

# Examining university students' feelings of the inadequacy in the context of their relationship with their parents and friendship quality \*

## Üniversite Öğrencilerinin Yetersizlik Duygularının Ebeveynleriyle İlişkileri ve Arkadaşlık Kaliteleri Bağlamında İncelenmesi

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### Abstract

The aim of this research was to investigate the predictive role of parental relationships and friendship quality in the feelings of the inadequacy of the university students. A total of 461 university students, including 261 women and 200 men, were the samples of the study. In the study, personal information form, Friendship Quality Scale, Inadequacies Sense Scale and Parent-Adolescent Relationship Quality Scale were used as data collection tools. Pearson moments product correlation technique, multiple regression analysis and hierarchical regression analysis techniques were used on the data to test the objectives of the research. Looking at the statistical analyses; it has been observed that the feelings of inadequacy decrease significantly as young adults experience closeness and acceptance in friendship relationships. When young adults' positive relationships with their parents increased, feelings of inadequacy decreased and feelings of inadequacy increased as negative relationships increased. As a result of the multiple regression analysis, it was observed that friendship quality scale subscale points together significantly exhausted the inadequacy sense scores of young adults. As a result of the multiple regression analysis, it was determined that the sub-dimension scores of family relations quality significantly exhausted the inadequacy sense scores of young adults together. While both the positive relationships they established with their fathers and the sense of acceptance they received from their friends were considered important in the feelings of inadequacy of young adults, it was determined that the positive relationships established with the father were the strongest exhausting variables in the feelings of inadequacy of young adults.

**Keywords:** Sense of inadequacies, Parent-adolescent relationship quality, Quality of friendship, Young adulthood

### Öz

Bu araştırmanın amacı üniversite öğrencilerinin yetersizlik duygularında ebeveyn ilişkilerinin ve arkadaşlık kalitelerinin yordayıcı rolünün araştırılmasıdır. Araştırmanın örneklemini, 261'i kadın ve 200'ü erkek olmak üzere toplam 461 üniversite öğrencisi oluşturmaktadır. Araştırmada veri toplama araçları olarak kişisel bilgi formu, Arkadaşlık Kalitesi Ölçeği, Yetersizlik Duygusu Ölçeği ve Ebeveyn-Erken İlişki Niteliği Ölçeği kullanılmıştır. Araştırmanın amaçlarını test etmek üzere veriler üzerinde Pearson momentler çarpımı korelasyon tekniği, çoklu regresyon analizi ve hiyerarşik regresyon analizi teknikleri kullanılmıştır. Yapılan istatistiksel analizlere bakıldığında; genç yetişkinlerin arkadaşlık ilişkilerinde yakınlık ve kabul deneyimleri artıka yetersizlik duyguları anlamlı düzeyde düşmekte olduğu görülmüştür.

\* In this article, the principles of scientific research and publication ethics were followed. / Bu makalede bilimsel araştırma ve yayın etiği ilkelerine uyulmuştur.

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Geliş Tarihi/Received : 18.08.2020

Kabul Tarihi/Accepted : 18.04.2021

Çevrimiçi Yayın/Published : 19.04.2021

### Makale Atıf Önerisi /Citation (APA):

Ümmet, D., Tekiner, B., Eriştiren, İ. (2021). Examining university students' feelings of the inadequacy in the context of their relationship with their parents and friendship quality. *Izmir Sosyal Bilimler Dergisi*, 3 (1), 84-95. DOI:10.47899/ijss.20213108

Genç yetişkinlerin anne ve babalarıyla olumlu ilişkilerinin arttığında, yetersizlik duygularının azaldığı ve olumsuz ilişkiler arttıkça yetersizlik duygularının da arttığı görülmüştür. Yapılan çoklu regresyon analizi sonucunda, arkadaşlık kalitesi ölçeği alt boyut puanlarının birlikte genç yetişkinlerin yetersizlik duygusu puanlarını anlamlı düzeyde yordadığı görülmüştür. Yapılan çoklu regresyon analizi sonucunda, aile ilişkileri niteliği alt boyut puanlarının birlikte genç yetişkinlerin yetersizlik duygusu puanlarını anlamlı düzeyde yordadığı belirlenmiştir. Genç yetişkinlerin yetersizlik duygularında hem babalarıyla kurdukları olumlu ilişkiler hem de arkadaşlarından aldıkları kabul duygusu önemli görülmekle birlikte, babayla kurulan olumlu ilişkilerin genç yetişkinlerin yetersizlik duygularında en güçlü yordayıcı değişken olduğu belirlenmiştir.

**Anahtar Sözcükler:** Yetersizlik duygusu, Ebeveyn-ergen ilişki niteliği, Arkadaşlık kalitesi, Genç yetişkinlik

## 1. INTRODUCTION

The concept of self-efficacy was considered by Bandura (1989) within the scope of Social-Cognitive Theory as an important determinant of human behavior. Self-efficacy is defined as the belief that a person can initiate an activity that is effective on what is going on around him and continue until he gets results (Bandura, 1994). Self-efficacy is about the individual's capacity to succeed by organizing the necessary activities to demonstrate a certain performance (Bandura, 1986). Self-efficacy is not related to the individual's skills, but about his/her perception of what he/she can do with his/her skills (Parlar & Gençal-Yazıcı, 2017).

As self-efficacy belief increases, endeavors, endurance and perseverance increase (Kurbanoglu, 2004). Individuals with a low self-efficacy perception are prone to set easy goals for themselves, avoid difficult tasks, and give up easily when they encounter a problem (Gökdağ, Sucuoğlu & Yurdabakan, 2015). Bandura (1995) separated the factors that affect self-efficacy perception into four groups: personal experiences, conclusions drawn from the experiences of others, social approval, physiological and emotional state of the person. While the self-efficacy belief increases with the successful experiences of the individual, it decreases in case of failure. In addition, individuals are affected by reactions from other people while developing their self-efficacy beliefs. This usually involves verbal evaluations by others indicating that the person has certain skills. Bandura (1986) stated that it is easier to weaken one's self-efficacy belief with negative evaluations than to strengthen it with positive encouragement (Bandura, 1986; Shunk & Pajares, 2002). According to social learning theory, children obtain their first interaction from the family they live in, especially from the behaviors of their parents. Initial competence experiences are experienced in the family, but as the social world of the individual from childhood to adulthood expands rapidly, peers become more and more important in creating information about the child's abilities (Parlar & Gençal, 2017). According to Schunk (1990), belief in competence is the most important predictor of human behavior. As the capacity of the person increases, so does the effort on performance. Self-efficacy beliefs play a key

role in shaping life by influencing the environment and the shape of the activities they want to enter (Parlar & Gençal, 2017).

Researchers have emphasized that the self-efficacy belief is an important tool in overcoming various psychological problems. (Shines & Gencal, 2017). According to Adler (1927), who states that human behaviors are shaped by the instinct of power, superiority and dominance, inhibition of individuals' instincts can lead to a sense of inadequacy and inferiority. It is important in terms of psychological health that is an equilibrium among the feelings of inadequacy and inferiority and superiority efforts of individuals and the development of a lifestyle approved by the society in which they live (Çelikkaleli, 2015). Therefore, every individual strives to overcome his / her disability from birth (Adler, 1985). To be human is to feel inadequate, no one is complete, so the sense of inadequacy is more or less present in everyone (Adler, 1985). However, feeling inadequate does not mean being sick; on the contrary, it is a sign of being healthy, being normal and open to development (Mosak & Schneider, 1977). Feelings of inferiority, insecurity and inadequacy enable the determination and shaping of a purpose in life. To come to the fore in the first days of his life, to attract the attention of his parents, to force them to reveal itself in the child. Such behaviors are the first signs of tendency to be respected in human beings, they are formed by the effect of inferiority and push the child to determine a purpose that will equip him with a sense of superiority to his environment (Adler, 1927). Although the feeling of disability is a natural feeling that provides the motivation of the individual to life, sometimes it can lead to unhappiness by breaking the courage of the individual against life (Akdoğan & Ceyhan, 2014a).

According to Adler (1927), one of the two main criteria showing that the feeling of inadequacy has turned into a complex is stronger, more intense and longer-lasting than normal (severe), and the other is to direct the individual to overcoming others (Akdoğan & Ceyhan, 2014a). The inferiority complex emerges in the face of a challenge in which man is unable to adapt or sufficiently overcome and believes that the difficulty cannot be overcome. According to this definition, anger can be an expression of an

inferiority complex, and tears and wishes to forgive oneself can also be an expression of such a complex. Since the sense of inferiority leads to tension in the organism, such a person always experiences a tension-relieving movement in the sense of superiority, but not in the direction of the solution of the problem. Therefore, the movement to provide a sense of superiority takes place on the useless side of life (Adler, 1985). When the individuals who experience the feeling of inhibition intensely, their beliefs about their own competences and valence are weak. In other words, these individuals deny or devalue their own values and competences (Adler, 1985; Mosak, 1989; Sweeney, 1989). This situation leads to the discouragement of the individual in the face of life, and thus leads to problems in fulfilling the tasks of life (Adler, 1927; Aurbay, 1974). Adler (1927), on the other hand, emphasizes that no individual can tolerate intense sense of disability for a long time, and therefore, he tries to exert superiority in order to get rid of the negative emotion situation created by intense sense of inadequacy (Akdoğan & Ceyhan, 2014a).

Considering that psychological symptoms associated with feelings of disability manifest in challenging situations (Adler, 1985; Mosak, 1989), it is expected that this feeling will be experienced more intensively during the university period which is a developmentally critical stage. In fact, it is known that the majority of university students face challenging developmental tasks (Akdoğan & Ceyhan, 2014b; Ceyhan, 2009; Dyson & Renk, 2006; Güneri, 2006; Luyckx et al., 2008;). University term is a period in which an individual acquires new friendships, struggles to acquire a profession, and faces different problems and attempts to solve them. University students are neither adults nor children. It carries the problems of transition from childhood to adulthood. It has to find its own identity, to adopt and reconcile the values of local and childhood in national and universal values of the wider society, to adapt to social values and to reach social maturity (Özgüven, 1992).

As in the first years of life, the effects and presence of the family are also important in this period (Mersin & Öksüz, 2014). The oldest instinct in man is the instinct that pushes him to make contact with other people. As a result of people approaching other people with a sense of sharing, humanity has advanced. Family is a way of life in which this sharing is very important (Adler, 1985). The family is a social environment in which an individual takes part in the moment that he / she is born, and the care and support is provided for him / her to continue his / her life (Kaymak, 2004). When the child opens his eyes to life, his closest contacts are his parents (Kaya, 2013). Although it shows

different cultural characteristics in every society, it is accepted that the family is the most basic unit (Kaya, 2013). Interaction with important people in their lives is important for children to grow up as healthy individuals. The first experiences of interpersonal relationships are experienced with parents and the memories and experiences of this interaction play a major role in the relationships to be established in later life. (Eraslan Çapan, 2009). A child lives in contact with his mother from the moment he was born. The purpose of all movements is to maintain this connection. For months, the mother plays an important role in the life of the child, the survival of the child depends entirely on the mother. The first seeds of the social ability of the child's soul flourish in this phase. At this stage, the mother enables the child to establish a relationship with someone other than herself, and for the first time to take an interest in another person. The mother forms the first bridge between social life and the child (Adler, 1985). On the other hand, father-child communication is also very important. The father figure is important in the emotional and social development of the child. Therefore, the role of the father in the home is not as important as the mother in terms of care, but it is necessary for another person to replace it (Akbağ & Ümmet, 2018; Kaya, 2013).

The development of the bond between father and baby shows similar characteristics to the development of the bond between mother and baby. Emotional behaviors such as early physical contact and embracing, eye communication with love, taking part in meeting the needs and exhibiting it without conditions strengthen the attachment. Thus, fathers are as sensitive to the reactions of children as mothers. It can be said that babies have established a privileged relationship with their father since the first days they were born and these relationships create a positive psychological climate for healthy personality development (Kaya, 2013).

Bowlby's attachment theory plays an important role in understanding the parent-child relationship. The main premise of this theory is that the quality of the attachment relationship depends on the interaction between the baby and the caregiver, and especially on the degree of trust and support of attachment figures (Yıldız, 2008). Attachment can be defined as the strong emotional ties that people develop to others that they consider important to themselves (Bowlby, 1980). Bowlby (1958) and Ainsworth (1989) separately and together in their work in safe, anxious / unstable and escaped three basic attachment styles revealed (Terzi & Cihangir Çankaya, 2009). Children who exhibit a secure attachment style feel a bit uncomfortable in the absence of their mothers, but when their mothers return, they show warmth, are comforted by hugging and

calm down immediately. Children who have avoided attachment style appear to be uncomfortable with their mother's departure and appear either calm or indifferent when their mother returns. They do not need physical contact or relaxation (Ainsworth et al., 1978; Hamarta, 2004). When the mother wants to embrace, they turn their bodies and faces away. Ainsworth believed that this behavior indicated that something was wrong, and home observations confirmed this belief. Mothers of these children were evaluated as relatively insensitive and rejecting. The child has the feeling that the mother is not a safe haven, and therefore the child turns to self-defense behaviors. In the past, because the mother rejected the child's demand for protection many times, the child suppressed her needs for the mother in order to avoid new frustrations (Kart, 2002). Children who show anxious / unstable attachment style deal with the stress that occurs when their mothers go. Firstly, they cry when their mother goes away; secondly, they rejoice and embrace when their mothers come back, but suddenly they appear angry and show protesting behaviors (continue to be angry when mothers try to calm them, cry, etc.) (Ainsworth et al., 1978; Hamarta, 2004)

Bartholomew and Horowitz (1991), unlike these attachment styles, but based on Bowlby's attachment theory, developed the quaternary adult attachment style, which consists of crossing the positive and negative states of the mental models of the self and others. According to this theory, there are four attachment styles: secure, obsessed, indifferent and fearful. Secure attachment style is a style in which the individual's perceptions about himself and others are positive. The style in which one's feelings of worthlessness about himself is accompanied by positive evaluations of others is obsessive style. The attachment pattern, in which the perception of himself is positive but the perception of others is negative, is indifferent style. The attachment pattern, in which both perceptions are negative, is fearful style (Terzi & Cihangir Çankaya, 2009). According to attachment theory, people develop a number of mental models based on their experiences with parents during their infancy, childhood and adulthood (Hamarta, 2004). These mental models, which are formed on the basis of early attachment experiences, or Bowlby's statement that internal working models affect both the individual's expectations, beliefs and feelings about himself, and the level of confidence felt in others and the level of comfort felt in social relations (Köçer & Öngören, 2017).

Attachment theory suggests that childhood attachment styles continue throughout life and reappear in one's close childhood relationships. (Holmes, 1993; Collins & Read,

1994; Feeney & Noller, 1990). The bonding relationship in the family is also reflected in the other areas of life. (Eraslan Çapan, 2009). Consistent with attachment theory, there are studies showing that attachment relationships continue throughout adulthood (Hazan & Sahaver, 1987; Bringle & Bagby, 1992), as well as studies showing that attachment styles have changed over the years (Goodwin, 2004). Parker et al. (1992), although it has been suggested that childhood experiences shape the structure and functions of interpersonal relations in adulthood, this continuum hypothesis is not confirmed by studies. In the literature, the studies using Parent and Close Relationship Loyalty Scale showed that in the absence of excessive parental deprivation, there was no correlation between childhood experiences and adult close relationships (Eryavuz, 2006). The quality of the individual's relationship with his/her parents has great importance in every period of his/her life. Negative relationship between adults and their parents may cause emotional and behavioral problems. Since the intense sense of inadequacy manifests itself in difficult situations for the individual, the negative relationship established with the parent during the university period is likely to lead to intense feeling of inadequacy. The positive nature of the relationship with the parent has a great importance in reducing loneliness and interpersonal relationship problems (Batigün & Say, 2015).

In all societies, the importance of interaction between adolescents and peers is emphasized for the healthy development of adolescents. In today's society, adolescents spend a lot of time with their peers and influence each other in terms of socialization. Together with adolescence, it is seen that parent and adolescent communication has turned into a different form from childhood. In other words, while adolescents' attachment to parents gradually decreases, their attachment to friends and romantic partners increases. However, the decrease in the commitment to parents during this period does not indicate that parents are less important for adolescents (Bayraktar, 2007). Friendship is a social need that is important in every period of life. Friend relations have a great importance in personality development, maturation and socialization, in gaining sexual identity, feeling of belonging to a group, sharing and taking responsibility (Dinçer, 2008).

Having a friendship relation is an important factor that matures people and makes them social entities. A person's understanding of himself first depends on discovering their interests, likes, tastes, needs. Realizing this is possible by joining among people and making friends. The opinions of friends who evaluate their behaviors in recognizing oneself are very effective. The friendship period can be described as the golden age that gives people this opportunity. Thus,

individuals can consciously correct their disruptive aspects by understanding their impact on the people that they are associated with (Bilen, 2009).

Relationships with parents and quality of friendship appear to have a positive effect on lowering the sense of inadequacy. For this reason, this study aimed to investigate the predictive role of quality of parental relationship (positive, negative, explanation) and friendship quality (security, closeness, acceptance, help) on university students' feelings of inadequacy (discouragement, useless superiority effort, their own value).

## 2. METHOD

In this section, the research model, working group, data collection tools and data analysis methods were presented.

### 2.1 Research Model

This was a quantitative study designed in a screening model. Studies using survey method aimed to collect data in order to have information about the working group that can best represent the universe (Büyüköztürk, Kılıç-Çakmak, Akgün, Karadeniz & Demirel, 2013).

### 2.2 Sample

The sample of this study consisted of 461 university students (261 (56.6%) female and 200 (43.4%) male) studying at different faculties at Marmara University in December 2019.

### 2.3 Data Collection Tools

Personal information form, Friendship Quality Scale, Sense of Disability Scale, Parent-Adolescent Relationship Quality Scale were used as data collection instruments.

**2.3.1. Personal Information Form:** The "Personal Information Form prepared by the researchers included questions about gender, age and the department that they studied in order to recognize the demographic structure of university students.

**2.3.2. Friendship Quality Scale:** The Friendship Quality Scale, developed by Thien, Razak & Jamil (2012) in order to evaluate the effects of friendship on individuals, is a measurement tool consisting of 21 items and four sub-dimensions. The scale is a 6-point scale (1- I disagree; 6- I fully agree). The friendship quality scale gives a total quality of friendship score according to the sub-dimensions. High scores indicate that the quality of friendship is high. The sub-dimensions of the scale were: proximity (6 items, eg, I understand my friends' moods), help (3 items, eg; friends help me to solve my problems),

acceptance (4 items, eg; friends forgive me easily) and security (8 items, eg; my friends never break their promise.). The internal consistency reliability coefficients of the original form of the scale was found .83 for the proximity subscale, .81 for help subscale, .84 for the accepted subscale and .88 for the safety subscale. Confirmatory factor analysis for the construct validity of the scale showed that the four-dimensional model (safety, proximity, acceptance and assistance) and the 21-item model fit well ( $\chi^2 = 374.29$ ,  $sd = 179$ ,  $RMSEA = .063$ ,  $CFI = .92$ ,  $IFI = .92$ ). The internal consistency reliability coefficients of the scale for the proximity subscale was .75, .81 for help subscale, .77 for the acceptance subscale, .82 for the security subscale, and .91 for the whole scale. Corrected item total correlation coefficients of the scale. With 38. 67. According to these findings, it can be said that the Turkish version of the Friendship Quality Scale is a valid and reliable measurement tool (Akin, Adam-Karduz & Akin, 2014).

**2.3.3. Sense of Disability Scale (GDS):** The "Sense of Disability Scale" (GDS), which was developed by Akdoğan & Ceyhan (2014) with the aim of measuring the sense of inadequacy score of the individual, was calculated as alt Breaking Courage", "dr. Cronbach alpha internal consistency coefficients of the scale were calculated separately for the scale total and sub-dimensions and for the whole scale. 86, respectively for the sub-dimensions. 80, .71 and. 73. The high score obtained from the scale indicated the strength of the individual's sense of disability. The high score obtained from the GDS can also be considered as an indicator of the individual's susceptibility to psychological problems or the psychological problems experienced at various levels. The test-retest reliability of the GDS was performed by applying the scale to two groups of 46 university students twice with one-month interval and the total scores obtained from the two measurements were positive, significant and high ( $r = .88$ ;  $p < .01$ ). There was a correlation. In order to determine the reliability of the GDS, two half-reliability analyzes were also conducted on the sample ( $N = 1016$ ) in which the scale was developed. Cronbach Alpha internal consistency coefficient of the two halves consisting of 10 items which were randomly determined from the total 20 items in the analysis. 76. Pearson correlation coefficient between two halves of the scale. 71 and Spearman-Brown correlation coefficient. 83. In the analysis, it was seen that the items explained 43.63% of the total variance. Brief Symptom Inventory of the Scale. 76; Coopersmith Self-Esteem Inventory -.74; It was determined that it showed a relationship with Social Comparison Scale at -.66 level. Cronbach alpha internal consistency coefficient of the scale. 86, while the test-retest reliability was .88. The results showed that GDS was valid and reliable in measuring the feelings of inadequacy of

university students.

**2.3.4. Parent-Adolescent Relationship Quality Scale:** This is a 5-point Likert-type scale developed by Wissink et al. (2006) In the scale, each item was evaluated separately for both the mother and father and separate scores was obtained for both parents. Scale implementation studies and primary and secondary school students was carried on by Duru and his friends. The validity and reliability study for university students was conducted by Batıgün and Say, and a three-factor structure was obtained for the mother and father forms, namely “Explanation”, “Negative mother-father relationship” and “Positive mother-father relationship”. In order to test the three-factor structure obtained as a result of exploratory factor analysis, a confirmatory factor analysis was performed on the data. In this study, it was  $X^2 = 429$  for maternal evaluation

(Batıgün & Say, 2015).

## 2.4. Data Analysis

In the application, 39 data forms which were found to be unresponsive for various reasons were eliminated from the data obtained and analyzes were made with data obtained from 461 people. After the data collection process was completed, the raw data were coded to the computer and statistical analysis was performed. SPSS 22.00 program was used in the analysis of the research data. Pearson product-moment correlation technique, multiple regression analysis and hierarchical regression analysis techniques were used to reach the answers of the research questions.

## 3. RESULTS

The findings obtained after the analyzes performed under this title were presented in tables.

**Table 1.** Pearson Moments Multiplication Correlation Calculation Results to Determine the Relationships Between Sense of Disability and Parent Relationship Quality and Friendship Quality Ccores

	1	2	3	4	5	6	7	8	9	10	11
1	1	-,070	-,163**	-,170**	-,087	,023	-,092*	,146**	-,084	-,215**	,170**
2		1	,470**	,592**	,472**	,153**	,031	,018	,058	,017	-,099*
3			1	,708**	,530**	,183**	,034	,029	,064	-,029	-,013
4				1	,647**	,149**	,069	-,017	,053	,011	-,070
5					1	,229**	,128**	,012	,136**	,075	-,031
6						1	,618**	-,004	,590**	,285**	,016
7							1	-,223**	,368**	,434**	-,002
8								1	,004	-,107*	,363**
9									1	,693**	-,041
10										1	-,256**
11											1
$\bar{x}$	55,13	3,71	4,49	4,54	4,37	21,02	22,38	13,93	17,04	18,04	13,07
SS	11,79	0,94	0,92	0,97	1,19	6,68	5,64	6,04	6,48	6,23	6,17

(1: Sense of disability; 2: Quality of friendship; security; 3: Quality of friendship; 4: Quality of friendship; 5: Quality of friendship; 6: Mother explanation; 7: Mother positive relationship; 8: Mother negative relationship; 9: Father Explanation; 10: Positive relationship to me; 11: Father negative relationship)

When Table 1 is examined, it was found that there were negatively significant relationships between insufficiency emotions of young adults and friendship quality affinity ( $r = -,163$ ) and acceptance ( $r = -,170$ ) subdimension scores ( $P < .0501$ ). However, it was found that the relationship between insufficiency feelings of young adults and friend quality scale safety and help subscale scores was not statistically significant ( $P > .050$ ). According to this finding, as the proximity and acceptance experiences of young adults in friendship relations increase, feelings of inadequacy decrease significantly.

When Table 1 is considered, there is a negative correlation between the insufficiency feelings of the young adults and the subscale scores of the mother-positive relationship ( $r = -,092$ ) and the father-positive relationship ( $r = -,215$ )

subscale scores ( $p < .050$ ). On the other hand, it was found that there was a significant positive relationship between the feelings of disability and the subscale scores of the parents' negative relationship ( $r = ,146$ ) and father negative relationship ( $r = ,170$ ) ( $p < .050$ ). According to this finding, as the positive relationships of young adults with their parents' increase, feelings of inadequacy decrease and as negative relationships increase, feelings of inadequacy increase.

As a result of multiple regression analysis, it was seen that the friendship quality scale subscale scores together predicted the sense of inadequacy of young adults and explained 4% of the total variance ( $F = 4.193$ ,  $p < .010$ ). When beta values of friendship quality subscale scores were examined, it was seen that only friend acceptance variable contributed significantly to the model.

**Table 2.** Prediction of Young Adults' Sense of Inadequacy by Friendship Quality

Predictor Variable	Sense of Inadequacy				
	R <sup>2</sup>	R <sup>2</sup> change	β	t	F
<b>Security</b>			,049	,853	4.193**
<b>Proximty</b>			-,096	-1,459	
<b>Acceptance</b>	.035	.035	-,159*	-2,058	
<b>Help</b>			,044	,709	

As a result of the multiple regression analysis, it was found that the sub-dimension scores of the family relationships predicted the insufficiency scores of the young adults and

explained 8% of the total variance (F = 6,223, p <, 001). When the beta values of the family quality subscale scores were examined, it was seen that only the father positive relationship variable contributed significantly to the model.

**Table 3.** Prediction of Disability Sense of Young Adults by Family Relationship Quality

Predictor Variable	Sense of Inadequacy				
	R <sup>2</sup>	R <sup>2</sup> change	β	t	F
<b>Mother explanation</b>			,103	1,369	6,223***
<b>Positive mother relationship</b>			-,057	-,825	
<b>Negative mother relationship</b>			,079	1,555	
<b>Father explanation</b>	.076	.076	,020	,242	
<b>Positive father relationship</b>			-,202*	-2,609	
<b>Negative mother relationship</b>			,089	1,701	

**Table 4.** Prediction of Young Adults' Sense of Inadequacy Scores

Predictor Variable	Sense Of Inadequacy					
	R <sup>2</sup>	R <sup>2</sup> change	β	t	F	
<b>Step 1</b>	Positive father relationship	.046	.046	-.215	-4,712	22,204***
<b>Step 2</b>	Positive father relationship	.074	.028	-.213	-4,738	18,370***
	Acceptance			-.168	-3,730	

As a result of the regression analysis, it was found that father positive relationship scores significantly predicted insufficiency scores of young adults (F = 22,204, p <, 001). As a result of the Hierarchical Regression Analysis, it was found that the positive relationship scores of the father and the acceptance of the friends together predicted the sense of inadequacy scores statistically (F = 18,370, p <.001). Father positive relationship scores explained about 5% of the total variance alone in the first stage, while it explained about 7% of the total variance together with friend acceptance scores in the second stage. According to these findings, although the positive relationships established by young adults with their fathers and their feelings of acceptance from their friends were found to be important, positive relationships with the father were found to be the strongest predictors of the inability feelings of young adults.

#### 4. CONCLUSIONS and DISCUSSION

University students' feelings of inadequacy (discouragement, useless superiority effort, denial of their own value), the results of this study, which are examined in terms of their relationship with their parents (positive, negative, explanation) and quality of friendship (security, closeness, acceptance, help), discussions and suggestions about these results were presented in this section:

When the statistical analyzes were done, it was found that there was a negative relationship between the feelings of insufficiency and the quality of friendship, closeness and acceptance subscale scores of the young adults. As intimacy and acceptance experiences of young adults increase in friendship, feelings of inadequacy decrease significantly. During the adulthood, individuals try to adapt to their academic and social life (Yavuz, 2018). The sense of

disability is the belief that the individual cannot solve the problem in the face of a difficulty in which he cannot adapt adequately and is not ready to cope (Adler, 1985). An adult individual feels safe when he/she can reach the person that he/she is in close relationship with when he/she needs it (Gümüş, 2018). According to the related literature, the relationship between the feelings of inadequacy and loneliness of young adults is observed and young adults with feelings of inadequacy feel lonelier as their feelings of inadequacy increase (Çimşir and Akdoğan, 2019). In the research findings, the negative relationship between the inadequacy feelings of the young adults and the friendship quality affinity and acceptance sub-dimensions confirms that the young adults with the inadequacy feelings may feel more alone.

According to another result obtained from the analyzes, negatively significant relationships were found between the feelings of inadequacy of the young adults and the parental relationship quality scale of the mother-positive relationship and the father-positive relationship sub-dimensions. On the other hand, it was found that there was a significant positive relationship between the disability emotions of the young adults and the subscale scores of the mother-negative relationship and the father-negative relationship subscale scores. According to this finding, as the positive relationships of young adults with their parents increase, their feelings of inadequacy decrease and as the negative relationships with their parents increase, their feelings of inadequacy increase. Bowlby stated that individuals who have an attachment figure that they can reach whenever they need it will have less fear and anxiety than individuals who lack such a figure (Arslan, 2008). The foundations of feeling of inadequacy begin to take shape in infancy and childhood, and the most destructive feeling acquired during childhood is the feeling of inadequacy (Demir, 2017). According to attachment theory, the relationship between the mother and the baby begins to embed the child's two main mental codes ("I am valuable" and "the outside world safe"). When the baby receives positive relational responses by the caregiver at all the moments he needs, he internalizes the idea of "I am precious" and "he is trustworthy. These two mental codes will have a large impact on a person's social relationships throughout his life (Demir, 2017). The person who has a secure attachment relationship style behaves according to the belief that the attachment figures (initially parents, then spouse or close relationship) will be effective and reliable at the time of threat. People with insecure anxious attachment relationships have insufficient belief in themselves and their environment that they will overcome the events, and they approach others as anxious and

obsessive attachment in difficult situations. (Yıldızhan, 2017). While there is a negative correlation between secure attachment style and level of inadequacy of young adults, there is a positive relationship between attachment style and obsessive attachment style (Demir, 2017).

As a result of the regression analysis conducted to determine the predictive power of the variables, it was observed that the friendship quality subscale scores together predicted the sense of inadequacy of young adults. When beta values of friendship quality subscale scores were examined, it was seen that only friend acceptance variable contributed significantly to the model. Peer groups influence the development of self-esteem and self-esteem by providing a sense of commitment and belonging; provides social support that reduces the impact of stressful events (Dornbush, 1989); help to attain moral norms and values; It contributes to the development of interpersonal skills through the feedback they give to each other (Kaner, 1998). Friend relations are of great importance in personality development, maturation, and socialization, in gaining sexual identity, feeling of belonging to a group, sharing and taking responsibility (Dinçer, 2008). In the light of this information, it can be said that friendship relations have a significant effect on the sense of inadequacy.

In addition, it was determined that the parental relationships quality subscale scores together predicted the sense of inadequacy of young adults. When the beta values of the parental relationship sub-dimension scores were examined, it was seen that only the positive relationship variable made a significant contribution to the model. Looking at the parental attachment relationships of young adults, the young people who have secure attachment with their families are more successful in their friendship relationships, they are sociable, and their feelings of trust are higher (Demir, 2017). Adults with a secure attachment style consist of individuals with positive self-esteem, who value themselves and others to love, and can establish trust-based and saturated relationships (Bartholomew & Horowitz, 1991; Gümüş, 2018). For this reason, it can be expected that the quality of social life of individuals who have not developed secure attachment may be impaired. In a study conducted by Belizaire and Fuertes (2011), they suggested that attachment styles also affect the quality of social life of adults and that individuals with anxious and fearful attachment tendencies have relationship problems. The same research states that the relationships of individuals with anxious attachment tendencies are devoid of intimacy and intimacy, and the main reason for this is negative self-perception and inadequacy.

As a result of the regression analysis, it was observed that father positive relationship scores significantly predicted

insufficiency scores of young adults. According to the theory of structural family systems, the family is an interactively functioning system. The behavior of one member is related and interdependent with the behavior of other members. In understanding human behaviors and problems specific to individuals, it is necessary not to focus on the individual's relationships with other people, but on the system in which they are built. The structural family system includes different subsystems. The parental subsystem includes functions for the child's interest, needs, care, upbringing and socialization. In families with “disjoint ilişkil relationships, the boundaries between subsystems have become a solidified wall. A distorted sense of independence is followed by an inadequate sense of attachment and belonging (Akün, 2017). The nature of the child's relationship with his mother as the only caregiving object is not the only factor in explaining the sense of inadequacy. The quality of positive relationships with the father was found to be the determining factor, and Krampe (2009) conducted research on the quality of father-child relationship advancing in object relations and attachment theory. It was stated that the child is directed to his father in the same way as his mother from the moment of his birth and is looking for him. Again according to Krampe (2003), the child is programmed to love his parents and to be loved by them and to see their needs for attention. For this reason, positive relations with the father will lead to the development of a positive father presence in the child (Steel, 2013). In order to develop such a father's presence in the child, the child needs to spend time in a common environment with his father, that is, to spend time with his father and to develop the process of emotional security and rapprochement towards the father (Çelik, 2013). In order to develop positive emotions towards the father, an interval is not a sufficient criterion alone; in other words, the quality of the relationship with the child, the level of behavior and emotional closeness to the child is more important than the presence of the father in the same environment with the child (Çelik, 2013). The quality of time spent with the father is more important than the amount of time spent together (Çelik, 2013). Considering the impact of these views on young adulthood, young adults spend time together with their fathers only under the roof of the family home, but they do not engage in an activity even during this time, the indifference of fathers to academic life; Because of the indirect communication style, young adults cannot create emotional bonds and closeness that will make them feel valuable and important from the eyes of their fathers (Çelik, 2013). In conclusion, according to attachment theory, there are mental codes that play a decisive role in the dynamics of the relationship established with the

parents during childhood, such as “I am valuable”, “he is safe” and “world is safe. We can say that positive relationship dynamics established with parents have an important place in the social relationships of the individual in the young adulthood. Accordingly, closeness and lack of positive relationships in the relationship established in childhood mother and father is an indicator that young adulthood individuals can overcome difficult situations and experience feelings of inadequacy towards their own selves and other relationships.

As a result of the Hierarchical Regression Analysis, it was found that the positive relationship scores of the father and the acceptance of the friends together predicted the sense of inadequacy scores statistically. Father positive relationship scores explained 5% of the total variance alone in the first stage, while it explained that 7% of the total variance together with friend acceptance points in the second stage. According to these findings; Although the positive relationships established by the young adults with their fathers and their feelings of acceptance from their friends were seen to be important, positive relationships with the father were found to be the strongest predictors of the inability feelings of the young adults. When evaluated together with the above findings, the effective role of the father on the feelings of inadequacy of young individuals was re-demonstrated.

Some suggestions were made within the framework of the findings. First of all, it was seen that the quality of friendship was an important variable in the feelings of inadequacy of young people. Based on this finding, it may be suggested that universities may develop social activities to improve students' friendship relationships. On the other hand, it was found that family relationships, the relationships established with the father, were an important variable in the feelings of inadequacy of the youth. Based on this finding, it is thought that it is very important for schools to organize family education programs starting from pre-school period and to include fathers in these trainings. At this point, there will be effective studies that guidance and psychological counseling units can do. Finally, in this study, the feelings of inadequacy of the youth were examined with the quality of friendship and family relationship qualities. It is thought that the studies to be conducted with other variables in the field will enrich the field. This research has some limitations: The sample consists of only one university students. Discussion could not be made sufficiently due to the small number of similar studies on the subject. In addition, the findings are limited to the statistical analysis performed.

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