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A study on loneliness among adolescents

Ashita Tripathi and Neetu Singh

Abstract

Loneliness is a complex and usually unpleasant emotional response to isolation. Loneliness typically includes anxious feelings about a lack of connection or communication with other beings, both in the present and extending into the future. As loneliness defined by Leo *et al.* 2014, it is a painful subjective experience or Moreover, loneliness was significantly correlated with less intimacy, comfort, and understanding, and more caution, distrust, and conflict. They also demonstrated that these effects of loneliness on social interaction quality were present even after controlling for depressed affect and neuroticism. In contrast, only family-related loneliness was associated with deliberate self-harm and eating disorders. Researcher showed that social relationship promotes psychological well-being in adolescents and reduces malaise.

Keywords: Loneliness, social interaction, communication, distrust, conflict

Introduction

Loneliness is a complex and usually unpleasant emotional response to isolation. Loneliness typically includes anxious feelings about a lack of connection or communication with other beings, both in the present and extending into the future. As such, loneliness can be felt even when surrounded by other people. The causes of loneliness are varied and include social, mental, emotional and physical factors.

Research has shown that loneliness is prevalent throughout society, including people in marriages, relationships, families, veterans, and those with successful careers. It has been a long explored theme in the literature of human beings since classical antiquity. Loneliness has also been described as social pain—a psychological mechanism meant to motivate an individual to seek social connections. Loneliness is often defined in terms of one's connectedness to others, or more specifically as "the unpleasant experience that occurs when a person's network of social relations is deficient in some important way".

Objective: To find Loneliness among adolescents across gender.

Methods and Material

Sample: The study was conducted within 1 year from July 2017 to May 2018 by questioning and interviewing among 120 adolescents in Lucknow city.

Data collection: The data for the present research was collected personally through interview method. A pilot study was conducted on 10% of the sample to validate the data collection instrument and requisite changes in the schedule were made. Visits were made to the selected areas in order to establish a rapport and to ensure full co-operation from the identified sample.

Data processing and analysis: The data was first coded, tabulated, decoded and analyzed by applying descriptive as well as relational statistical tools in order to get the inference.

Result

Table 1: Distribution of loneliness according to gender

Gender	Loneliness			Total
	20-40	40-60	60-80	
Male	(44)73.3%	(16) 26.6%	(4) 6.6%	(60)100%
Female	(38)63.3%	(13)21.6%	(6) 10%	(60)100%

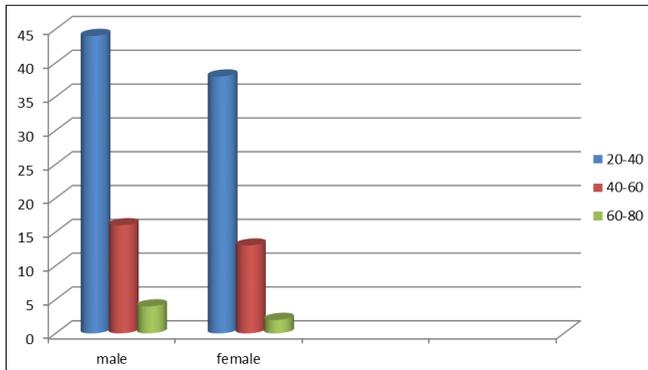


Fig 1: The above table showed that girls (10%) were feeling more lonely in comparison to males (6.6%).

Table 2: Relationship between loneliness and gender

Variables	mean	S.D.	R	Significant value	Conclusion
Gender	1.50	.502	0.067	.000	
Loneliness	1.39	.626		.000	

R=-0.067**, N= 120

These result indicate that there is positive correlation loneliness and gender.

As their value is positive and p0.05 thus null hypothesis is rejected.

Conclusion

To study about loneliness and well being among adolescents in Lucknow city. The sample of the study has consisted of 120 sample in schools, 60 male and 60 female selected.

Loneliness is a phenomenon that occurs in all stages of life and is a significant problem for many older people. Previous research has shown that loneliness in old age is a risk factor that can be linked to various health-related problems, physical and mental problems. Aging is accompanied by physical problems such as frailty and functional decline and mental problems such as reduced cognitive capacity and greater loneliness. Loneliness is an estrangement from oneself and from others, a feeling of alienation, even in the midst of others. Girls (10%) were feeling more lonely in comparison to males (6.6%), There is positive correlation loneliness and gender.

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