enhance general well-being. By understanding these factors one after other, individuals can develop and improve effective interventions, promote healthier decision-making and assist individuals in managing social challenges with confidence.

Current study

Although prior research has compared self-efficacy, impulsive action, and fear of rejection, these variables have tended to be studied in isolation or under

Western, individualistic cultural contexts. Most prior research highlights clinical or disorder-focused understandings of impulsivity, while its pervasive influence on day-to-day decision-making and emotional control is overlooked. Likewise, prior research on fear of rejection focuses primarily on romantic or employment relationships, but not its general impact on social relationships and self-concept. Moreover, the majority of studies have not adequately controlled for cultural differences, especially in young adults within collectivistic cultures. To fill these holes, this research investigates the relationship between self-efficacy, impulsivity, and fear of rejection in an ethnically diverse adult sample (18-35 years old) that is Englishspeaking, employing a sample size of 200.

CHAPTER III

METHODOLOGY

Problem statement

The study focuses the relationship between self-efficacy, impulsive behavior, and fear of rejection in young adults addressing the gap in understanding how these factors interact.

Research Objectives:

To examine the correlation between self-efficacy and impulsive behaviour in young

adults.

To explore the relationship between fear of rejection and impulsive behaviour.

To know whether self-efficacy is related to fear of rejection.

Hypothesis

H₀₁: There is no significant relationship between self-efficacy and impulsive behavior in young adults.

H₀₂: There is no significant relationship between fear of rejection and impulsive behavior in young adults.

H₀₃: There is no significant relationship between self-efficacy, impulsive behavior, and fear of rejection in young adults.

Operational Definition

1. Self-Efficacy: One's ability to believe in themselves when facing challenges, control emotions. High self-efficacy is linked with emotional stability, resilience and coping mechanisms. Measurement are used by the General SelfEfficacy Scale (GSES) (Schwarzer & Jerusalem, 1995).

2. Impulsive Behaviour: Individual with impulsive behaviour act without thinking which usually leads to decreased cautious thinking and leads to risky actions. It is measured through the Barratt Impulsiveness Scale (BIS-11) (Patton et al., 1995)

3. Fear of Rejection: Refers to a person's increased sensitivity to rejection, criticism, or negative judgment by others, and potentially resulting in avoidance, anxiety, and being not able to build secure relationships. It is measured with standardized instruments like the Fear of Negative Evaluation Scale (FNE) (Leary, 1983).

Research Design

The study uses a quantitative approach to investigate the relationship between self-efficacy, impulsive behaviour and fear of rejection. A correlational design is used to determine the extent to which these variables are associated, providing insights into how self-efficacy influences impulsive tendencies and sensitivity to rejection.

Sampling

The sample included 203 participants who voluntarily agreed to complete the online questionnaire, distributed via Google forms. The target population for this study consisted of residents of Kerala aged between 18-35. The study utilised convenience sampling method, a type of non-probability sampling, to recruit participants.

Inclusion criteria:

- Participants who are between 18-30 years
- Participants who are in Kerala and who knows English.

Exclusion area

- The participant who are below 18 years and who are above 30 years
- Participants who do not know English
- Participants who have mental issues.

Measures

General self-efficacy scale(GSE)

The General Self-Efficacy Scale (GSES) was originally constructed by Ralf Schwarzer and Matthias Jerusalem in 1979 to measure the perceived

self-efficacy of a person.

The scale consists of 10 items, and each item states a positive statement regarding the capacity of the person to deal with a variety of demands and challenges. The scale applies a 4-point Likert response category ranging from 1 (Not at all true) to 4 (Exactly true). A higher score denotes more self-efficacy. Extensively utilized in numerous disciplines, such as clinical psychology, educational institutions, organizational research, and health psychology, the GSES is a valid indicator of one's self-confidence to overcome adversity. It is scored through the summation of all item responses, presenting a general self-efficacy score that may be quantified in studies and used in applied contexts.

The Barratt Impulsiveness Scale-Brief

The Barratt Impulsiveness Scale-Brief (BIS-Brief) was developed by D. M. Patton, M. S. Stanford, and E. A. Barratt in 1995 as a concise measure of impulsivity. It consists of 8 items, each rated on a 4-point Likert scale ranging from 1 ("Rarely/Never") to 4 ("Almost Always/Always"). The BIS-Brief is widely recognized as a valid and reliable tool for assessing impulsiveness, with an estimated Cronbach's alpha of 0.78, indicating good internal consistency. This scale is commonly used in psychological research and clinical settings to evaluate impulsive behavior across various populations.

Fear of Rejection Scale

The Fear of Rejection Scale was developed by Nida Nafees and Musaddiq Jahan in 2018 to measure a person's fear of rejection. It has 13 items and is rated on a 7-point scale ranging from 1 ("Never") to 7 ("Always") with higher scores reflecting greater fear of rejection. The scale is validated as a trustworthy

measurement tool with a high Cronbach's alpha of 0.94, showing strong internal consistency. It is applied extensively in psychological studies to measure fear of rejection in various populations and settings.

Table 1

Reliability of scales	
Scale	Reliability
General Self-Efficacy	.904
Barratt Impulsive Scale	.674
Fear of Rejection	.838

Table 1 shows the reliability of all scales used in this study. The General selfefficacy scale has a reliability of .904, Barrat Impulsive Scale has a reliability has a .674, and Fear of rejection scale has a reliability of .838. The General selfefficacy scale and Fear of rejection scale have high reliability and Barrat Impulsive scale have a moderate reliability.

Procedure

A structured online questionnaire was developed, including standardised scales to measure ideal partner standards and romantic jealousy, such as age, gender, education. Participants were provided with a consent form explaining the study's purpose, voluntary participation, confidentiality, and anonymity. Only those who provided their consent could proceed with the questionnaire. Data was collected using Google Forms and the questionnaire was distributed via online

platforms such as social media, WhatsApp groups, and email. Participants were instructed to complete the questionnaire at their convenience, with an estimated completion time of approximately 10-15 minutes. A minimum of 200 responses were collected to ensure sufficient data for analysis.

Ethical Consideration

Table 2

	Shapiro-Whilk	
	W	P
General Self-efficacy Scale (GSE)	0.960	<.001
Barratt Impulsive Scale (BIS)	0.981	0.008
Fear of rejection scale (FRS)	0.988	0.076

Table 2 shows that male self-efficacy (GSE-SUM), male impulsivity (BIS TOTAL), and male fear of rejection (FRS-SUM) are not normally distributed since their p-values are less than 0.05 ($p = .031$, $p = .013$, and $p = .007$, respectively). Conversely, female impulsivity and female fear of rejection are distributed normally ($p = .111$ and $p = .139$, respectively). Female self-efficacy is significantly different from normality ($p < .001$), indicating a deviation from normality. These results suggest that non-parametric tests might be required for subsequent statistical analyses.

CHAPTER IV

RESULTS AND DISCUSSION

The results section presents the statistical finding of the study, including the descriptive statistics, correlation and independent t test. Each hypothesis is analysed using appropriate statistical tests, with table summarising key results.

Table 3

Descriptive statistics

Shows the descriptive which includes the mean, median and standard deviation of the data

Variables	Gender		Mean	Median	N	SD
			26.2	27.0		
Self-efficacy	Female	156				6.41
	Male	47	24.6	24		7.06
Impulsive behaviour	Female	156	18.8	19.0		3.57
	Male	47	20.0	20		3.11
Fear of rejection	Female	156	49.5	50.0		12.46
	Male	47	49.8	48		12.27

The descriptive statistics table presents the mean, median, and standard deviation for self-efficacy, impulsive behavior, and fear of rejection across gender groups. Females ($M = 26.2$, $SD = 6.41$) reported higher self-efficacy than males ($M = 24.6$, $SD = 7.06$). Conversely, males ($M = 20.0$, $SD = 3.11$) exhibited higher impulsive behavior than females ($M = 18.8$, $SD = 3.57$). Fear of rejection scores were similar between genders, with females ($M = 49.5$, $SD = 12.46$) slightly lower than males ($M = 49.8$, $SD = 12.27$). These findings suggest that while self-efficacy is higher among females, males tend to be more impulsive, whereas fear of rejection levels are comparable across genders.

Correlational analysis

H1: There is significant relationship between self-efficacy and impulsive behavior.

Table 4

Show the relation between self-efficacy and impulsive behavior

Showing the relation between fear of rejection and impulsive behavior

Impulsive behavior	
Self-efficacy	-0.554***

*Note. * $p < .05$, ** $p < .01$, *** $p < .001$ represents significance levels within statistical testing, and it indicates the likelihood a result is chance. $p < .001$ (***) signifies extremely strong significance at the 0.1% level.*

The Table shows a moderate to strong negative correlation between self-efficacy and impulsive behavior, meaning that as self-efficacy increases, impulsive behavior tends to decrease significantly ($p < .001$).

H2: There is relationship between fear of rejection and impulsive behaviour
Table 5

Showing the relation between fear of rejection and impulsive behavior

	Fear of rejection
Impulsive behavior	0.322***

*Note. * $p < .05$, ** $p < .01$, *** $p < .001$, The p -value ($< .001$) indicates a highly significant correlation. (***) denote strong evidence against the null hypothesis, conforming a meaningful relationship between the variables.*

It indicates a high positive correlation between fear of rejection and impulsivity with Spearman's $\rho = 0.325$, $p < .001$. This indicated that the individual with a higher fear of rejection tend to exhibit higher impulsivity. *H3:*

There is significant relationship between self-efficacy impulsive behaviour and fear of rejection

Table 6

Shows the relation between self-efficacy impulsive behavior and fear of rejection

	Self-efficacy	Impulsive behavior
Impulsive behavior	-0.554***	
Fear of rejection	-0.465***	0.325***

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, indicates a highly significant correlation, meaning the result is unlikely due to chance.(***) denote strong evidence against the null hypothesis, confirming a meaningful relationships between the variables.

Table 5 indicates a strong correlation between self-efficacy, impulsive behavior and fear of rejection. Self-efficacy is negatively correlated with impulsivity ($r=-0.554$, $p<.001$) and fear of rejection ($r=-0.462$, $p<.001$), interpreting that individuals with high self-efficacy have less impulsive behavior and fear of rejection. Impulsive behavior and fear of rejection are positively related ($r=0.325$, $p<.001$), showing high impulsive behavior have a high fear of rejection.

Discussion

Discussion chapter be discussing about the relation between this three variables: self-efficacy, impulsive behavior and fear of rejection. It will examine the findings generated from diverse statistical tests, such as scale reliability, descriptive analysis, independent t-tests, and correlation analysis. The chapter will begin with scale reliability used in addressing how effectively the scales measured self-efficacy, impulsivity, and fear of rejection. The correlation analysis will lastly be discussed,

showing the significant positive and negative correlations among the three psychological variables and how they are in accordance with existing literature and theoretical frameworks.

The findings demonstrated strong reliability for the scales measuring these psychological constructs. Normality test shows that self-efficacy and impulsive behavior deviated from the normal distribution and hence non-parametric test were used. Correlation analysis was used and significant relationship was seen among the variables, showing that individuals with great confidence in their ability have better self-regulation and less tendency for impulsive behavior. Additionally, those individuals with high impulsive behavior were found to be more sensitive to fear of rejection and social exclusion.

From one of the hypothesis, the results shows a strong negative correlation between self-efficacy and impulsive behavior which implies that the individuals with high self-efficacy are better at coping challenges and less likely to have impulsive behavior. This were supported by the research of Cyders et al.(2010), which suggest that individuals with high self-efficacy shows a greater self- regulation which reduced impulsivity. One contradictory evidence is that increased self-efficacy can lead to over belief in one's ability and increased impulsive behavior. Bandura's selfefficacy theory people with great self-efficacy are able to manage situations and overcome challenges, but some studies shows that over confidence can lead to decrease cautious decision-making.(Vancouver et al.,2002.) Says that although selfefficacy tends to increase self-regulation overall, in certain people with high selfefficacy may affect their safety and can be impulsive

Other hypothesis showed a moderate positive correlation between impulsive behavior and fear of rejection, which interprets that individuals who have high

impulsive behavior tends to have high sensitivity towards fear of rejection. Research by Chester et al. (2016) supports this saying that social rejection can lead to impulsive behavior, particularly those individuals with high negative urgency, a form of impulsive character like jumping to conclusions, sudden actions in response to unpredictable circumstances, this says that fear of rejection serves as an emotional trigger for impulsive reactions which increases the role of rejection sensitivity in people and makes impulsive decisions. An opposing view was that the extremely impulsive individuals are less likely to develop rejection sensitivity. Research has shown that certain impulsive individuals might respond to rejection with defiance or lack of concern of fear (Carver et al., 2008). Rather increased rejection sensitivity

One of the hypothesis was showing a negative correlation between the self-efficacy and fear of rejection showing people with high self-efficacy doesn't have a high sensitivity to fear of rejection. Kaushik & Yadav (2024), highlighting that the individuals with great self-efficacy shows greater resilience and strong sense of belonging and less sensitivity to fear of rejection.

Conclusion

The study shows the relationship between self-efficacy, impulsive behavior and fear of rejection in young adults. By interpreting the theoretical frameworks and the findings contribute to the understanding of how this are related and influences impulsive behavior and social anxiety. The results reinforce existing research demonstrating the role of self-efficacy in self-regulation and rejection sensitivity while highlighting the emotional underpinnings of impulsivity.

Chapter V

CONCLUSION

Key Findings

- There is a significant negative correlation between self-efficacy and impulsivity.
- A significant negative correlation was found between self-efficacy and fear of rejection.
- A significant positive correlation was observed between impulsivity and fear of rejection
- There is no gender difference in self-efficacy, fear of rejection and was seen a slight difference in impulsive behaviour.

Implications

Boosting self-efficacy serve as a valuable strategy and implementing self-efficacy in workplace, education settings could aid in promoting to overcome challenges and decision-making abilities and emotional resilience. Additionally, Impulsivity in mental health sector is also very crucial, not only help in managing impulsive behaviour but also support individuals in overcoming fear of rejection. This study confirms Bandura's Social Cognitive Theory, where self-efficacy is a key to behavior and emotion regulation. Those people who have a lot of self-confidence tend to do better emotionally and have fewer impulsive urges. In addition, the negative relationship between self-efficacy and impulsivity, along with fear of rejection, shows that high self-belief people are better at regulating their emotions and resisting impulse drives.

This study has also broadened the theoretical framework of impulsivity and social anxiety by proving the close relation between them. The data confirm the past literature, that shows that impulsivity is a strong part of our emotional behaviors. These findings support that those that have high impulsivity are prone to be rejected socially, and the contact between the two can now be better understood.

Limitations

The research many limitations, one limitation is the use of self-reported measures, which can cause biases. The participants may fail to assess their own self-efficacy, impulsivity or rejection sensitivity which leads to biased findings. Future research may include behavioural measures or peer ratings to corroborate self-reported information. Further, the cross-sectional design restricts causal inference between variables. Although the study identifies strong associations, it

does not specify if self-efficacy has a direct effect on impulsivity and fear of rejection. Longitudinal studies may assist in monitoring such associations over time and yielding stronger causal inference.

Yet another limitation is the non-normality of data for self-efficacy and impulsivity as shown by the Shapiro-Wilk test. While non-parametric tests were entertained, larger sample sizes or transformation methods could be employed in future work to enhance normality and statistical power. The sample of the study also included a young adult group (18-35 years) and excluded individuals who did not speak English, which restricts the generalizability to other age groups and cultures. Future research must investigate these variables with more diverse, cross-cultural samples to assess whether the results generalize universally. In addition, despite differences in gender regarding impulsivity, self-efficacy and fear of rejection did not show a significant gender difference. However, the research applied a binary gender categorization that left out gender-fluid or non-binary participants, an oversight that future research must rectify in order to promote inclusivity.

Finally, the impulsivity scale was less reliable than other measures, and this could indicate measurement bias.

Recommendations For Future Research

Future studies should investigate causal associations between self-efficacy, impulsivity, and fear of rejection using longitudinal study designs. As the present study is cross-sectional, it is not possible to know whether increased self-efficacy directly decreases impulsivity and fear of rejection or whether other psychological or environmental factors mediate these associations. Longitudinal studies would offer greater insight into how these characteristics change over time and whether

interventions to enhance self-efficacy can result in quantifiable decreases in impulsivity and fear of rejection.

A further critical research area is the study of these constructs across various cultural contexts. Because this research was limited to exclusion of non-English speakers, its results do not necessarily extend to collectivist cultures, in which social norms and self-concept might pattern self-efficacy, impulsivity, and fear of rejection differently. More studies should cover diverse linguistic and cultural samples in order to see if cultural values affect these psychological characteristics. Second, gender identity can also be studied outside the binary framework to analyse if nonbinary and gender-fluid persons have variations in patterns of impulsivity, self-efficacy, and fear of rejection.

Lastly, future studies should look into other forms of assessment that can be used alongside self-report. Because Impulsive behavior was less reliable, employing behavioral tasks or physiological responses (e.g., eye-tracking, heart rate variability) would be a more objective way to measure impulsivity. Experimental research could also investigate whether self-efficacy training programs result in better impulse control and social confidence.

Conclusion

The research shows important insights into the relationship between self-efficacy, impulsive behavior and fear of rejection in young adults. The results show that high self-efficacy is connected with low impulsive behavior and less sensitivity towards fear of rejection, which implies that who have more self-efficacy are more likely to have good self-regulation and emotional stability.. These findings

add to a developing literature exploring personality traits and emotional regulation with a focus on the role of self-efficacy in predicting behavioural and social outcomes.

Apart from its theoretical contributions, the present study holds implications for mental health interventions, workplace training programs, and educational initiatives targeting self-efficacy and impulse control. Based on the findings, it is possible that improving self-efficacy by means of cognitive-behavioural approaches or confidence-building training can curb impulsivity and rejection sensitivity and lead to better well-being. Yet, the constraints of self-report bias, non-normality of data, and cross-sectional design point to the necessity of future research employing longitudinal designs, diverse samples, and objective measures of behaviour. The research gives a foundation for future investigation and significant contribution for psychological factors that affect the individual's decision-making, emotional regulation and social well-being.

REFERENCES

APA PsycNet. (n.d.). <https://psycnet.apa.org/record/2001-14641-012>

Coutlee, C. G., Politzer, C. S., Hoyle, R. H., & Huettel, S. A. (2014). An

Abbreviated

Impulsiveness Scale constructed through confirmatory factor analysis of the
Barratt Impulsiveness Scale Version 11. Archives of Scientific Psychology,

2(1), 1–12. <https://doi.org/10.1037/arc0000005>

Downey, G., & Feldman, S. I. (1996). Implications of Rejection Sensitivity for

Intimate Relationships. Journal of Personality and Social Psychology, 70,

1327-1343. - References

Scientific Research Publishing. (n.d.).

<https://www.scirp.org/reference/referencespapers?referenceid=1983926>

Google Scholar. (n.d.).

[https://scholar.google.co.in/scholar?q=Moreover,+Moffitt+et+al.\(2011\)&hl=en&as_sdt=0&as_vis=1&oi=scholar](https://scholar.google.co.in/scholar?q=Moreover,+Moffitt+et+al.(2011)&hl=en&as_sdt=0&as_vis=1&oi=scholar)

Hickey, M. (2015, August 31). Fear of Rejection - Albert Ellis Institute. Albert

Ellis Institute. <https://albertellis.org/2015/08/fear-of-rejection/>

The jamovi project (2022). *jamovi*. (Version 2.3) [Computer Software]. Retrieved

from <https://www.jamovi.org>.

R Core Team (2021). *R: A Language and environment for statistical computing*.

(Version 4.1) [Computer software]. Retrieved from <https://cran.rproject.org>.

(R packages retrieved from MRAN snapshot 2022-01-01).

Kaushik, G., & Yadav, V. (2024). Impact of Fear of Rejection on Resilience and

Sense of Belongingness among Young Adults » The International Journal of

Indian Psychology. International Journal of Indian Psychology.

<https://doi.org/10.25215/1202.426>

MSEd, K. C. (2024, June 25). Self efficacy and why believing in yourself matters.

Verywell Mind. [https://www.verywellmind.com/what-is-self-efficacy-](https://www.verywellmind.com/what-is-self-efficacy-2795954)

[2795954](https://www.verywellmind.com/what-is-self-efficacy-2795954)

Nafees, N., Jahan, M., ICSSR Doctoral Fellow, Department of Psychology, Aligarh

Muslim University, Aligarh, UP, India, & Professor, Department of Psychology,

Aligarh Muslim University, Aligarh, UP, India. (2018). Fear of rejection: scale development and validation. In Indian Journal of Psychological Science (Vols. 10–10, pp. 70–76)

[Journalarticle].<https://www.napsindia.org/wpcontent/uploads/2019/04/9-Nida-Nafees.pdf>

Schwarzer, R., & Jerusalem, M. (1995). General Self-Efficacy Scale (GSE). In NFER- NELSON & J. Weinman, S. Wright, & M. Johnston, Measures in health psychology: A user's portfolio. Causal and control beliefs (pp. 35–37). NFER-NELSON.

[https://www.drugsandalcohol.ie/26768/1/General_Self-Efficacy_Scale%20\(GSE\).pdf](https://www.drugsandalcohol.ie/26768/1/General_Self-Efficacy_Scale%20(GSE).pdf) Wikipedia contributors. (2024, December 2).

Impulsivity. Wikipedia. <https://en.m.wikipedia.org/wiki/Impulsivity>

Zumeri, S. (2016). Albert Bandura-Self-Efficacy_ The Exercise of Control-W. H.

Freeman & Co (1997).pdf. www.academia.edu

https://www.academia.edu/28274869/Albert_Bandura_Self_Efficacy_The_Exercise_of_Cont rol_W_H_Freeman_and_Co_1997_pdf

Appendices

Appendix A: Consent Form

Greetings,

I am Anntheres Rarichan, a psychology undergraduate at St.Teresa's college, Ernakulam. I invite you to participate in my research study, "The relationship between self-efficacy, impulsive behaviour and fear of rejection in adults". If you are above the age of 18 and below the age of 35, I kindly invite you to participate in this brief survey, which will take approximately 10mins to complete. your participation is entirely voluntary and your response will remain confidential and anonymous. If you have any questions or require further information, please feel free to contact me at anntheresrarichan@gmail.com sincerely,

Anntheres Rarichan,

Psychology undergraduate, St. Teresa's College (Autonomous), Ernakulam

<https://docs.google.com/forms/d/e/1FAIpQLSeIhru3iXuUHgtc5WXRBDM>

By clicking "I Agree,"

1. You have read the above description.
2. You belong to the age group 18-35.

3. You have consented to participate in this research and understand that your responses will be kept confidential
 4. You understand that you can withdraw from the study at any time Without penalty.
- I agree
 - I disagree

Appendix B: Sociodemographic Details

Please ensure you provide all requested information. Skipping any fields may impact the accuracy of our analysis. The information you provide will be kept strictly confidential. Name (as initial only, e.g., Mary Mayn = M.M.)

Age

Sex

- Female
- Male
- Other:

Educational Qualification

- Completed 10th
- Completed 12th

UG student

Completed Undergraduate

PG student

- Completed PG

Appendix C: General Self Efficacy Scale

The GSE is a self-report questionnaire that takes about two or three minutes

To complete, where

- 1 = Not at all true
- 2 = Hardly true
- 3 = Moderately true
- 4 = Exactly true

1. I can always manage to solve difficult problems if I try hard enough.

- Not at all true
- Hardly true
- Moderately true

-
-
-
- Exactly true

2. If someone opposes me, I can find the means and ways to get what I want

- Not at all true
- Hardly true
- Moderately true
- Exactly true

3. It is easy for me to stick to my aims and accomplish my goals.

- Not at all true
- Hardly true
- Moderately true
- Exactly true

4. I am confident that I could deal efficiently with unexpected events.

- Not at all true
- Hardly true
- Moderately true
- Exactly true

5. Thanks to my resourcefulness, I know how to handle unforeseen situations.

- Not at all true
- Hardly true
- Moderately true
- Exactly true

6. I can solve most problems if I invest the necessary effort.

Not at all true

Hardly true

Moderately true

- Exactly true

7. I can remain calm when facing difficulties because I can rely on my capabilities.

- Not at all true
- Hardly true
- Moderately true
- Exactly true

8. When I am confronted with a problem, I can usually find several

Solutions.

- Not at all true
- Hardly true
- Moderately true
- Exactly true

9. If I am in trouble, I can usually think of a solution.

-
-
-
- Not at all true
- Hardly true
- Moderately true
- Exactly true

10. I can usually handle whatever comes my way.

- Not at all true

- -
 -
- Hardly true
- Moderately true
- Exactly true

Appendix D: Barratt Impulsive Scale

This is a self-report assessment scale ranging from 1-4, where

- 1 = never
- 2 = occasionally
- 3 = often
- 4 = always

-

-

-

1. I plan tasks carefully.

- Never

Occasionally

Often

Always

2. I do things without thinking.

- Never

- Occasionally

- Often

- Always

3. I don't "pay attention."

- Never

- Occasionally

- Often

- Always

4. I am self-controlled.

- Never

-
-
-
- Occasionally
- Often
- Always

5. I concentrate easily.

- Never
- Occasionally
- Often
- Always

6. I am a careful thinker.

- Never
- Occasionally
- Often
- Always

7. I say things without thinking.

- Never
- Occasionally
- Often

-
-
-
- Always

8. I act on the spur of the moment.

- Never
- Occasionally
- Often
- Always

Appendix E: Fear of Rejection Scale

This is a self-report assessment scale ranging from 1-7, where

1 = Never

2 = Very seldom

3 = Seldom

4 = sometimes

5 = often

6 = very often

7 = Always

1. I avoid people from other groups.

- Never
- Very seldom
- Seldom
- Sometimes
- Often
- Very often
- Always

2. I become anxious when people make rude gestures.

- Never
- Very seldom
- Seldom
- Sometimes
- Often
- Very often
- Always

3. I am critical of people from other groups.

- Never
- Very seldom
- Seldom
- Sometimes
- Often
- Very often
- Always

4. It makes me feel anxious when others do not trust me.

- Never
- Very seldom
- Seldom
- Sometimes
- Often
- Very often
- Always

5. I am comfortable with people from different backgrounds.

- Never
- Very seldom
- Seldom
- Sometimes
- Often
- Very often
- Always

6. I am basically shy and unsocial.

I become depressed when someone criticizes me.

- Never
- Very seldom
- Seldom
- Sometimes'
- Often
- Very often
- Always

•

•

•

-

-

7. It bothers me when someone from another religious group

call me bad names.

- Never
- Very seldom
- Seldom
- Sometimes
- Often
- Very often
- Always

8. When I sense that I might be rejected by others, I become

nervous and anxious

- Never
- Very seldom
- Seldom
- Sometimes
- Often
- Very often

-

-

-

- Always

9. It bothers me when someone ignores me

Never

Very seldom

- Seldom
- Sometimes
- Often
- Very often
- Always

10. I find myself trying to impress others.

- Never
- Very Seldom
- Seldom
- Sometimes
- Often
- Very often
- Always

•

•

•

-
-

11. I make adjustments according to the wishes of others.

- Never
- Very seldom

-
-
-

-
-
- Seldom
- Sometimes • Often
- Very Often
- Always

12. I put extra efforts in pleasing people.

- Never
- Very seldom
- Seldom
- Sometimes
- Often
- Very often
- Always

13. I feel like an outsider because of my religious affiliation.

- Never
- Very seldom
- Seldom
- Sometimes

-
-
-

-

-

- Often

Very often

Always

-

-

-

-

-

-

-

-

