

## Effect of Loneliness Among College Students

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### ABSTRACT

Social beings living in the society better known as humans. One of the most important areas for socialising for most of the children, adults and adolescents college is College. Loneliness is seen as a psychological phenomenon rather than an objective condition better known as State of mind. In every scenario where several individuals would feel lonely even though surrounded by people or they might be completely fine even if they are on their own.

Object: To examine the effect of loneliness on adolescents in relation to their gender (male and female.)

Tools: To fulfil the above objective Loneliness Inventory by V. Meenakshi and K. Krishnan (2010) was administrated.

Method: A sample of 100 college students was selected by randomly. The sample was bifurcated on the basis of their gender (male and female)

Results: There is no significant difference was found with regards to the loneliness measured among male and female college students.

**Key Words:** Loneliness, Gender, College students.

### Introduction:

A human condition “Loneliness” is which affects all ages. It is associated with a negative quotient with an individual’s way to deal with social relations. A way of loneliness is related to an individual’s analysis of their overall level of social interaction and describes as a deficit between the particular and desired quality and amount of social engagement. Reacting to the shortage of social networking one wants or if they are dissatisfied in the requirement of intimacy, lack of sincerity and emotions, the result is Loneliness. Kins and Folks are therefore asked to actively participate with one another.

A simple and widely accepted definition of loneliness is that the distress which arises from the discrepancies between ideal and perceptions of social relationships whereas it can also be explained as a state of solitude or being alone, it is indeed a state of mind. It develops a inner feeling for people to feel empty, alone and unwanted in their surroundings. They surely crave for human contact but are also conscious in making connections with people. Loneliness usually is found among the older generation

however in the current era it is also being found in youngsters. (Mental health Foundation, 2010).

The subject of Loneliness is a subjective expertise which means that if one thinks that they're lonely then they'll feel lonely. Even World Health Organization is alone isn't essentially lonely.

Majority of people fancy solitude. Paul Tillich (1959) has explicit that "Solitude expresses the glory of being alone, whereas, Loneliness expresses the pain of feeling alone." Larson (1997) in his description of the variations between loneliness and solitude has explained that 'solitude' is to be lily-white from others simply, while, 'loneliness' is selecting to be alone.

### **Types of Loneliness**

#### **Inter-personal Loneliness:**

When someone loses a big deal, or breaks an intimate relationship, loss of some near and dear the person experiences a feeling of being lonely even though he or she is surrounded by crowd. This further leads to deteriorate a loss of better half due to unfortunate circumstances, broken marriages and even death in few cases.

#### **Social Loneliness:**

This circumstances often arises on an individual when he or she is on the fringes of a gaggle, excluded from a gaggle, or when faces a rejection. This further includes physical absence of purposeful individuals around an individual and withdrawal from social circles.

#### **Cultural Loneliness:**

Occurrence of such loneliness is when an individual belongs to a discrete culture and develop a feeling that they do not fit or work within the new culture.

#### **Intellectual Loneliness:**

An intellectual individual when is not in sync with their colleagues, family or any grouping gives birth to Intellectual loneliness.

#### **Psychological Loneliness:**

Situations where an individual has gone through a trauma which separates from others around them.

Recently psychologists and social scientists conducted various surveys to live psychological well-being and subjective well-being among individuals. The former usually suggests that however individuals judge their own life. A person's own perspective concerning their social life, relationships, job satisfaction etc.

**Review of literature:****Rahman, Abdur & Bairagi, Arunavo & Dey, Biplob & Nahar, Lailun. (2017): Loneliness and Depression in University Students.**

Current study tried an empirical investigation to explore the loneliness and depression among university students. The results of this study showed that there was rather no difference between male and female and residential and non-residential students in step with loneliness. No significant interaction result was found between gender and residence in terms with loneliness. There was also no important distinction between girls and boys students however in terms of residential students had considerably additional depression ( $F = 14.06$ ,  $df = 1$ ,  $p < .01$ ) than non-residential students. No important interaction result found between gender and residence in step with depression. Results additionally showed that loneliness was completely correlative ( $r = -.29$ ,  $p < .01$ ) with depression.

**Diehl, K., Jansen, C., Ishchanova, K., & Hilger-Kolb, J. (2018). Loneliness at Universities: Determinants of Emotional and Social Loneliness among Students.**

A transition from school to university is often associated with social, academic, and behavioural change which is also a reason with feeling of loneliness. This studies target to study the effect of loneliness among students and spot its determinants and its respect to transition-related variables (e.g., changes in weight, diet, or physical activity since the transition from high school to university).loneliness is positively related with depression and anxiety.

Marriage or very committed relationships are perceived to be safe factors for emotional loneliness. Physical inactivity, a migrant background, and finding out social sciences were associated with higher social loneliness. Transition-related variables created mixed results

**Objective:**

To study the impact of loneliness in relation to students' gender.(male and female)

**Hypothesis:**

To verify the significant mean difference between students' gender with regards to perceived loneliness.

**Methodology:****Sample:**

The total 100 sample comprises subsamples that come from different stream (Arts, commerce, science, Engineering) within Ahmedabad district. All students were informed of the objectives of the study and that participation was Voluntary

**Variable:****Independent variable:**

Gender: male and female

**Dependent variable:**

The score of loneliness inventory

**Tools used:**

A personal information data sheet was used to get the data for demographic characteristics of the respondents. LONELINESS INVENTORY (2010) by Uma, Meenakshi. R. & Prof. K. Krishnan was used to measure the loneliness. It contains 19 items used five point response format it is five point Likert scale.

**Procedure:**

Total sample of 100 students was selected, 50 female and 50 male for the research study. Various colleges of Ahmedabad were approached for the study. The personal details of the subjects were also recorded. Rapport was established with subjects as well as an assurance of confidentiality of their responses was given. In case of any queries, they were explained properly. The scale was given to the subjects instructing them to answer, sheets were collected and it was checked that no statement is left un-answered. Interpretation and scoring was done according to the test manual.

**Result:**

The results of the present study of the research study are presented below

<b>Groups</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>t- value</b>	<b>Level of significance</b>
<b>Boys</b>	<b>50</b>	<b>57.74</b>	<b>22.46522</b>	<b>0.722379</b>	<b>n.s</b>
<b>Girls</b>	<b>50</b>	<b>54.32</b>	<b>24.81806</b>		

To determine whether the difference observed between the gender have no significant result on student's loneliness. The result shows no significant interaction effect between gender of college students and loneliness.

**Discussion:**

The findings of the present study showed that there was no significant difference between the male and female college students of various streams with regards to their perceived loneliness. Possibilities for this can be classified by self-esteem, gender roles, inter personal relationships, multi-dimensional perception of loneliness. On day to day basis traditional gender roles and social expectation are shifting. Evidences of every male and female students joining for different activities be it social, cultural, recreational and intellectual, which have reduced the gap of characteristically dedicated task to male and female college students. Similar result was obtained in a study conducted by *Rahman, Abdur & Bairagi, Arunavo & Dey, Biplob & Nahar, Lailun (2017): Loneliness and Depression in University Students*. The study analysed there is positive connection between loneliness and gender of university students. The cause of this finding can be explained by how current generation is bold, firm and confident about with their sex-role and social responsibility. Majority students were socially well integrated, that lead to a lower chance of feeling loneliness.

However, it was also observed during data collection procedure that current lifestyle is very affirmative of the various gender roles and acceptance of the gender orientation. Previous inhibitions that existed in the society is now changing and adapting to this new environment. Coherence and social networking is very clearly visible, without any parental or societal control. Male and female students show no difference of perceived loneliness as a characteristic of their gender.

Perhaps it's a state of mind developed due to certain specific reasons. It is a phenomenon caused due to intrusive or depressive thought process that leads to the social withdrawal or complete isolation of and individual from the society. Feelings of loneliness take root deeply and unfold in varied directions. Non-compliant health behaviours are conducive to loneliness which was not considered in the present study. Family and peer have a very important role to play for perceived loneliness for an individual. Any rejection or varied viewpoints leading to arguments within closed ones causes withdrawal at a certain point and then becoming a pattern. The younger generation is more technology oriented and lack the physical connectivity. Though they have large social networking but often lose the physical or emotional touch with their closed ones.

Loneliness is felt at some or the other point in one's life. Those who cope well and look out for social support are benefitted. Thus it clearly states that it's a kind of mental set and perception of their environment rather than a gender based issue.

**Conclusion:**

Loneliness is a complex subjective phenomena which is relatively a hard subject to measure as it is determined by the way individuals' social network and many factors that may affect the feeling of loneliness. We can conclude from this research that college students are generally feeling more satisfied with large friend groups, they have friends with shared

interest and problems with whom they spend maximum time. Although as we can say that college students are active in various social networking sites were they presenting their selves very confidently.

#### **Limitation and suggestion:**

This study has some limitations like sample size which was relatively small to generalize on the bigger population. Due to time constraint, the data has been collected from Ahmedabad, Gujarat only. Further studies can be done and conducted in the other cities and states. Also other variables like stress, depression etc was not considered. Any severe traumatic incidence that might have occurred was left out for the present study. Health behaviours or any kind of substance dependence is a reason for it, cannot be explained well as it was not measured.

#### **Implications:**

The research findings can be useful to psychologists, counsellors and mental health professionals to understand the reason for and impact of loneliness among youth. It also helps to understand how crucial the situation of an individual would be, if that person has socially withdrawn. Psychological issues and health behaviours impacting in any way and causing loneliness must be studied in order to prevent the youth falling prey to loneliness which can be fatal at times. Thus it can be very useful to the society at large.

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