

Social Rejection

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Abstract

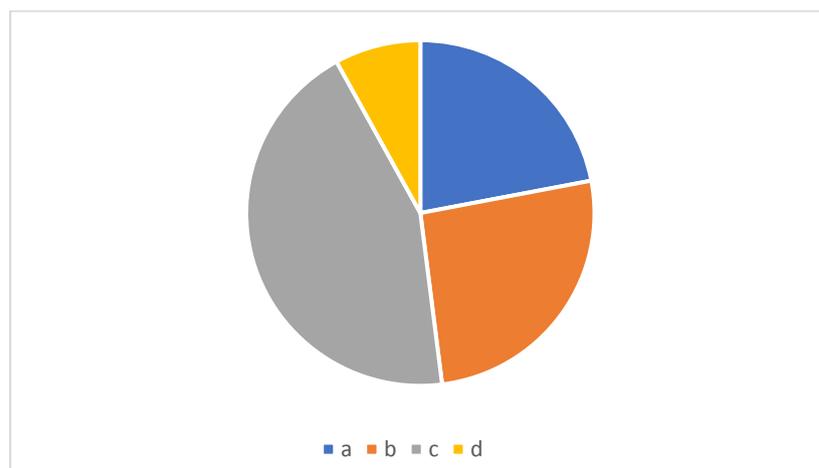
Social rejection occurs when an individual is excluded from a social relationship or he/she is physically or mentally abused. People are socially rejected because of caste, religion, gender and colour. It can occur in any phase of life .It can increase creativity if the person is independent enough. Different people have different opinions and it is necessary to respect them all. Although humans are considered to be social creatures, rejection in one form or other is inevitable. It can become a problem when it is prolonged and unnecessary. There are two ways in which a person deals with rejection. One kind of people who are pessimistic and

<https://doi.org/10.24113/ijellh.v7i11.10105>

let such rejection affect their mental health and then there's optimistic people who look for a silver lining in all places. The biggest hurdle is rejection be ready for it. The difference between successful people and the unsuccessful people is that the successful people do all the things the unsuccessful people don't want to do. When 10 doors are slammed in your face, go to door number 11 enthusiastically with a smile on your face.

Introduction

A single act of kindness throws out roots in all directions, and the roots spring up and make new trees"-AMELIA EARHART, We should be kind towards everyone and should not treat anyone with malice. Social rejection is the social isolation of an individual. This includes peer rejection, romantic rejection as well as familial estrangement. Social rejection has adverse effects on an individual's mental and psychological health. It is therefore very necessary to be kind to everyone. Rejection can be extremely painful because it may have the effect of making people feel as if they are not wanted, valued or accepted. Most individuals will experience rejection at some point in their lives.

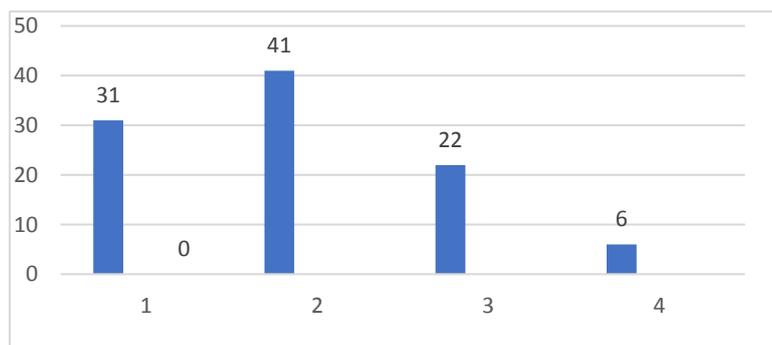


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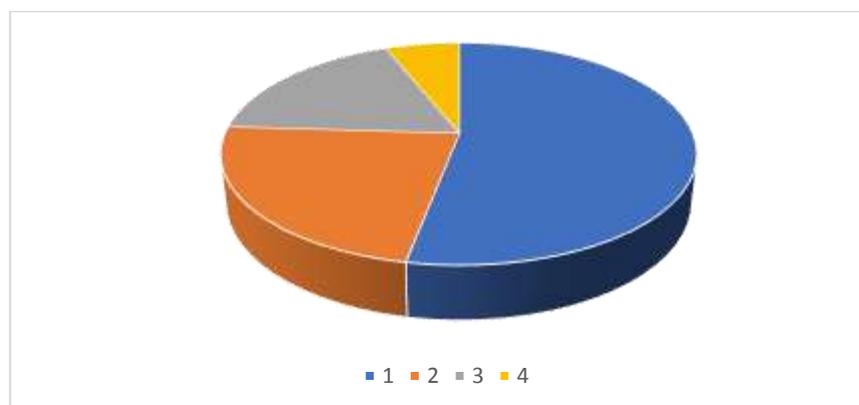
1. What is social rejection?

As it can be observed from the above pie chart we have come a long way in terms of what is social rejection and found that most of people think that they are socially rejected when an individual is excluded from a social relationship as half of the population has gone through it in any phase of their life. And some people preferred that it can occur when an individual is physically or mentally bullied.

2. How do you understand that a person is socially rejected?



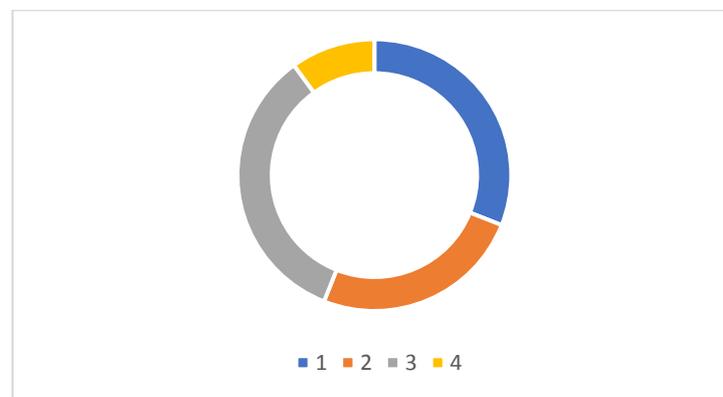
The above pie chart represents that how do we understand that a person is socially rejected.. According to our survey we found that when nobody is talking to a particular person



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We can say that he/she is socially rejected or we can also say that when he/she is being bullied they feel the same. As different people have different opinions. According to my group members we felt that a person is socially rejected when someone hates them due to some reasons or they are jealous of them as they cannot reach their level so they start bullying which makes them feel socially rejected. Depression and health complain and decreased academic achievements can also be the reason.

3. Why are people socially rejected?



The above pie chart represents why are people socially rejected. As a single problems arises just because of thousands of reasons the people feel socially rejected because of thousand of reasons. It can be because of caste or religion or colour or even gender .As people may go through any of the reasons we cannot decide particularly which will be the reason we had an option all the above ,many people preferred that and I also support that.

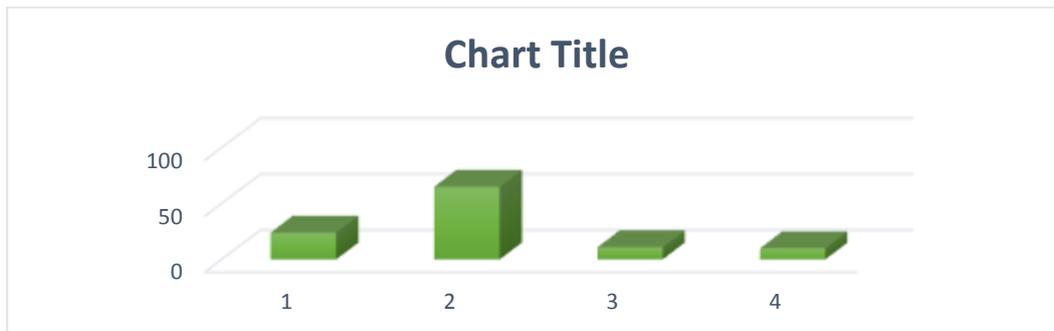
4. In what phase of your life are you most likely to be socially rejected?

This statistics represents the fact that most of the people who took this survey feel that those who come under the category of 16-18yrs are most likely to be socially rejected. As they are teenage they don't have the knowledge to decide what is correct and what is wrong and they take it very seriously which leads to the depression, mental issues and health issues.

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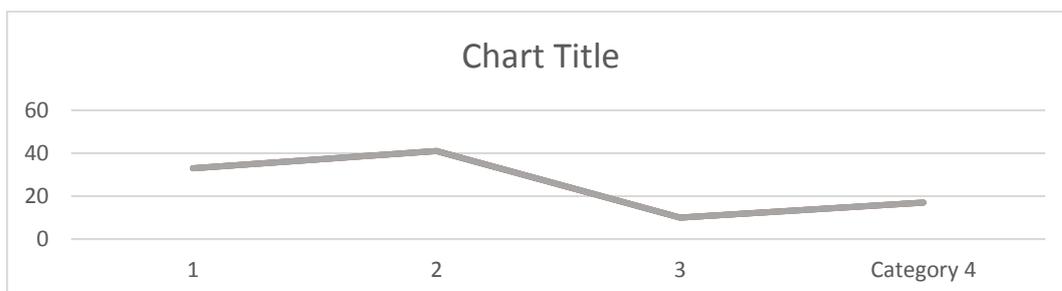
People belonging to the other category are adults or elders and have the correct mindset and they can even advice the teenage.

5.What are psychological, physiological problems faced by a socially rejected person?



As it can be observed from the above pie chart ,we have come across a long way in terms of understanding one another as individuals with valid opinions. And the above pie chart represents what are psychological and physic logical problems faced by a socially rejected person .Most of the people think that health issue ,physical issues and depressions are the problems that one face .If it is that extreme it can cause suicidal attempts which can cause physical impacts. People also suffer from sleeplessness which make people deprived of their work and dependent.

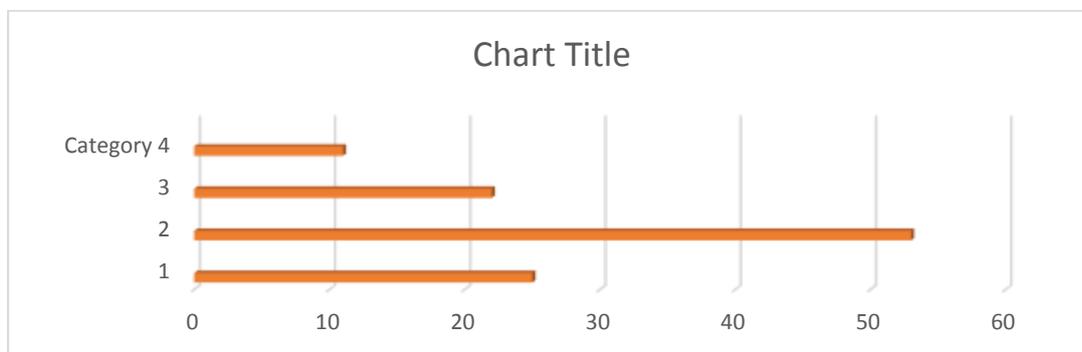
6.What steps would you take as a student to help a person who is socially rejected?



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The above pie chart represents what steps would you take as a student to help a person who is socially rejected. Our survey reveals that talking to a counsellor or an adult or faculty would be a better option. As they can understand our problem, analyse it and can suggest a worthy solution for it. And almost equal preference is also given to the option seeking tips from the person who previously faced social rejection but overcome it.

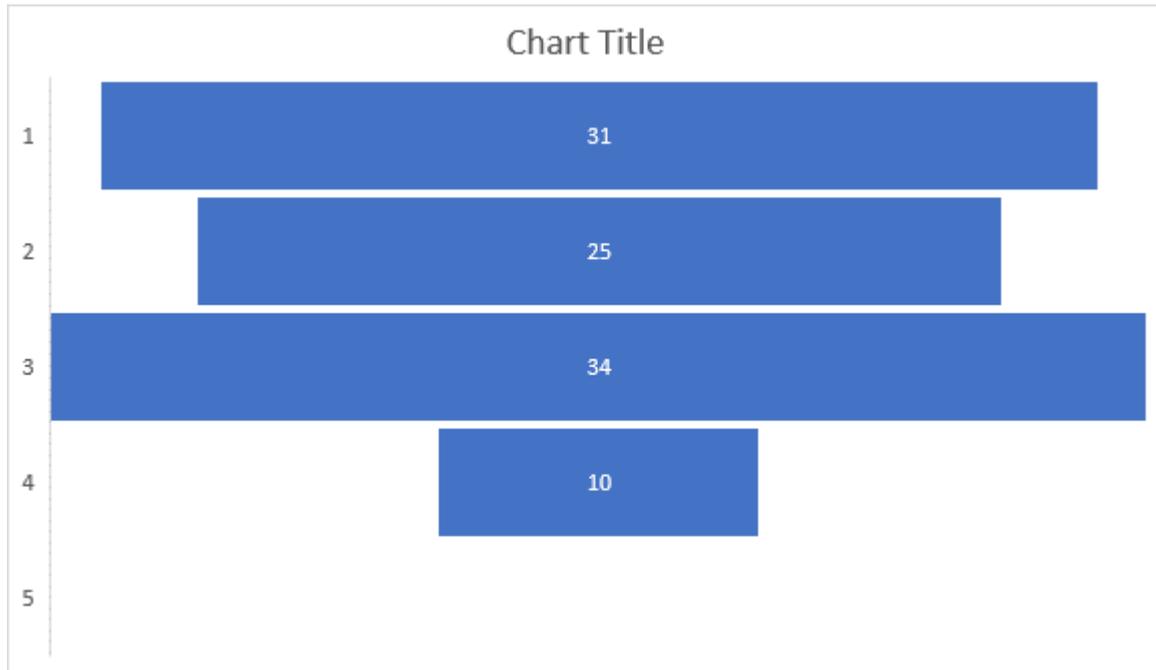
7) Moderate reactions to social rejections are most likely to be expected from the age group?



Most of the people feel that adults are most likely to give moderate reactions to social rejection. A reason for this could be that adults are more mature and know how to react to such situations and handle them as compared to children and teenagers, while senior citizens could give similar reactions as children and teenagers due to a sense of loneliness and loss of hope and support.

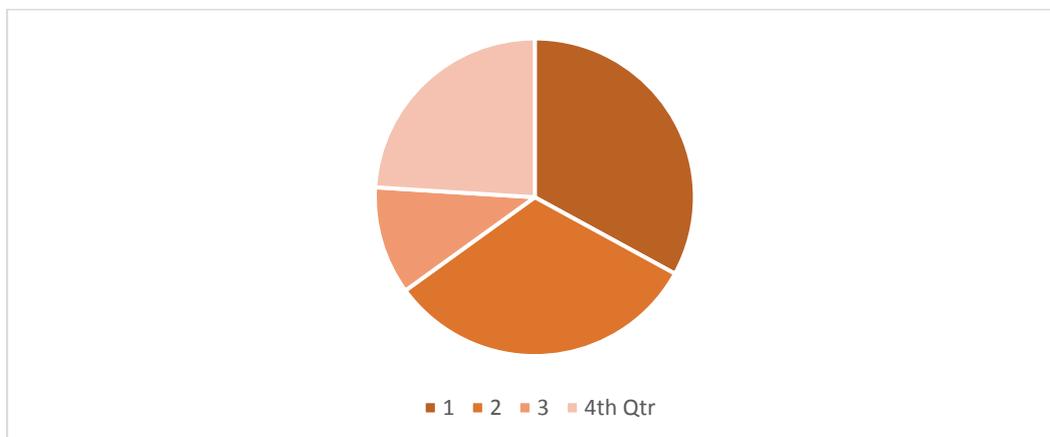
8) Social Rejection has A Surprising Mental Advantage:

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Most people feel that the surprising mental advantage of social rejection is that it can make people more creative and strong. The people who chose the option all of the above could have chosen it because of their personal experience or an incident that took place at some point in their life or someone else’s life. So, even if a person has had a bad experience of being socially rejected it is not always a disadvantage because it can make the person more creative and strong

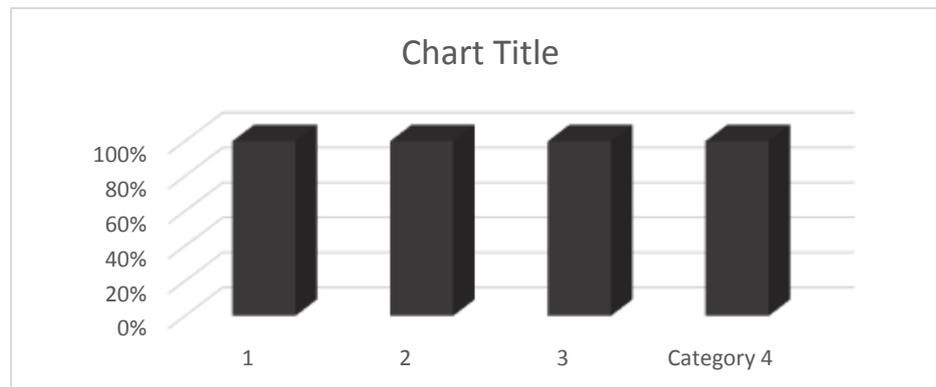
9)Is there any genetic link between physical pain and social rejection due to?



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This question tests the scientific knowledge of the people who took part in the survey. Most of the people think that option one ,i.e. the mu-opioid receptor gene is associated and due to a rare form of OPRMI gene is the reason for genetic link between physical pain and social rejection. The option could also have been chosen as a wild guess.

10)Describe how poor sleep triggers loneliness and social rejection?



Most of people feel that all the three options are the reasons how poor sleep triggers loneliness and social rejection. Yes less sleep would make a person less interested in everything and make the person emotionally drained. Most people feel that less sleep would make a person less socially energetic and more socially repulsive. The people who chose the option all of the above could have chosen it because of their personal experience or an incident that took place at some point in their life or someone else's life.

Conclusion

To conclude our paper, we would like to state that there is a lot of scope for the development of our society in various ways. A few of the points to be taken into consideration are mentioned below: People have been socially rejected in various communities and societies since time immemorial. But now due to the increasing awareness

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and the harm caused by it, people know how to deal with it and are ready to take steps, even if a small one, if needed.

An aim of our survey was to increase the awareness about social rejection and to really get a view of how much people in the society know about social rejection.

Although humans are social animals, some level of rejection is an inevitable part of life. Nevertheless, rejection can become a problem when it is prolonged or consistent, when the relationship is important, or when the individual is highly sensitive to rejection. Rejection by an entire group of people can have especially negative effects, particularly when it results in social isolation. If we are empathetic and socially sensitive as a society then the rates of social rejection can drop down over the years.

Through the survey we also found out that most people are ready to take steps to help a socially rejected person, so we know that there is still a ray of hope and society can change for the better.

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