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Relationship Between Appearance Based Rejection Sensitivity, Social Loneliness, and Coping Strategies among Youth



by

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Faculty of Management and Social Sciences
Capital University of Science & Technology,
Islamabad
January, 2024

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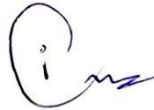
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CERTIFICATE OF APPROVAL

It is certified that the Research Thesis titled “Relationship Between Appearance Based Rejection Sensitivity, Social Loneliness, and Coping Strategies among Youth” carried out by Madiha Batool, Reg. No. BSP193004, under the supervision of Ms. Irum Noureen, Capital University of Science & Technology, Islamabad, is fully adequate, in scope and in quality, as a Research Thesis for the degree of BS Psychology.



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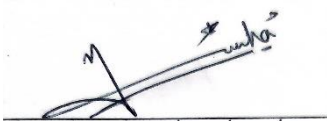
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DEDICATION

This study is wholeheartedly dedicated to my beloved parents and my supervisor who have been my source of inspiration and gave me strength when I thought of giving up.

DECLARATION

It is declared that this is an original piece of my own work, except where otherwise acknowledged in text and references. This work has not been submitted in any form for another degree or diploma at any university or other institution for tertiary education and shall not be submitted by me in future for obtaining any degree from this or any other University or Institution.

A handwritten signature in black ink, appearing to read 'Madiha Batool', is written over a horizontal line.

Madiha Batool

BSP193004m

January, 2024

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Firstly, I am filled with immense gratitude towards Allah SubhanahuwaTa'ala, the Lord of the universe, the Most Gracious and the Most Merciful. It is through His blessings that I have been granted the strength and ability to comprehend, learn, and successfully complete this report.

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I would like to give my warmest thanks to my supervisor **Ms. Irum Noureen** and my Head of department **Dr. Sabahat Haqqani** for making this work possible.

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ABSTRACT

Appearance-based rejection sensitivity is increasingly recognized as a significant concern among youth, impacting their social interactions and psychological well-being. This study aimed to explore the connection between appearance-based rejection sensitivity, social loneliness, and coping strategies in youth. Employing a quantitative approach with a correlation research design, data were gathered from a purposive sample of 300 youths from various educational institutions. Three questionnaires Appearance-based Rejection Sensitivity Scale, Social Loneliness Scale, and Coping Strategies Inventory were utilized to collect comprehensive insights from the participants. The findings revealed a positive correlation between appearance-based rejection sensitivity and coping strategies. Moreover, a negative correlation emerged between appearance-based rejection sensitivity and social loneliness. Furthermore, coping strategies demonstrated a negative correlation with social loneliness. The insights from this study offer valuable guidance for educators, mental health professionals, and policymakers in crafting interventions and support systems tailored to address appearance-based rejection sensitivity and its correlated effects on social loneliness and coping strategies among youth.

Keywords: *Appearance-based Rejection Sensitivity, Social Loneliness, Coping Strategies, Youth.*

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List of Abbreviations

ABRS	Appearance based rejection sensitivity scale
BCI	Brief Cope Inventory
UCLA	The University of California, Los Angeles (UCLA) Loneliness Scale,

CHAPTER 1**Introduction**

In recent years, there has been developing interest to understand the psychological experiences of youth, particularly in relation to appearance-based rejection sensitivity, social loneliness, and coping strategies. Appearance based rejection sensitivity refers to the fear or expectation of rejection based on people physical appearance, which can significantly impact an individual's social interactions and overall well-being. According to Hafen (2010), social loneliness was found to be a common occurrence during young age. Some people's social relationships can be severely impacted by their fear of being rejected because of how they look, which can result in social isolation and increased rejection sensitivity. Additionally, these people may use a variety of coping mechanisms to overcome the difficulties brought on by rejection based only on looks and lessen the bad effects it could have. Developing preventive measures that address these issues early in adolescence can have lasting positive effects. This includes incorporating mental health education into school curricula and promoting inclusive and diverse representations in media (Puhl & Heuer, 2009).

Social connections have a big impact on how people feel emotionally and how satisfied they are with life as a whole. Our psychological well-being and social adjustment may be significantly impacted by the nature and amount of our social connections. Research has proven that this rejection sensitivity is related with social loneliness among youth (Park, 2007). Social loneliness, on the other hand, pertains to the subjective distress resulting from a perceived lack of social connections and meaningful relationships. Younger folks have begun to grow less blissful with their personal physical appearance-based rejection sensitivity can be characterized as

dispositional disposition to over become aware of and react disproportionately to a refusing because people bodily appearance.

Social loneliness is described as lack of social contacts and having few humans to interact with regularly. Social loneliness is an objective lack of contacts, existing relationship, and social networks (Weiss, 2006). Coping strategies is a response aimed at diminishing the problem, avoidant, and emotional burden that is linked to annoying existence events and everyday hassles. People use coping strategies, a sequence of behaviour or cognitive process designed to help them deal with stressful situations in a direct and conscious manner (APA, 2020b).

High levels of appearance-based rejection sensitivity and social loneliness among youth have been linked to mental health issues, including depression, anxiety, and low self-esteem (Leary et al., 2003). The persistent fear of appearance-based rejection can contribute to the development of body image issues, potentially leading to more severe mental health concerns over time (Cash & Pruzinsky, 2002). Research suggests that interventions addressing these issues early in adolescence can have lasting positive effects on mental well-being (Puhl & Heuer, 2009). It's crucial to distinguish between social loneliness, characterized by a lack of social contacts and networks, and emotional loneliness, which is a subjective experience resulting from the absence of close emotional bonds (Gierveld et al., 2006). Understanding these distinctions helps tailor interventions to address specific needs related to social and emotional well-being.

Educational institutions play a pivotal role in creating awareness and fostering a supportive environment. Implementing anti-bullying and body positivity programs can contribute to a culture that promotes acceptance and inclusion (Puhl & Latner, 2007). Additionally, educational initiatives emphasizing adaptive coping strategies,

mindfulness, and problem-solving can contribute to youth resilience (Compas et al., 2017). Promoting inclusive and diverse representations in media is essential to counteract harmful beauty standards and enhance positive self-perception. Investigating the cultural and societal factors that contribute to appearance-based rejection sensitivity and social loneliness can provide a more nuanced understanding. Cultural variations and societal expectations may influence how youth perceive and cope with these challenges (Jackson & Chen, 2011). Exploring the role of cultural factors can inform interventions that consider diverse perspectives and experiences.

With the increasing influence of social media, exploring the role of online platforms in shaping appearance-based concerns and social loneliness among youth is an area ripe for research (Perloff, 2014). Social media's impact on body image and the potential exacerbation of appearance-based rejection sensitivity deserves attention. Understanding these dynamics can inform strategies to promote positive online environments. The emotional distress caused by appearance-based rejection sensitivity and social loneliness may extend into educational and occupational realms. Youth may find it challenging to focus on academic or professional pursuits, affecting their overall performance and satisfaction (Kawabata et al., 2010). Addressing these challenges early on is crucial for fostering a positive trajectory in educational and career development.

Individuals experiencing appearance-based rejection sensitivity may struggle to form and maintain healthy relationships, as their heightened sensitivity can lead to interpersonal difficulties and strained connections (Downey & Feldman, 1996). Social loneliness, if left unaddressed, may contribute to a cycle of relational challenges, as individuals may avoid social interactions due to fear of rejection, perpetuating a sense of isolation (Asher & Paquette, 2003). Implementing targeted interventions, such as

cognitive-behavioral therapy (CBT), can be effective in addressing appearance-based rejection sensitivity and social loneliness. CBT helps individuals reframe negative thought patterns and develop healthier coping mechanisms (Cash & Smolak, 2011).

Taking care of one's physical health can be a coping strategy. Regular exercise, a balanced diet, and sufficient sleep contribute to overall well-being, positively influencing mental health and resilience in the face of appearance-related challenges. The interconnectedness of physical and mental well-being underscores the importance of holistic approaches to coping. Some individuals cope by becoming advocates for body positivity and appearance acceptance. By educating themselves and others about diverse beauty standards and promoting inclusivity, individuals can actively contribute to societal change and challenge harmful norms (Wetherall et al., 2018). This proactive engagement fosters a sense of empowerment and social connection. Individuals facing appearance-based rejection sensitivity may adopt unique coping strategies based on their personal preferences and circumstances. Exploring and understanding these diverse coping mechanisms can provide valuable insights into the individualized nature of resilience and well-being. Seeking professional help, such as counseling or therapy, can provide individuals with a supportive and non-judgmental space to explore and address appearance-related concerns and social loneliness. Mental health professionals can offer guidance, coping strategies, and emotional support tailored to individual needs.

The idea of appearance-based rejection sensitivity centres on people's worries and anxiety about possible rejection from others based on their appearance. High appearance-based rejection sensitivity makes people more likely to notice even the smallest signs of prospective rejection, sometimes misinterpreting or exaggerating them (Wilhelm et al., 2013). This study examines the impact of people' social contacts and

psychological well-being on their sensitivity to rejection based on look. Social loneliness is a typical result of rejection sensitivity based on appearance. Despite having a social network, social loneliness is the perception of being alone or cut off from other people. This feeling of social loneliness might amplify their sensitivity to rejection based on appearance, resulting in a vicious cycle of unfavourable feelings and social disengagement Russell et al., (1978). Individual who deals with social loneliness frequently find it tough to establish and maintain strong connections because they believe that their appearance makes them distinct or unwanted.

Appearance-based rejection sensitivity, social loneliness, and coping strategies among youth revolve around the impact of appearance-related concerns on social interactions, emotional well-being, and adaptive coping mechanisms. Studies have found that individuals with high appearance-based rejection sensitivity, who are hypersensitive to potential rejection based on their appearance, are more likely to experience social loneliness (Beutel et al., 2017). They may anticipate and perceive more instances of rejection or negative evaluation related to their physical appearance, leading to feelings of isolation, dissatisfaction with social relationships, and a lack of social connectedness.

In understanding the psychological experiences of youth related to appearance-based rejection sensitivity, social loneliness, and coping strategies, it's crucial to delve into the potential consequences and long-term effects of these phenomena. High levels of appearance-based rejection sensitivity and social loneliness among youth have been linked to mental health issues, including depression, anxiety, and low self-esteem (Leary et al., 2003). Social loneliness is defined as an objective lack of contacts and social networks, whereas Emotional loneliness is defined as a subjective experience brought on by the absence of a close bond with a person (Gierveld. G et al., 2006).

Social loneliness can influence the use of coping strategies among youth. Those who experience social loneliness may employ various coping strategies to manage their feelings of isolation and disconnection. Adaptive coping strategies, such as seeking social support, engaging in problem-solving, and developing positive relationships, may help alleviate social loneliness. On the other hand, individuals may also engage in maladaptive coping strategies, such as social withdrawal, avoidance, or engaging in unhealthy behaviors, as a way to cope with their loneliness. The persistent fear of appearance-based rejection can contribute to the development of body image issues, potentially leading to more severe mental health concerns over time (Cash & Pruzinsky, 2002).

Emotional loneliness refers to the subjective experience of feeling emotionally disconnected or lacking close, meaningful emotional connections with others. It is characterized by a deep sense of emptiness, isolation, and a perceived absence of understanding or support from others. Individuals experiencing emotional loneliness may feel as though they have nobody with whom they can share their innermost thoughts, feelings, and vulnerabilities. The emotional distress caused by appearance-based rejection sensitivity and social loneliness may extend into educational and occupational realms. Social loneliness, if left unaddressed, may contribute to a cycle of relational challenges, as individuals may avoid social interactions due to fear of rejection, perpetuating a sense of isolation (Asher & Paquette, 2003).

Youth may find it challenging to focus on academic or professional pursuits, affecting their overall performance and satisfaction (Kawabata et al., 2010). Emotional loneliness is influenced by the quality and depth of social relationships. It arises when individuals lack significant emotional bonds or when existing relationships fail to provide the desired emotional connection. This can include a lack of close friends, a

strained relationship with family members, or a lack of a romantic partner. It also influenced by the perception of support from others. It is not solely determined by the number of social connections but also by the perceived availability and responsiveness of those connections.

Individuals may feel emotionally lonely even when surrounded by people if they perceive a lack of understanding, empathy, or emotional support from those around them. It arises when individuals feel unable to express their authentic selves or when they fear judgment or rejection if they were to share their true emotions. Emotional loneliness has significant implications for psychological well-being. It is associated with increased risk of mental health issues such as depression, anxiety, and low self-esteem. The absence of emotional support and connection can undermine individuals' sense of belonging, identity, and overall life satisfaction. Individuals experiencing appearance-based rejection sensitivity may struggle to form and maintain healthy relationships, as their heightened sensitivity can lead to interpersonal difficulties and strained connections (Downey & Feldman, 1996).

Implementing targeted interventions, such as cognitive-behavioral therapy (CBT), can be effective in addressing appearance-based rejection sensitivity and social loneliness. CBT helps individuals reframe negative thought patterns and develop healthier coping mechanisms (Cash & Smolak, 2011). Social loneliness refers to the perceived absence or deficiency of social relationships or social interaction. It is characterized by a sense of isolation, a lack of companionship, and a feeling of being excluded from social activities or networks. Social loneliness involves a deficit in the quantity or quality of social connections, irrespective of the depth of emotional intimacy.

Social loneliness can be influenced by the size and structure of an individual's social network. It occurs when individuals perceive themselves to have few social connections, limited social interactions, or when they lack close friendships or supportive relationships. Investigating the cultural and societal factors that contribute to appearance-based rejection sensitivity and social loneliness can provide a more nuanced understanding. Cultural variations and societal expectations may influence how youth perceive and cope with these challenges (Jackson & Chen, 2011).

Social loneliness is closely tied to the sense of social integration and belongingness. It arises when individuals feel detached from their social environment, experiencing a lack of inclusion or acceptance within social groups or communities. This feeling of not fitting in or being left out can contribute to social loneliness. The quality of social interactions plays a crucial role in social loneliness. It is not solely the number of social connections but also the perceived satisfaction, depth, and meaningfulness of those interactions that influence social loneliness. Individuals may feel socially lonely if their interactions lack authenticity, depth, or meaningful connection. With the increasing influence of social media, exploring the role of online platforms in shaping appearance-based concerns and social loneliness among youth is an area ripe for research (Perloff, 2014).

Social loneliness can be influenced by social comparisons, where individuals perceive a discrepancy between their social relationships and those of others. Comparing oneself to others who appear to have more fulfilling social lives can exacerbate feelings of social loneliness and amplify the sense of being socially isolated. Social loneliness has implications for physical and psychological health (Heuer et al., 2009). It is associated with increased risk of various health problems, including cardiovascular issues, compromised immune function, and mental health concerns such

as depression and anxiety. The absence of social connections and support can have adverse effects on individuals' overall well-being and quality of life.

Educational institutions can play a pivotal role in creating awareness and fostering a supportive environment. Implementing anti-bullying and body positivity programs can contribute to a culture that promotes acceptance and inclusion (Puhl & Latner, 2007). Educational initiatives can emphasize the importance of adaptive coping strategies, such as mindfulness, problem-solving, and seeking social support. Teaching youth effective coping mechanisms early on can contribute to their resilience in the face of challenges (Compas et al., 2017).

Appearance-based rejection sensitivity can impact the coping strategies employed by youth. Individuals who are highly sensitive to appearance-based rejection may utilize specific coping strategies to manage the emotional distress and negative consequences associated with their concerns about appearance (Robb et al., 2018). This can include seeking validation, engaging in appearance management behaviors, or developing strategies to avoid potential rejection. These coping strategies can have both adaptive and maladaptive manifestations. Individuals facing appearance-based rejection sensitivity may adopt positive affirmations and self-compassion as coping strategies. This involves cultivating a positive self-image, acknowledging one's strengths, and practicing self-kindness. These strategies contribute to building resilience and improving mental well-being. Cognitive restructuring involves challenging and changing negative thought patterns. Individuals may undergo cognitive-behavioral interventions to reshape their perceptions about appearance and social interactions. By reframing negative thoughts, individuals can develop a healthier perspective, reducing the impact of appearance-related concerns.

People use a variety of coping strategies to deal with the difficulties caused by appearance-based rejection sensitivity and social loneliness (Welsh et al, 2006). Coping strategies are the cognitive, emotional, and behavioural actions people take to control the pressures in their lives. Some people may practice adaptive coping techniques, such as reaching out for social support, using encouraging words to themselves, or building a strong feeling of self-worth. Despite the possibility of rejection based on appearance and social loneliness, these techniques assist people in developing resilience and maintaining their mental wellbeing. On the other side, some people could use unhealthy coping strategies like avoidance, self-isolation, or negative self-talk, which can make them feel worse and make their social problems worse. Building a strong support network, including family and friends, is crucial for youth facing appearance-related challenges. Encouraging open communication and providing a safe space for expression can mitigate the impact of rejection sensitivity and social loneliness (Markey, 2010).

Coping strategies are diverse, and individuals may employ a range of approaches to deal with challenges related to appearance-based rejection sensitivity and social loneliness (Pinto-Gouveia et al., 2018). Mindfulness practices, such as meditation and deep breathing exercises, can help individuals manage stress associated with appearance-based rejection sensitivity. These techniques promote self-awareness, emotional regulation, and a present-focused mindset, contributing to overall well-being. Some individuals may benefit from assertiveness training to enhance their ability to express themselves confidently and assertively in social situations. This can be particularly useful for overcoming the fear of rejection and building more positive interpersonal interactions (O'Connor et al., 2018). Adaptive coping involves problem-solving skills. Individuals may engage in constructive problem-solving to address the

root causes of appearance-related challenges. This can include setting realistic goals, breaking down larger problems into manageable steps, and developing action plans. Engaging in artistic or creative activities can serve as a coping mechanism. Art, music, writing, or other creative expressions provide a means of self-expression and can serve as an outlet for emotions. These activities contribute to emotional well-being and can act as a source of personal empowerment. (Wetherall et al., 2018).

Seeking professional help, such as counseling or therapy, can provide individuals with a supportive and non-judgmental space to explore and address appearance-related concerns and social loneliness. Mental health professionals can offer guidance, coping strategies, and emotional support. Some individuals cope by becoming advocates for body positivity and appearance acceptance. By educating themselves and others about diverse beauty standards and promoting inclusivity, individuals can actively contribute to societal change and challenge harmful norms (Luyckx et al., 2018).

Taking care of one's physical health can be a coping strategy. Regular exercise, a balanced diet, and sufficient sleep contribute to overall well-being, positively influencing mental health and resilience in the face of appearance-related challenges (Calogero et al., 2018). Pursuing hobbies and interests can be a constructive way to divert attention from appearance-related stressors. Involvement in activities that bring joy and fulfillment can contribute to a more positive mindset and sense of purpose. Coping strategies are highly individualized, and what works for one person may differ from another. It's essential for individuals to explore and adopt coping mechanisms that resonate with their personal preferences and contribute to their overall well-being (Gardener et al., 2018).

Literature Review

Review of the relevant literature said that one's sensitivity to rejection is greatly influenced by the rejection of one's parents, peers, and romantic partners. During young adulthood, rejection sensitivity is more likely to lead to internalizing issues like social loneliness (Ayduk et al., 2001) low confidence, as well as social anxiety (McCarty et al., 2010). Bowker (2012) found a direct correlation between social disengagement, social anxiety, and a perception of one's own value based on appearance and appearance rejection sensitivity. With the increasing role of technology in daily life, understanding how youth use digital platforms for coping with appearance-based rejection sensitivity and social loneliness is crucial. Exploration of online communities, social media, and virtual support networks can provide valuable insights (Primack et al., 2017).

The objective levels of attractiveness, people's perceptions of self-attractiveness perception may reflect how attractive they think, they are to other people. According to Park et al., (2009) women are more likely to be rejected because of their appearance than men. According to Webb et al. (2014) males are more likely than females to tease based on appearance. Parental rejection can significantly contribute to an individual's rejection sensitivity. Studies have shown that a history of parental rejection can lead to heightened sensitivity to rejection in various social contexts, including peer and romantic relationships (Riggs et al., 2011).

Rokach and Brock (1997) stated that a significant portion of the youth experiences frequent feelings of social loneliness. As an individual exposure that influenced by individual's personality, settings, and evidential variables, social loneliness is a cause suffering to painful multidimensional experience that is common to every individual (Rokach et al., 1988). Andre (1991) described the coping strategies

as; sometimes someone is desperately looking for cure to someone. It is referred as “positive solitude”.

By attempting to distance oneself from suffering, failure, restlessness, and desperation that come with social loneliness, one may seek to defend against the fear of experiencing social loneliness (Moustakes, 1972). To protect against the concern of feeling, lonely, there is a connection between the fear of rejection and social loneliness (Rook, 1988). According to Lara J. Farrell (2014), those who simultaneously reported more appearance-related peer pressure and teasing, more parent mocking, and greater acceptance of media appearance ideals also reported higher levels of appearance-based rejection sensitivity. Longitudinal studies exploring the lasting effects of appearance-based rejection sensitivity from adolescence into adulthood can shed light on how these early experiences shape long-term psychological well-being, interpersonal relationships, and coping mechanisms (Chang & Chang, 2017).

Jones et al. (2004) found that young people who reported greater exposure to an appearance culture within their peer and friendship groups created by friends' appearance conversations, distressing appearance teasing, and pressure to be attractive had higher concerns about appearance-based rejection. According to Bowker et al. (2013) peer interactions in early adolescence moderated links between appearance-RS and psychological maladjustment. According to Webb et al. (2017) internalised pressure to be attractive to peers, appearance-related teasing by peers and parents, and internalisation of media ideals (i.e., incorporating and accepting socially defined, frequently unattainable ideals of attractiveness into one's own values and beliefs) were all positively associated with appearance concerns, more specifically, appearance-based rejection sensitivity.

Loneliness is a negative emotion associated with the gap between desired and existing relationships. In both older (Domènech-Abella et al., 2019) and younger persons (Richard et al., 2017), loneliness has been connected to depression. Nowadays, social media's role in crisis communication is particularly crucial, especially for youth in industrialised nations who are part of the first generation to have grown up using social media on a daily basis. During emergencies, people use social media to find out about safety advice, news updates, and damage reports as well (Seo, 2021).

During young age, preoccupation, and dissatisfaction with physical appearance rise. These worries are caused by physiological and cognitive changes that make youngster more sensitive and reactive to other people's actions as they spend more time engaging with their peers (Webb and Zimmer-Gembeck, 2014). These changes are related to the growing amount of time that youth spend with their peers. According to several studies (Borch et al., 2011) these changes are all linked to an increase in teenagers' knowledge that appearance affects their social standing, sense of self, job prospects, and relationship options. Given the knowledge of appearance-related social comparisons and evaluations, it is remarkable that we still know relatively little about the precise way's teenagers react to situations where they feel judged or believe they could be. Support from parents was positively correlated with social isolation for children reporting poor support from friends (London et al., 2007). A growing and significant public health issue, loneliness is linked to an increased risk of illnesses and even mortality. Feelings of loneliness may be reduced by interventions that focus on coping mechanisms.

Several studies have found, individual with high of appearance-based rejection sensitivity tend to experience greater social loneliness (Bowker et al., 2012). Individuals may constantly worry about being judged or rejected by others due to their

appearance, leading them to withdraw from social interactions or experience difficulties forming and maintaining meaningful relationships. The fear of rejection based on appearance can contribute to feelings of social isolation and loneliness.

Moreover, appearance-based rejection sensitivity may also impact an individual's self-esteem and self-perception. If individuals believe that their appearance makes them more susceptible to rejection, they may develop negative beliefs about themselves, leading to reduced self-esteem and increased social loneliness. Nezelek, Forestell, and Williams (2012) found that appearance-based rejection sensitivity was positively associated with feelings of social loneliness. Individuals who were more sensitive to appearance-based rejection reported higher levels of social loneliness.

Social loneliness refers to the subjective distress resulting from the discrepancy between an individual's desired and actual social relationships and interactions. A person who experiences substantial deficits in their relationships with others is said to be lonely. Their perspective of their capacity to establish and/or sustain social bonds is brought back by the loneliness they feel. Both quantitative and qualitative deficiencies may exist. It is relative, coming from the comparisons that subjects make with societal norms, the social skills they desire to have, and the social skills of those around them (Dupont et al., 2016).

It's important to distinguish between loneliness and social isolation. A quantitative lack of social proximity and engagement with others defines social isolation as an objective state. A person who is socially isolated could not experience loneliness. On the other hand, someone who engages in a lot of social interaction could experience loneliness. Coping strategies, on the other hand, are the efforts individuals make to manage the internal and external demands of a stressful situation. Several

previous research studies have explored the relationship between social loneliness and coping strategies. Qualter et al., (2015) found that social loneliness was negatively related to adaptive coping strategies, such as seeking social support, problem-solving, and positive reappraisal. Individuals experiencing social loneliness were less likely to utilize effective coping strategies. The media's portrayal of beauty standards and societal ideals significantly influences appearance-based concerns. Individuals exposed to unrealistic beauty standards may develop heightened appearance-based rejection sensitivity, impacting their coping strategies and contributing to social loneliness (Perloff, 2014).

This involves taking proactive steps to address loneliness and seek social interaction. Individuals who use active coping strategies may engage in activities such as joining social groups, participating in community events, or reaching out to others for social support. Research suggests that individuals who employ active coping strategies tend to experience lower levels of social loneliness. Research indicates that gender plays a role in the choice of coping mechanisms. For instance, females may be more prone to seeking social support, while males might resort to avoidance or distraction strategies (Tamres et al., 2002). Understanding these gender-specific patterns can inform tailored interventions.

Avoidant coping strategies involve avoiding or withdrawing from social situations as a response to loneliness. These strategies may include avoiding social gatherings, isolating one, or engaging in excessive use of technology or media as a substitute for social interaction. Studies have found that individuals who rely on avoidant coping strategies often experience higher levels of social loneliness. Cultural backgrounds influence coping strategies and the perception of rejection. A culturally sensitive approach is essential to understand how diverse populations navigate

appearance-based rejection sensitivity and social loneliness, as coping mechanisms may vary across cultural contexts (Kim et al., 2013).

Some individuals may adopt maladaptive coping strategies when dealing with social loneliness, such as substance abuse, excessive eating, or engaging in risky behaviours. These strategies may provide temporary relief but can ultimately exacerbate feelings of loneliness and lead to negative outcomes. Integrating coping skill development into educational curricula may empower youth to effectively manage appearance-based concerns and social loneliness. Teaching resilience-building techniques, emotional regulation, and healthy communication skills can contribute to long-term well-being (Hurrelmann & Quenzel, 2008).

Seeking social support is considered an effective coping strategy for managing social loneliness. It involves reaching out to friends, family, or support networks for emotional support, advice, or companionship. Research suggests that individuals who actively seek social support experience lower levels of social loneliness. Studies exploring the role of self-compassion as a coping strategy for individuals dealing with appearance-based rejection sensitivity could provide valuable insights. Self-compassion may act as a buffer against negative self-perceptions and social isolation (Neff, 2003).

Cognitive coping strategies involves reframing or altering one's thoughts and perceptions about loneliness. For example, individuals may use positive self-talk, engage in self-affirmation, or focus on personal growth opportunities. These strategies can help individuals reframe their experiences of loneliness and reduce its negative impact. Examining how intersectionality, including factors like race, ethnicity, and sexual orientation, interacts with appearance-based rejection sensitivity and coping

mechanisms is an emerging area of interest. Intersectional perspectives can provide a more comprehensive understanding of diverse experiences (Crenshaw, 1989). Investigating the efficacy of mindfulness-based coping strategies in mitigating appearance-based rejection sensitivity and social loneliness could offer practical interventions. Mindfulness practices may promote self-acceptance and reduce the impact of external judgments (Kabat-Zinn, 1994).

Downey, Feldman, & Ayduk (2000) found that individuals high in appearance-based rejection sensitivity were more likely to use maladaptive coping strategies, such as avoidance and self-blame, in response to social rejection. Appearance-based rejection sensitivity and coping strategies can be linked that how individuals respond to perceived or anticipated rejection related to their appearance. Appearance-based rejection sensitivity refers to an individual's heightened concern and sensitivity to potential rejection based on their physical appearance. Coping strategies, on the other hand, refer to the way's individual's deal with and manage the stress and challenges they face.

Further exploration into the role of family dynamics in shaping rejection sensitivity during childhood and adolescence can provide insights into early intervention strategies. Understanding how family environments contribute to or mitigate rejection sensitivity is crucial for preventive approaches (Straus, 2014). Peer relationships play a pivotal role in shaping coping mechanisms. Investigating how peers influence contributes to the adoption of specific coping strategies in the context of appearance-based concerns and rejection sensitivity can inform peer-based interventions (Berndt, 2002). The link between appearance-based rejection sensitivity and coping strategies is that individuals high in appearance-based rejection sensitivity may be more likely to employ maladaptive coping strategies in response to appearance-

related rejection or perceived threats. For example, someone with high appearance-based rejection sensitivity may engage in avoidance or social withdrawal as a way to cope with the fear of rejection based on their appearance. They may also resort to self-blame or engage in negative self-talk as a coping mechanism.

On the other hand, individuals with low appearance-based rejection sensitivity may be more likely to employ adaptive coping strategies when faced with appearance-related rejection. They may seek social support, engage in problem-solving, or use positive reappraisal to effectively manage the situation and maintain their self-esteem. Vartanian and Dey (2013) found that individuals with high appearance-based rejection sensitivity were more likely to engage in maladaptive coping strategies, such as emotional eating, in response to appearance-related rejection. This suggests that high appearance-based rejection sensitivity individuals may use maladaptive coping mechanisms, such as seeking comfort in food, to deal with the distress caused by appearance-related rejection.

Individuals high in appearance-based rejection sensitivity may be prone to using maladaptive coping strategies in response to appearance-related rejection, which can have implications for their overall well-being and body image. It highlights the importance of understanding the link between appearance-based rejection sensitivity and coping strategies to develop effective interventions and support strategies for individuals dealing with appearance-based concerns (Silk et al., 2017).

Theoretical Framework

Leon Festinger (1954) was the originator of the social comparison theory, laying its foundation. Social comparison theory defines the circumstances, as the procedure, behind the concept that individual considers their own personal thoughts, beliefs,

attainment, and capabilities by means of evaluation with the opinion, beliefs, achievements, and qualities of others. Social comparison theory defines that there is a basic force with-in men and women to contrast their selves with different people to assess their own views and capability (Festinger, 1954). Social comparison theory suggests that people have a natural tendency to engage in social comparisons in order to gain accurate self-evaluations and form perceptions about themselves and their social standing.

Appearance-based Rejection sensitivity is the increased anxiety people experience over the risk of being rejected because of their outward appearance. Social comparison theory might assist to explain why people with high levels of rejection sensitivity based on appearance can frequently compare themselves to others. To determine their level of social acceptance, they could evaluate their physical characteristics, attractiveness, and body image in comparison to others'. When people compare themselves to others, it might cause them to have low opinions of themselves, experience more worry, and feel inadequate. The Social comparison theory, proposed by Leon Festinger in 1954, asserts that individuals have an inherent tendency to evaluate themselves by comparing their attributes to those of others. This theory plays a significant role in understanding how appearance-based rejection sensitivity and social loneliness may influence coping strategies. Appearance-based rejection sensitivity involves heightened anxiety over potential rejection based on outward appearance. Social Comparison Theory suggests that individuals with high rejection sensitivity may frequently compare themselves to others, particularly in terms of physical characteristics and attractiveness. These comparisons may lead to negative self-evaluations, increased worry, and feelings of inadequacy. The process of

comparing oneself to others becomes a coping mechanism to assess social acceptance and mitigate the fear of rejection.

Social loneliness refers to the subjective feeling of being lonely and disconnected from others despite being surrounded by people. Social Comparison Theory can provide insights into how individuals experiencing social loneliness may engage in upward social comparisons (Mooney et al., 2009). They may compare their social relationships, popularity, and social interactions to those of others, often perceiving themselves as lacking in comparison. These comparisons can reinforce feelings of loneliness and alienation, as individuals may perceive that they do not measure up to the social connections and experiences of others. The Social Comparison Theory helps explain how social loneliness can lead to negative self-perceptions and feelings of inferiority. Individuals may perceive themselves as lacking compared to their peers, contributing to a cycle of dissatisfaction and loneliness. Coping strategies are crucial for managing appearance-based rejection sensitivity and social loneliness. Social Comparison Theory highlights how individuals use social comparisons as coping mechanisms. Socially lonely individuals may engage in idealized upward comparisons with socially connected peers, seeking inspiration for improvement and attempting to alleviate their loneliness.

Several studies have found a significant association between appearance-based rejection sensitivity and social comparison processes. Appearance-based rejection sensitivity refers to the heightened sensitivity to potential rejection based on one's physical appearance. Social comparison theory suggests that individuals evaluate themselves by comparing their attributes to others. According to the theory, individuals with higher levels of appearance-based rejection sensitivity may engage in more

frequent and intense social comparisons related to physical appearance (Rokach, 2001). This can lead to negative self-evaluations, feelings of inadequacy, and increased social loneliness.

Younger adults up to the age of 20 may experience loneliness (Child and Lawton, 2019) at a high rate (Lim et al., 2019), and there is evidence that younger people may experience loneliness more frequently than older adults (Richard et al., 2017). Loneliness has traditionally been associated with older ages (Dykstra, 2009). When considered as a whole, loneliness is a serious problem for youth and is linked to worsened mental health outcomes, such as a higher risk of depression and social anxiety (Lim et al., 2019).

Social loneliness, characterized by a perceived lack of quality social connections, has been linked to social comparison processes. Individuals experiencing social loneliness may engage in social comparisons as a way to assess their social standing and evaluate their perceived deficits in social relationships. Social comparisons in the context of social loneliness can lead to negative self-perceptions, feelings of inferiority, and heightened social dissatisfaction. These comparisons may further perpetuate feelings of loneliness and social isolation.

Coping strategies can play a crucial role in how individuals manage appearance-based rejection sensitivity and social loneliness. While specific coping strategies may vary, individuals often rely on social comparison processes as a coping mechanism. By comparing themselves to others, individuals may attempt to gain a sense of belonging, reassurance, or validation. However, the effectiveness of social comparison as a coping strategy can vary. Some studies suggest that upward social comparisons (comparing oneself to those perceived as superior) may contribute to increased distress, while

downward social comparisons (comparing oneself to those perceived as inferior) may provide temporary relief (Steele et al., 2008).

Individuals use coping strategies to overcome emotional difficulties, hardship, and stress. To comprehend how people utilize social comparisons as coping strategies in the context of appearance-based rejection sensitivity and social loneliness, the social comparison theory may be employed. For instance, those who are highly sensitive to rejection based on appearance may make negative social comparisons with others they deem to be less physically appealing or who are also being rejected in order to enhance their self-esteem and manage their feelings of rejection. Similar to this, people who are socially lonely may make idealized upward comparisons with other socially connected people they respect in an effort to inspire themselves to make improvements in their social lives and lessen their loneliness.

According to the Social Comparison Theory, people assess themselves by making comparisons with themselves. A person may experience social loneliness as a result of appearance-based rejection. A person who is apart from or under others (Tiggemann et al., 2000). Coping mechanisms, such as seeking out social support and engaging in self-reinforcing actions, are employed to control the related unpleasant feelings.

Rationale

The purpose of this quantitative survey study is to investigate the relationship between appearance-based rejection, coping strategies and social loneliness among youth. In today's world there's very less awareness about appearance-based rejection sensitivity and it led to social loneliness. It also leads to lot of mental disorder like social anxiety, and isolation. People can use coping strategies as mechanism which can help

them to cope up with the fear of rejection that is based on appearance (Richard et al., 2017). Understanding the impact of appearance-based rejection sensitivity and social loneliness on youth can provide insight into their mental health and overall well-being. It can help identify risk factors, and potential interventions to support young people facing these challenges.

Appearance-based rejection sensitivity may contribute to experience of bullying and peer victimization among youth. By investigating this topic, researchers can gain a better understanding of the underlying dynamics and develop strategies to prevent and address these issues effectively. Youth needs to address the problem of loneliness since it is linked to worse mental health outcomes, such as depression, social loneliness, and self-isolation (Lim et al., 2019). This study helps youth to address the problems and find out the way to cope up with them. Mental health issues, such as anxiety, depression, and low self-esteem, are prevalent among youth worldwide. Exploring the relationship between appearance-based rejection sensitivity, social loneliness, and coping strategies can shed light on the specific challenges faced by Pakistani youth and the potential impact on their mental well-being.

Pakistan has a unique cultural context with specific societal norms, values, and expectations regarding appearance. In many cultures, including Pakistan, appearance plays a dominant role in social connections and acceptance. Understanding how appearance-based rejection sensitivity and social loneliness impact youth in this cultural context can provide valuable insights into their psychological well-being. Conducting research specific to Pakistan allows for a culturally sensitive approach to understanding and addressing the unique experiences and needs of Pakistani youth.

With the rapid growth of social networks and media platforms, Pakistani youth are increasingly exposed to idealized beauty standards and comparison culture. This exposure can contribute to heightened appearance-based rejection sensitivity and social loneliness. Investigating how youth in Pakistan cope with these pressures can provide insights into the effectiveness of different coping strategies and inform interventions to support their mental health. Adolescence and early adulthood are critical stages of development and understanding the factors that influence youth's well-being is essential. By examining appearance-based rejection sensitivity, social loneliness, and coping strategies, this study can contribute to a deeper understanding of the challenges faced by Pakistani youth during this important developmental period.

Objectives

1. To find the relationship between appearance-based rejection sensitivity, social loneliness, and coping strategies among youth.
2. To explore role of gender in appearance base rejection, social loneliness, and coping strategies among youth.

Hypotheses

1. There would be a relationship between appearance-based rejection sensitivity and social loneliness among youth.
2. There would be a relationship between social loneliness and coping strategies among youth.
3. There would be a relationship between appearance-based rejection sensitivity and coping strategies among youth.
4. There would be a significant gender difference in appearance-based rejection sensitivity, social loneliness, and coping strategies among youth.

METHOD

Design

The correlation research design was used in this study, in order to find relationship between the study variables.

Ethical Consideration

Permission was taken from department of Capital University of Science and Technology for the conduction of this research. After that, permission was taken from different institutes from which data is collected. The entire Participant was informed about the nature and purpose of the study in the start. Then researcher obtains voluntary and informed consent from the participants before their involvement in the study. Participants were fully aware of the study's purpose, procedure, potential risks, and benefits. Whenever they wish to withdraw, they can quit without any penalty. Researchers protect participant's privacy by ensuring the confidentiality of their personal information. They ensure that participants were not subjected to any form of discrimination, undue influence. All the data kept safe, private, and confidential. APA guidelines were followed to keep the process within ethical boundaries; participants were provided with a consent form and make sure about their privacy and confidentiality.

Population and Sample

The sample was selected through the convenience sampling technique. The sample was selected from the general population of Islamabad and Rawalpindi and the total size of the sample was 300. A sample of 150 females and 150 males with the age range of 15 to 29. The sample includes both male and female. G-power software was

used to calculate the exact sample size which is statistical software used to calculate sample size using statistical tests.

Inclusion Criteria

The target sample was youth from an age ranging between 15 to 29 years, from diverse backgrounds.

Exclusion Criteria

Individuals with severe cognitive impairments and mental disorder that would significantly impact their ability to comprehend study instructions provide informed consent or complete the study measures accurately may be excluded. Participants who do not have sufficient proficiency in the English language in which the study is conducted may be excluded.

Instruments

Appearance-RS scale

The Appearance-Rejection Sensitivity (Appearance-RS) scale, developed by Park in 2007, serves as a valuable psychometric tool crafted to gauge an individual's sensitivity to appearance-related rejection or negative feedback. This scale has played a pivotal role in enhancing our understanding of how individuals perceive and respond to potential criticism or rejection based on their appearance. Comprising 15 meticulously formulated items, the Appearance-RS scale delves into the nuanced aspects of an individual's anxieties related to potential rejection due to their appearance. Participants are tasked with rating each item on a scale ranging from 1 to 6, with anchors representing degrees of concern, ranging from 'very unconcerned' to 'very concerned.' This multi-item scale enables a comprehensive assessment of the participant's level of vigilance concerning appearance-related criticism or rejection.

A notable strength of the Appearance-RS scale lies in its capacity to capture diverse facets of appearance sensitivity. Beyond considering the fear of rejection, the scale evaluates the extent to which individuals worry about being negatively evaluated based on their appearance. This multifaceted approach ensures a nuanced understanding of appearance-related concerns, moving beyond a simplistic binary assessment of rejection sensitivity. Reliability, a critical aspect of any psychometric tool, is evident in the Appearance-RS scale, which has demonstrated high internal consistency. Park's (2007) study reported a Cronbach's alpha of 0.88, signifying a robust level of reliability. This suggests that the items consistently measure the intended construct of appearance rejection sensitivity, reinforcing the scale's trustworthiness and accuracy.

Widely employed in various research settings, the Appearance-RS scale exhibits versatility in capturing the dynamics of appearance-related concerns across diverse populations, including different age groups, cultural backgrounds, and clinical settings. This makes it a valuable instrument for researchers and practitioners interested in studying appearance-related issues. Moreover, its simplicity and ease of administration contribute to practical utility. Participants can efficiently provide ratings for each item, and the straightforward scoring process, involving summing up the scores, enhances its accessibility. This makes the Appearance-RS scale a viable option for both large-scale research studies and clinical assessments. Beyond its role in empirical research, the Appearance-RS scale informs interventions and therapeutic approaches addressing appearance-related concerns. Its role in identifying individuals at risk for heightened appearance sensitivity provides valuable insights for developing targeted support strategies and counseling interventions.

UCLA Loneliness Scale

The UCLA Loneliness Scale, devised by Russell et al. in 1978, stands as a widely acknowledged and extensively employed self-report tool for gauging subjective feelings of loneliness in individuals. This psychometric instrument holds a crucial role in comprehending and quantifying the intricate and multifaceted nature of loneliness. Comprising 20 items, each meticulously formulated to grasp the nuances of an individual's fundamental feelings of social loneliness, the UCLA Loneliness Scale commonly presents Likert-type scale response options, ranging from 1 (never) to 4 (often). Participants are prompted to reflect on the frequency of experiencing specific feelings or situations associated with loneliness.

A notable strength of the UCLA Loneliness Scale lies in its all-encompassing approach to loneliness assessment. The scale evaluates both social and emotional dimensions of loneliness, recognizing that it is not solely a consequence of physical isolation but also entails a profound emotional component. By encompassing items that address various facets of loneliness, the scale offers a holistic perspective on an individual's subjective experience. The high internal consistency, with a reported Cronbach's alpha of .89, underscores the reliability of this psychometric instrument. This level of consistency indicates that the scale's items consistently measure the intended construct, enhancing its trustworthiness and accuracy in assessing loneliness. Researchers and practitioners can rely on the scale to yield consistent and reliable results across diverse settings and populations.

Scoring the UCLA Loneliness Scale involves summing the scores for each item, resulting in a total loneliness score for each participant. Higher total scores signify elevated levels of loneliness, providing a quantitative measure of the intensity of an individual's feelings of social isolation. This total score proves valuable for comparing

loneliness levels among individuals or groups, facilitating meaningful analyses in both research and clinical contexts. Beyond its role in empirical research, the UCLA Loneliness Scale proves beneficial in clinical settings. Mental health professionals can use it to assess and monitor loneliness levels in individuals seeking therapeutic support. The scale's simplicity and ease of administration make it a practical choice for routine clinical assessments, enabling professionals to identify and address loneliness within a broader mental health evaluation.

Brief Cope Inventory

The Brief COPE Inventory, introduced by Carver et al. in 1989, serves as a concise and widely employed self-report instrument crafted to assess how individuals cope with stress, adversity, and challenging situations. Acting as a condensed coping scale, the acronym "COPE" represents Coping Orientation to Problems Experienced. Comprising 28 items, each rated on a 4-point Likert scale from 1 to 4, this inventory gauges diverse coping strategies such as denial, substance abuse, acceptance, and emotional support. Respondents assign ratings to indicate the perceived frequency of using each strategy. Scores for specific coping approaches are derived by summing relevant item ratings, providing insights into the respondent's coping style.

The Brief COPE Inventory delivers a comprehensive understanding of coping styles, categorizing them into problem-focused coping (involving direct actions to address the stressor), maladaptive coping (engaging in unhealthy or ineffective strategies), and emotion-focused coping (managing emotions linked to the stressor). Notably, this inventory boasts reliability, exemplified by a Cronbach's alpha value of 0.85. This coefficient underscores the internal consistency of the items, indicating a high level of reliability in measuring coping strategies. Widely embraced by researchers and practitioners, the Brief COPE Inventory is a valuable tool for uncovering an individual's

coping mechanisms, facilitating the identification of both adaptive and maladaptive strategies. Its brevity, combined with its capacity to capture a broad spectrum of coping styles, contributes to its sustained popularity in psychological assessments and research endeavors.

Procedure

A permission letter to conduct the study was obtained from Capital University of Science and Technology, CUST. Permission was acquired from different institutes for the conduction of study. Participants was briefed about the study purpose, benefits of their participation for future potential and their right to withdrawal without any penalty if faced by any kind of distress. They were also being provided with both verbal and written informed consent to make sure they were willingly participating in the study, and they can withdraw at any time. All the participants were assured of the confidentiality of their data. After voluntary participation in the study, participants were presented with a demographic sheet including age, marital status, education level and income. After the demographics have been obtained, the scales were presented to the participants without any pressure of time limit. All the participants were instructed as well to fill the questionnaires with care and not to omit any item in the questionnaire.

RESULTS

The present study aimed to examine the relationship between appearance-based rejection sensitivity, social loneliness and coping strategies among youth. Data analysis was carried out using SPSS- version 26. Initially, the demographics characteristics were identified through frequencies and percentages. Descriptive statistics and alpha reliability coefficients were computed the core of the investigation involved Spearman's correlation analysis, aimed at discerning the relationships between appearance-based rejection sensitivity, social loneliness, and coping strategies. This statistical methodology, chosen for its suitability in analyzing non-parametric relationships, elucidated the strength and directionality of associations between these variables.

Table 1*Demographic Characteristics of Sample (N=300)*

Characteristics	<i>N</i>	%
Gender		
Men	150	50
Women	150	50
Age		
15-18	37	12.3
19-22	138	96.0
23-26	96	32.0
27-29	29	9.7
Education		
Matric	3	1.0
Intermediate	74	24.7
Undergraduate	163	54.3
Graduate	48	16.0
Postgraduate	12	4.0
Family System		
Joint Family	131	43.7
Nuclear Family	168	56.0
Marital Status		
Married	77	25.7
Unmarried	223	74.3

Note: n= frequency, %= percentage

Table 1 intend the number of males ($f= 50\%$) participated in the study and female ($f=50\%$). Majority of participant were from age group 19 – 22 ($f=96\%$) and age group 23 – 26 ($f=32.0\%$) while few students were from age group 15 – 26 ($f=13.0\%$) and age group 27 – 29 ($f= 9.7\%$). Data was collected from different universities.

Students were from different level of education like matric ($f = 1.0\%$), intermediate ($f = 5.3\%$), undergraduate ($f = 54.3\%$), graduate ($f = 16.0\%$) and postgraduate ($f = 4\%$). As for family system maximum participants belong to nuclear family ($f = 56.0\%$) as compared to joint family ($f = 43.7\%$).

Table 2*Psychometric Properties of Scales (N=300)*

Scale	N	M	SD	Range		α
				Actual Range	Potential Range	
<i>ABRS</i>	15	96.00	28.54	30 – 178	15 –90	.97
<i>UCLA</i>	20	33.00	9.95	.00 – 56	0 –60	.82
<i>BCI</i>	28	67.00	13.25	28 – 108	28 –112	.86
<i>SUB-PFC</i>	8	19.00	4.25	8 – 31	8 –32	.74
<i>SUB-EFC</i>	12	26.00	5.78	11 – 44	12 –48	.70
<i>SUB-AC</i>	10	19.00	4.39	8 – 32	12 –40	.62

Note: *N*= no. of items, *M*= median, *SD*= standard deviation, α = alpha reliability, *ABRS*=Appearance-Based Rejection Sensitivity, *UCLA*= Social Loneliness Scale, *BCI*=Brief Cope Inventory, *SUB-PFC*= Sub scale Problem Focused Coping, *SUB-EFC*= Sub scale Emotional Focused Coping, *SUB-AC*= Sub scale Avoidant Coping

Table 2 intend those psychometric properties for the three scales used in this study. The Cronbach's α value for Appearance-based rejection sensitivity was (α = .97) which shows high level of internal consistency. The Cronbach's α value for UCLA Social loneliness scale was (α =.82) which also shows high internal consistency. The Cronbach's α value for Brief Cope Inventory was (α =.86) which also shows high internal consistency. Sub-scales show reliabilities which are acceptable and good.

Table 3

Descriptive statistics: Mean, Median, Mode, SD, Skewness, Kurtosis (N=300)

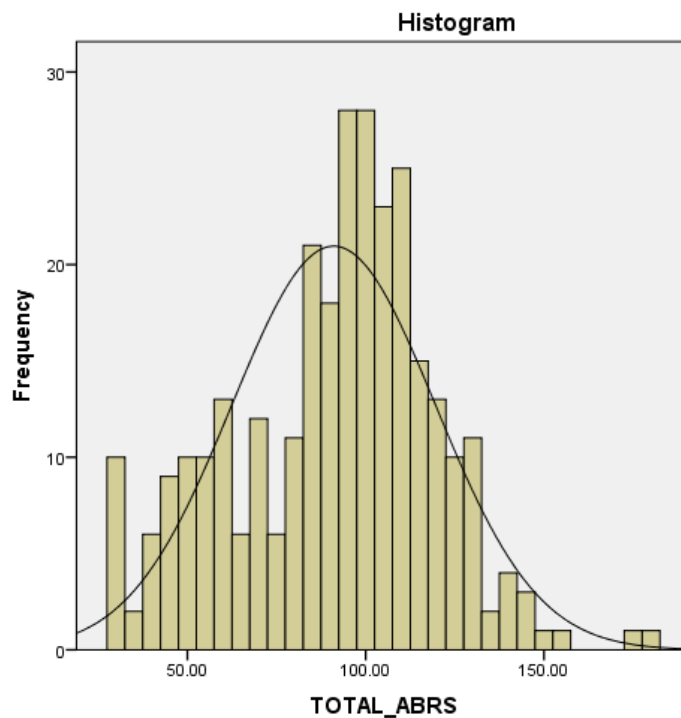
<i>Measures</i>	<i>M</i>	<i>Median</i>	<i>Mode</i>	<i>Skewness</i>	<i>Kurtosis</i>	<i>KS</i>	<i>P</i>
ABRS	91.01	96.0	97	-.21	-.18	.082	.000
UCLA	32.27	33.0	33	-.78	1.32	.122	.000
BCI	66.28	67.0	65	-.12	1.45	.069	.002

Note: M= mean, KS= Kolmogorov-Smirnov, ABRs=Appearance-Based Rejection Sensitivity, UCLA= Social Loneliness Scale, BCI= Brief Cope Inventory

Table 3 presents the descriptive statistics of ABRs, UCLA and BCI. ABRs shows (mean = 91.01, SD = 28.54), UCLA shows (mean = 32.27, SD= 9.95) and BCI shows (mean = 66.28, SD = 13.25). ABRs show non-normal distribution with respect to (skewness= -.21) and (kurtosis= -.18) values. UCLA show non-normal distribution with respect to (skewness= -.78) and (kurtosis= 1.32) values. BCI show non-normal distribution with respect to (skewness= -.12) and (kurtosis= 1.45) values.

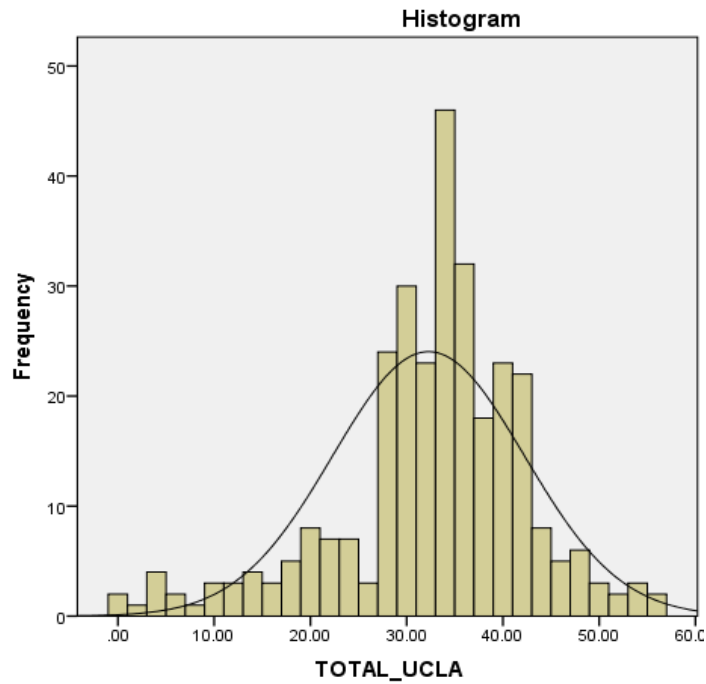
Distribution curve

Histograms showing the distribution curves for appearance-based rejection sensitivity, social loneliness scale and brief cope inventory for (n=300) are represented below.



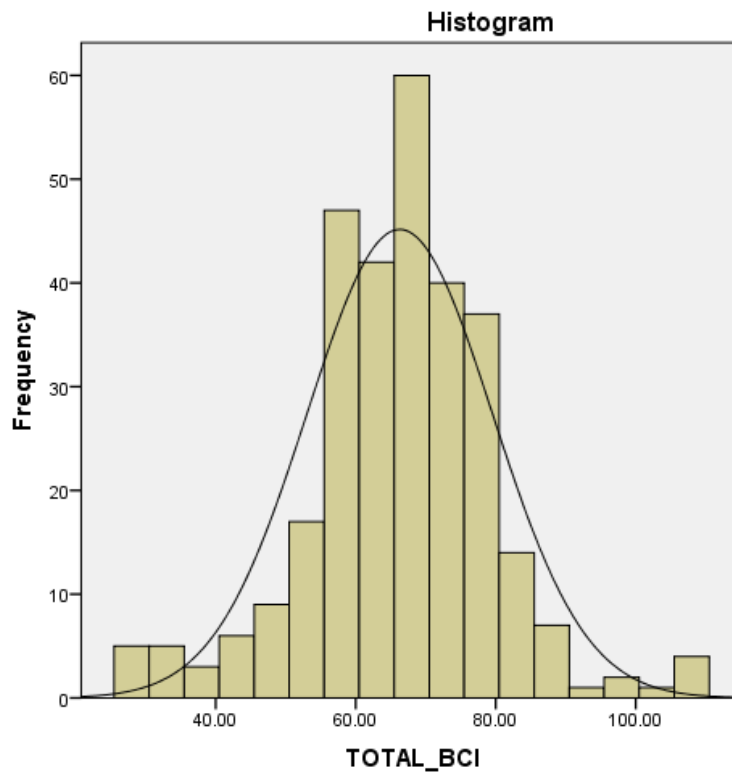
This is the graph of non-normal data distribution. The skewed to the left to right, meaning that one tail is longer than the other, it suggests non-normality. Deviations from this shape suggest the non-normality. The distribution tail that extends towards the right, it is positively skewed.

Figure 1- Distribution of Scores for Appearance-Based Rejection Sensitivity



This is the graph of non-normal data distribution. The skewed to the right to left, meaning that one tail is longer than the other, it suggests non-normality. Deviations from this shape suggest the non-normality. The distribution tail that extends towards the left, it is negatively skewed.

Figures 2- Distribution of Scores for UCLA Loneliness Scale



This is the graph of non-normal data distribution. The skewed to the left to right, meaning that one tail is longer than the other, it suggests non-normality. Deviations from this shape suggest the non-normality. The distribution tail that extends towards the right, it is positively skewed.

Figures 3- Distribution of Scores for Brief Cope Inventory (BCI)

Table 4

Descriptive Statistics and Correlation for Appearance-Based Rejection Sensitivity, UCLA Social Loneliness Scale and Brief Cope Inventory using Spearman's rho Correlation (N=300)

<i>Variables</i>	<i>N</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>1. ABRs</i>	300		-.14*	-.19**	.19**	.13*	.24**
<i>2. UCLA</i>	300			-.42**	-.37**	-.42**	-.28**
<i>3. BCI</i>	300				.76**	.91**	.80**
<i>4. SUB-PFC</i>	300					.58**	.47**
<i>5. SUB-EFC</i>	300						.66**
<i>6. SUB-AC</i>	300						

*Note. *p < .05. **p < .01 (2-tailed), ABRs=Appearance-Based Rejection Sensitivity, UCLA= Social Loneliness Scale, BCI= Brief Cope Inventory*

Spearman's correlational analysis was used to analyze the relationship between appearance-based rejection sensitivity, social loneliness scale and brief cope inventory as the data was non-normally distributed. Results show that ABRs and UCLA are negatively and weakly correlated ($r = -.143$, $p < .01$) with significant correlation at 0.05 level ($p < .05$), so its means along with the increase in appearance rejection, social rejection decreases. ABRs has highly significant but moderate positive correlation with coping strategies among youth ($r = .192$, $p < .01$) sample use more effective coping strategies when they face appearance rejection and UCLA shows highly significant but weak negative correlation with BCI ($r = -.192$, $p > .01$).

Table 5

Comparison of Gender ABRS=Appearance-Based Rejection Sensitivity, UCLA= Social Loneliness Scale, BCI= Brief Cope Inventory (N=300)

Variables	N	Male	Female	Z-value	P-value	U-value
		Mean Rank	Mean Rank			
1. ABRS	300	161.62	139.74	-2.14	0.032	9635.0
2. UCLA	300	140.83	160.17	-1.93	0.053	9799.50
3. BCI	300	158.99	142.01	-1.69	0.090	9976.0
4. SUB-PFC	300	150.94	150.06	-.08	0.929	11185.50
5. SUB-EFC	300	159.40	141.60	-1.78	0.075	9915.50
6. SUB-AC	300	160.01	140.99	-1.90	0.057	9824.0

Note: N= Number of Participants, P-value = sig.(2-tailed) (< 0.05, ≥ 0.05), AMS= Academic Motivations, AMS= Academic stress and BCI= Brief Cope Inventory

Table 5 intent that the ABRS mean rank for males (161.62) is significantly lower than for females (139.74), indicated by a Z-value of -2.14. This suggests a significant difference in ABRS between genders. Males have a mean rank of 140.83, while females have 160.17. The Z-value of -1.93 suggests a significant difference favoring females in UCLA scores. There's a significant difference favoring females (142.01) over males (158.99) based on the Z-value of -1.69. In SUB-PFC, it appears to be no significant difference between males and females in this variable as the Z-value is close to zero (0.08), indicating that the mean ranks for both genders are similar. In SUB-EFC, Females (141.60) show a significantly lower mean rank compared to males (159.40), with a Z-value of -1.78, indicating a difference in SUB-EFC between genders. In SUB-AC, females (140.99) have a significantly lower mean rank than males (160.01), indicated by a Z-value of -1.90 (0.05 or 0.01 for a two-tailed test).

DISCUSSION

This chapter focuses on discussing the findings and results of the study we statistically analysed using various analyses in SPSS. This present study aimed to find a relationship between appearance-based rejection sensitivity, social loneliness and coping strategies among youth. It is important for youth to be aware of the potential negative effects of appearance-based rejection and to develop effective coping strategies. There are a number of different coping strategies that can be effective, and the best strategy for an individual will vary depending on the specific stressors that the youth is facing. A total sample of 300 participants was recruited using convenient sampling from various institutes of Rawalpindi and Islamabad. For this study three scales were used Appearance-RS scale, Academic UCLA loneliness scale and Brief Cope Inventory. The questionnaires used in this study included an informed consent form, a demographic sheet obtaining details about students age, gender etc.

In this study, Appearance-RS scale demonstrated excellent reliability, with a coefficient alpha of .97 (Table 2). This high reliability coefficient suggests that the items in the inventory consistently assess appearance rejection among youth. Similarly, the UCLA loneliness Scale also exhibited good reliability, with a coefficient alpha of .82 (Table 2). According to Nunnally and Bernstein's (1994) criteria, which recommend an alpha coefficient of .70 and above for high reliability. The third measure was Brief Cope Inventory used to measure persons coping strategies in response stress its reliability stands at .86 in current study (Table 2). The high reliability coefficients obtained for these scales provide confidence in the consistency and accuracy of the measurements. Using established and reliable scales enhances the validity and

trustworthiness of the study findings. These questionnaires have been extensively used in previous research and have demonstrated robust psychometric properties.

This study had four major hypotheses that were explained. According to the first hypotheses of this current study is, there would be a significant relationship between appearance-based rejection sensitivity and social loneliness, and it is supported. Cash et al. (2012) found the link between ABRS, social anxiety, and loneliness in women. Their findings indicated that higher ABRS was associated with increased and loneliness. Calanog et al. (2014) explored the relationship between ABRS, body image dissatisfaction, and loneliness in young adults. They found that higher ABRS was related to stronger body image dissatisfaction and increased loneliness, especially among men. Smith et al. (2019) Explored the impact of social media on ABRS and its association with loneliness. The study found that excessive comparison on social media platforms contributed to heightened appearance-based rejection sensitivity and increased social loneliness among adolescents.

Campbell & Wichstrom (2007) investigated the connection between negative social feedback about appearance, fear of negative evaluation, and loneliness in adolescents. They found that adolescents who received negative social feedback about their appearance and had a higher fear of negative evaluation experienced increased loneliness. The role of appearance-based social anxiety (ABSA), which includes ABRS, in the development and maintenance of loneliness. They argued that ABSA can lead to self-isolation, avoidance of social interactions, and difficulties forming close relationships, ultimately contributing to loneliness (Cash & Silk 2017). Garcia et al. (2018) examined the link between parental attitudes towards appearance and the development of ABRS in adolescents. The study found that parental criticism or overemphasis on appearance contributed to higher sensitivity and loneliness in youth.

Harris et al. (2021) explored the effectiveness of intervention programs targeting loneliness in youth with high ABRS.

Jiang et al., (2023) study explored the relationship between ABRS, self-compassion, and loneliness in Chinese adolescents. They found that higher ABRS was associated with lower self-compassion and increased loneliness, while self-compassion served as a buffer against the negative effects of ABRS on loneliness. Cheng et al. (2022) investigated the link between appearance-related cyberbullying, ABRS, and loneliness in adolescents. They found that adolescents who experienced appearance-related cyberbullying had higher ABRS and increased loneliness, highlighting the potential negative impact of social media on appearance-based self-esteem and social connection. Investigate the effectiveness of integrating coping skills education into school curricula and the impact of media literacy programs on reducing appearance-based rejection sensitivity (Anderson et al., 2016).

The second hypotheses of this current study are, there would be a significant relationship between social loneliness and coping strategies, and it is supportive. There is a negative relation between social loneliness and coping strategies. Cacioppo et al. (2002) examined the link between coping styles and loneliness in community-dwelling adults. They found that individuals who relied on avoidance coping, such as withdrawing from social situations, had significantly higher levels of loneliness compared to those who used problem-focused coping, like actively seeking solutions or reaching out for social support.

Luhmann et al. (2012) investigated the connection between coping strategies and loneliness in adolescents. They found that rumination and passive coping, characterized by dwelling on negative thoughts and withdrawing from social interactions, were significantly associated with higher levels of loneliness, while

problem-focused coping was associated with lower loneliness. The relationship between coping strategies and social isolation in older adults. They found that negative emotion-focused coping, like blaming oneself or venting about problems, was linked to higher levels of social isolation, while positive emotion-focused coping, such as positive reappraisal and humour, was associated with lower levels of social isolation (Hawkley et al. 2003).

Cacioppo and Hawkley (2003) study examined the role of social isolation in loneliness and depression. They argued that certain coping strategies, particularly self-blame and disengagement, can lead to a downward spiral of negative emotions and social withdrawal, exacerbating both loneliness and depression. The impact of coping strategies on loneliness during the COVID-19 pandemic. They found that maladaptive coping strategies, such as substance use and avoidance, were associated with higher levels of loneliness, while adaptive coping strategies, like seeking social support and engaging in meaningful activities, were associated with lower levels of loneliness.

Wang et al. (2021) found the relationship between coping styles and emotional loneliness in Chinese university students. They found that passive coping styles, such as withdrawal and resignation, were significantly associated with higher levels of emotional loneliness, while active coping styles, like problem-solving and seeking social support, were associated with lower levels of emotional loneliness. Harris et al. (2021) Explored the effectiveness of intervention programs targeting loneliness in youth with high appearance-based rejection sensitivity. The study identified specific coping interventions that significantly reduced loneliness and improved overall well-being. Smith et al., (2019) found that excessive social media comparison contributes to heightened appearance-based rejection sensitivity and increased social loneliness among adolescents.

The third hypotheses of this current study are, there would be a significant relationship between appearance-based rejection sensitivity and coping strategies, and it is supported. Park et al., (2015) examined the relationship between appearance based rejection sensitivity, body image dissatisfaction, and emotion regulation strategies in young adults. They found that higher appearance based rejection sensitivity was associated with more frequent use of maladaptive emotion regulation strategies like rumination and suppression, potentially hindering effective coping with perceived appearance-based rejection. Calanog et al., (2014) explored the link between appearance based rejection sensitivity, body image dissatisfaction, and loneliness in young adults. Their findings indicate that individuals with high ABRS engaged in avoidance coping strategies more often, avoiding social situations due to fear of negative appearance-based evaluation. Feinstein et al., (2017) found that the use of coping strategies by individuals with high ABRS during daily life stressors. They found that individuals with high appearance based rejection sensitivity used self-blame and social withdrawal more frequently in response to daily stressors, suggesting potentially maladaptive coping mechanisms. Kim et al., (2020) Investigated the role of cultural factors in shaping coping strategies among youth facing appearance-related challenges. The study highlighted cultural variations in coping mechanisms and their influence on social integration and loneliness.

Anderson et al., (2016) Conducted a longitudinal study assessing the effectiveness of coping strategies over time. The research revealed that individuals who consistently employed adaptive coping strategies exhibited lower levels of loneliness compared to those with fluctuating or maladaptive coping patterns.

Cash et al., (2017) discussed the role of appearance-based social anxiety (ABSA), which includes ABRS, in the use of safety-seeking behaviours. They argued

that individuals with appearance based sensitivity anxiety may rely on avoidance behaviours to manage anxiety related to perceived appearance-based rejection. Campbell et al., (2008) found the relationship between negative social feedback about appearance, coping strategies, and depression in adolescents. They found that adolescents who received negative feedback about their appearance used emotional rumination and passive coping strategies more frequently, potentially exacerbating depressive symptoms. Lavell et al., (2014) explored the relationship between appearance-based victimization, ABRS, and body dysmorphic disorder symptoms. They found that higher appearance based rejection sensitivity mediated the relationship between appearance-based victimization and body dysmorphic symptoms, suggesting that individuals with high ABRS may struggle with adaptive coping after experiencing appearance-based rejection.

According to fourth hypotheses of this current study is, there would be a significant gender difference in appearance-based rejection sensitivity, social loneliness, and coping strategies among youth, and it is support. Females experienced more appearance-based rejection sensitivity and social loneliness than males. Cash et al., (2012) examined the link between ABRS, social anxiety, and loneliness in women. They found that women reported significantly higher levels of ABRS, and loneliness compared to men. Calanog et al., (2014) explored the relationship between ABRS, body image dissatisfaction, and loneliness in young adults. Their findings indicated that females had higher levels of appearance based rejection sensitivity, body image dissatisfaction, and loneliness compared to males. Campbell and Wichstrom (2007) found the connection between negative social feedback about appearance, fear of negative evaluation, and loneliness in adolescents. They found that adolescent girls who

received negative feedback about their appearance and had a higher fear of negative evaluation experienced increased loneliness compared to boys.

Jiang et al., (2023) explored the relationship between appearance based rejection sensitivity, self-compassion, and loneliness in Chinese adolescents. They found that female adolescents had higher levels of appearance based rejection sensitivity and loneliness compared to male adolescents. Cheng et al. (2022) found the link between appearance-related cyberbullying, ABRS, and loneliness in adolescents. They found that female adolescents experienced more appearance-related cyberbullying and had higher levels of appearance based rejection sensitivity and loneliness compared to male adolescents. Feinstein et al. (2017) examined the use of coping strategies by individuals with high ABRS during daily life stressors. They found that women with high appearance based rejection sensitivity used maladaptive coping strategies like rumination and social withdrawal more frequently than men with high appearance based rejection sensitivity, potentially explaining the heightened loneliness in females.

Conclusion

This study delved into exploring the complex interrelationships among appearance-based rejection sensitivity (ABRS), social loneliness, and coping strategies among young individuals. Through a meticulous analysis involving reliable scales and a sample of 300 participants from various educational institutes in Rawalpindi and Islamabad, the study sought to unravel the nuanced dynamics within these variables. The reliability assessments of the utilized scales Appearance-RS, UCLA Loneliness Scale, and Brief Cope Inventory yielded robust coefficients, indicating consistent and accurate measurements of appearance rejection, loneliness, and coping strategies among the youth. This solid foundation of measurement tools fortified the validity and trustworthiness of our findings.

The study substantiated the hypothesis positing a substantial correlation between appearance-based rejection sensitivity and social loneliness. In resonance with earlier investigations, our results harmonize with research conducted by various scholars. The identification of a correlation between appearance-based rejection sensitivity and an increased sense of social loneliness underscores the influence of perceived rejection based on appearance on an individual's feelings of social connection and belonging. Aligning with existing scholarly works, our study affirmed the inverse correlation between social loneliness and the adoption of effective coping strategies. Our findings underscored the adverse link between social loneliness and the utilization of adaptive coping mechanisms, underscoring the pivotal role of such strategies in alleviating feelings of loneliness among young individuals.

Our research substantiated the hypothesis suggesting a noteworthy association between appearance-based rejection sensitivity and coping strategies. Individuals with elevated appearance-based rejection sensitivity (ABRS) demonstrated a proclivity

towards adopting maladaptive coping strategies, potentially intensifying the difficulties associated with perceived appearance-based rejection. Additionally, our study affirmed the presence of gender disparities in appearance-based rejection sensitivity, social loneliness, and coping strategies among youth. Various research findings consistently indicated that females are prone to experiencing heightened levels of appearance-based rejection sensitivity, social loneliness, and are more likely to resort to maladaptive coping strategies compared to their male counterparts.

Limitation

Following are the limitations of this study: The study used a cross-sectional design, which means that the data was collected at one point in time. This thing limits its responses and its generalizability. Furthermore, the study is cross-sectional, which means that it cannot establish cause-and-effect relationships. Also, the study does not include data on the effectiveness of different coping strategies. Longitudinal studies could provide insights into the temporal dynamics and long-term effects of these factors.

The study used scales, that are self-administered, and self-report measures are subject to bias so, element of social desirability may hinder performance of participants. Stress because of any other factors were not able to control.

The study did not take into account cultural factors that may influence appearance-based rejection sensitivity, social loneliness and coping strategies among youth in Pakistan. For example, cultural expectations of family support, and religious beliefs may all play a role in how people experience and cope with stress. As all participants may have experience culture difference at some point in their universities and there are differences between cultures of universities, that also impact on participant's life. Also acknowledge that the study's findings may not represent the entire youth population in Pakistan. The sample used for the study have specific characteristics, such as education level or urban/rural distribution, which could limit the generalizability of the results. Future research should consider exploring these cultural factors in more depth to provide a nuanced understanding.

Recommendation and Implications

Firstly, Findings of this research study provide a baseline for upcoming studies related to these variables as previously these variables are not studied together. And this study sample consists of a specific age group with small sample size. Based on the findings of the study, develop, and implement targeted interventions and support programs that address appearance-based rejection sensitivity and social loneliness among youth in Pakistan. These interventions could focus on promoting positive body image, enhancing social connectedness, and teaching effective coping strategies. Increase awareness about the impact of appearance-based rejection sensitivity and social loneliness on youth mental health in Pakistan. Conduct workshops, seminars, and awareness campaigns to educate parents, educators, and healthcare professionals about these issues. This can help create a supportive environment and facilitate early identification and intervention. Encourage comparative studies on appearance-based rejection sensitivity, social loneliness, and coping strategies among youth in different cultural contexts, including Pakistan. Such research can help identify universal and culture-specific factors that contribute to these issues and inform global interventions. It is helpful in clinical setting in developing intervention and planning strategies to help these patients manage their appearance concerns and social loneliness.

For future longitudinal study with a mixed-method approach is recommended for better understanding of participant's condition at different levels. Moreover, study a larger sample size. The study has been conducted with relatively small sample sizes. A larger sample size would allow for more reliable results. Researchers can also focus on interventions to address the problems of participants related to appearance to reduce their social loneliness and develop effective coping strategies.

Future research could explore the long-term effects of early interventions on appearance-based rejection sensitivity, social loneliness, and mental health outcomes. Investigating the effectiveness of different educational and therapeutic approaches will contribute to evidence-based strategies for supporting youth facing these challenges. Additionally, examining the impact of cultural and societal factors on coping mechanisms and resilience will enhance the understanding of diverse experiences. Understanding the intricate relation between appearance-based rejection sensitivity, social loneliness, and coping strategies among youth bears significant implications for intervention strategies and support mechanisms.

Integrate art and creative therapies, such as drama or art-based workshops, into intervention programs. These modalities can provide alternative avenues for self-expression and emotional processing, particularly for youth who may find it challenging to articulate their feelings verbally. Explore the use of technology-based solutions, such as online counselling platforms or virtual support groups, to reach youth who may have limited access to traditional mental health services due to geographical or logistical barriers. Conduct longitudinal studies to assess the long-term effectiveness of intervention programs in improving mental health outcomes among youth. This includes tracking participants over an extended period to understand the sustained impact of interventions on appearance-based rejection sensitivity and social loneliness.

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Inform Consent

I, Madiha Batool psychology student at Capital University of Science and Technology. I am currently doing my research work on the Relationship Between Appearance Based Rejection Sensitivity, Social Loneliness, and Coping Strategies among Youth which is the requirement of my degree. I invite you to take part in this study. You are voluntarily participating in my research work. If you will participate in my research work, all you need is to fulfil the questionnaire carefully without omitting any questions. Your identity will not be revealed, and all the information you provide will remain confidential. You have the right to withdraw at any time, but it will be a great help if you participate in this research and fill out each question all the questionnaire honestly. If you have any ambiguity regarding this study, you are free to contact me through email.

Email: madiha.cat5@gmail.com

Signature: _____

Thankyou.

Demographic Sheet

For the following items, please select the response that is most descriptive of you or fill in the blank as appropriate.

Gender: Male Female

Age: 15-18 19-22 23-26 25 to 29

Education: Matric Intermediate Undergraduate Graduate Postgraduate

Family System: Joint family Nuclear system

Marital Status: Married Unmarried

Scales

Instructions: Each of the items below describes different scenarios that people might find themselves in. Please imagine yourself in each situation and circle the number that best indicates how you would feel. Your responses will be kept completely confidential so please be as honest as possible in your responses.

		1	2	3	4	5	6
1	You are leaving your house to go on a first date when you notice a blemish on your face. How concerned or anxious would you be that your date might be less attracted to you because of the way you looked?	very unconcerned					very concerned
	I would expect that the person would find me less attractive.	very unlikely					very likely
2	You are trying on clothes at a department store and notice that you are a few pounds heavier than last week. How concerned or anxious would you be that others might be less attracted to you because of your physical appearance?	very unconcerned					very concerned
	I would expect that others would find me less attractive.	very unlikely					very likely
3	You are at a party and are shorter than everyone there. How concerned or anxious would you be that others would not be attracted to you because of the way you looked?	very unconcerned					very concerned
	I would expect that others would not be attracted to me because of the way I looked.	very unlikely					very likely
4	You post a photo of yourself on an internet dating service. How concerned or anxious would you be that people might not contact you because of the way you looked? (how physically attractive/unattractive you looked).	very unconcerned					very concerned
	I would not expect people to contact me because of the way I looked.	very unlikely					very likely

5	Your new boyfriend/girlfriend bought you a gym membership for your birthday. How concerned or anxious would you be that you were bought this gift because of the way your body looked?	very unconcerned				very concerned
	I would expect that my significant other had given me this gift because of the way my body looked.	very unlikely				very likely
6	During dinner at a restaurant, you notice your date looking at an attractive person across the room. How concerned or anxious would you be that your date would be less interested in you because of the way you looked?	very unconcerned				very concerned
	I would expect that my date would be less interested in me because of the way I looked.	very unlikely				very likely
7	You are waiting in line at a club and others in line behind you are being let in before you. How concerned or anxious would you be that you were not let in because of your physical appearance?	very unconcerned				very concerned
	I would not expect to be let into the club because of my physical appearance.	very unlikely				very likely
8	You met someone at a coffee shop and gave them your phone number. Three days have passed, and you still have not heard anything. How concerned or anxious would you be that they did not call you because of your physical appearance?	very unconcerned				very concerned
	I would expect that he/she would not call me because of the way I looked.	very unlikely				very likely
9	Your boyfriend/girlfriend of 3 months is considering breaking up with you.	very unconcerned				very concerned

	How concerned or anxious would you be that he/she might end the relationship because of the way you looked?					
	I would expect that my boyfriend/girlfriend would break up with me because of the way I looked.	very unlikely				very likely
10	You are at a dance club and all of your friends have been asked to dance except for you. How concerned or anxious would you be that no one wanted to dance with you because of the way you looked?	very unconcerned				very concerned
	I would expect that no one would want to dance with me because of the way I looked.	very unlikely				very likely
11	You are set up on a blind date. The date goes well and you like the person, but he/she has not called you for several days. How concerned or anxious would you be that your date did not call you because of the way you looked?	very unconcerned				very concerned
	I would expect that my date would not call me because of the way I looked.	very unlikely				very likely
12	You are taking dance lessons that involve dancing with partners. When the instructor tells everyone to find a partner, no one chooses you. How concerned or anxious would you be that you were not chosen to dance because of the way you looked?	very unconcerned				very concerned
	I would expect to not be chosen to dance because of the way I looked.	very unlikely				very likely
13	Your significant other makes a comment about your weight. How concerned or anxious would you be that your significant other might be less attracted to you because of the way you looked?	very unconcerned				very concerned

	I would expect my significant other to be less attracted to me because of the way I looked.	very unlikely				very likely
1 4	Your hair is looking thin lately. How concerned or anxious would you be that others might be less attracted to you because of your physical appearance?	very unconcerned				very concerned
	I would expect that others would find me less attractive.	very unlikely				very likely
1 5	You look at yourself in the mirror and notice that your gut is getting larger. How concerned or anxious would you be that others might be less attracted to you because of your physical appearance?	very unconcerned				very concerned
	I would expect that others would find me less attractive.	very unlikely				very likely

Instructions: Indicate how often each of the statements below is descriptive of you.

O indicates “I often feel this way”

S indicates “I sometimes feel this way”

R indicates “I rarely feel this way”

N indicates “I never feel this way”.

		O	S	R	N
1	I am unhappy doing so many things alone				
2	I have nobody to talk to				
3	I cannot tolerate being so alone				
4	I lack companionship				
5	I feel as if nobody really understands me				
6	I find myself waiting for people to call or write				
7	There is no one I can turn to				
8	I am no longer close to anyone				
9	My interests and ideas are not shared by those around me				
10	I feel left out				

11	I feel completely alone				
12	I am unable to reach out and communicate with those around me				
13	My social relationships are superficial				
14	I feel starved for company				
15	No one really knows me well				
16	I feel isolated from others				
17	I am unhappy being so withdrawn				
18	It is difficult for me to make friends				
19	I feel shut out and excluded by others				
20	People are around me but not with me				

Instruction: This questionnaire asks you to indicate what you generally do and feel, when you experience stressful events. There are no “right” or “wrong” answer.

- | | |
|------------------|----------------|
| 1. Not At All | 2. Little Bit |
| 3. Medium Amount | 4. Doing a Lot |

		1	2	3	4
1	I've been turning to work or other activities to take my mind off things				
2	I've been concentrating my efforts on doing something about the situation I'm in				
3	I've been saying to myself "this isn't real."				
4	I've been using addictive behaviours or substances to make myself feel better.				
5	I've been getting emotional support from others.				
6	I've been giving up trying to deal with it.				
7	I've been taking action to try to make the situation better.				
8	I've been refusing to believe that it has happened.				
9	I've been saying things to let my unpleasant feelings escape.				

10	I've been getting help and advice from other people.				
11	I've been using alcohol or other drugs to help me get through it.				
12	I've been trying to see it in a different light, to make it seem more positive.				
13	I've been criticizing myself.				
14	I've been trying to come up with a strategy about what to do.				
15	I've been getting comfort and understanding from someone.				
16	I've been giving up the attempt to cope.				
17	I've been giving up the attempt to cope.				
18	I've been looking for something good in what is happening.				
19	I've been making jokes about it.				
20	I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.				
21	I've been accepting the reality of the fact that it has happened.				
22	I've been expressing my negative feelings.				
23	I've been trying to find comfort in my religion or spiritual beliefs.				
24	I've been trying to get advice or help from other people about what to do.				
25	I've been learning to live with it.				
26	I've been thinking hard about what steps to take.				
27	I've been blaming myself for things that happened.				
28	I've been praying or meditating.				
29	I've been making fun of the situation.				

Permission Letter from University



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Ref. CUST/IBD/PSY/Thesis-570
August 7, 2023

TO WHOM IT MAY CONCERN

Capital University of Science and Technology (CUST) is a federally chartered university. The university is authorized by the Federal Government to award degrees at Bachelor's, Master's and Doctorate level for a wide variety of programs.

Ms. Madiha Batool, registration number **BSP193004** is a bona fide student in BS Psychology program at this University from Fall 2019 till date. In partial fulfillment of the degree, she is conducting research on "Relationship between appearance based rejection sensitivity, social loneliness, and coping strategies among youth". In this continuation, the student is required to collect data from your institute.

Considering the forgoing, kindly allow the student to collect the requisite data from your institute. Your cooperation in this regard will be highly appreciated.

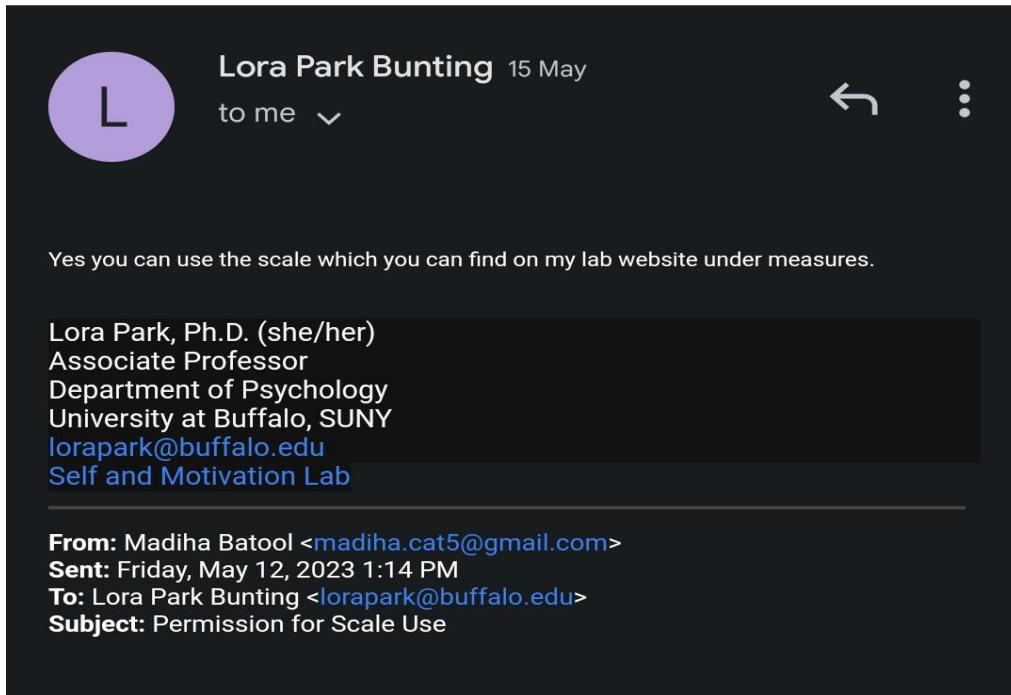
Please feel free to contact undersigned, if you have any query in this regard.

Best Wishes,


Dr. Sabahat Haqqani
Head, Department of Psychology
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Permission from Authors

Appearance RS Scale



UCLA Loneliness Scale

Permission to use the UCLA Loneliness Scale Inbox 

 **Russell, Daniel W [HD FS]** 9:13 pm
to me  

You have my permission to use the UCLA Loneliness Scale in your research project.

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Brief Coping Inventory

Charles Carver

DEPARTMENT OF PSYCHOLOGY • PEOPLE • FACULTY • CHARLES S. CARVER, PH.D.

COPE (complete version)

The COPE Inventory was developed to assess a broad range of coping responses, several of which had an explicit basis in theory. The inventory includes some responses that are expected to be dysfunctional, as well as some that are expected to be functional. It also includes at least 2 pairs of polar-opposite tendencies. These were included because each scale is unipolar (the absence of this response does not imply the presence of its opposite), and because we think people engage in a wide range of coping during a given period, including both of each pair of opposites.

The items have been used in at least 3 formats. One is a "dispositional" or trait-like version in which respondents report the extent to which they usually do the things listed, when they are stressed. A second is a time-limited version in which respondents indicate the degree to which they actually did have each response during a particular period in the past. The third is a time-limited version in which respondents indicate the degree to which they have been having each response during a period up to the present. The formats differ in their verb forms: the dispositional format is present tense, the situational-past format is past tense, the third format is present tense progressive (I am ...) or present perfect (I have been ...).

You are welcome to use all scales of the COPE, or to choose selected scales for use (see below regarding scoring). Feel free as well to adapt the language for whatever time scale you are interested in. Be sure to adapt the instructions for completion, as well as the items themselves.

An **abbreviated version** of the COPE has also been created, if you have time constraints or high response burden.

If you are interested in assessing in Spanish, the abbreviated version was translated into (western hemisphere) Spanish by our research group, and can be found [here](#). The full COPE has been translated (independently) into Spanish by Dr. Esther Calvete, of the University of Deusto in Bilbao, Spain. It can be found [here](#). I believe that the COPE has been translated by at least one team into French. Contact Dr. Lise Fillion at the University Laval in Quebec: Lise.Fillion@fsi.ulaval.ca

Citation to the full COPE: Carver, C. S., Scheier, M. F., & Weintraub, J. K. (1989). Assessing coping strategies: A theoretically based approach. *Journal of Personality and Social Psychology*, 56, 267-283. For a copy of the article, [click here](#).