

## **Abstract**

The present study was aimed to explore the psychosocial outcomes of factors effecting self-esteem of young adults such as Parental and Peer Influence, Rejection Sensitivity and Social belongingness. Quantitative research method with correlational research design was used to conduct the research. The study variables were measured using Parents and Peers Influence scale, The General Belongingness Scale, Rejection Sensitivity Questionnaire and Rosenberg Self-Esteem Scale. Sample consisted of 301 young adults (142 men and 159 women) within the age range 20-30 years. All scale showed good reliability. Results indicated that parental and peer influence negatively correlated with rejection sensitivity. Belongingness had significant positive correlation with self-esteem, while the exclusion sub-scale of belongingness was positively correlated with Rejection Sensitivity. Furthermore, it has been found that rejection sensitivity positively and significantly predicts self-esteem among young adults ( $R^2= 0.7$ ). The results of *t*-test indicated men have higher scores on Parental and Peer Influences scale as compared to women. Moreover, women scored higher on rejection sensitivity and self-esteem compared to men. The study will benefit students counseling departments of educational institutes and psychologists for assessing their clients.

**Keywords:** Parental and peer influence, social belongingness, rejection sensitivity, self-esteem, young adults.