

Effects of Loneliness Among Single Born Male And Female Adolescence

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ABSTRACT

In the present scenario of changing social structures, social values, and globalization, feeling of loneliness is becoming a serious problem among adolescents which may impact their well-being. The present study is evaluated the loneliness of single born male and female among college students. The researcher sample of 60 adolescents was selected from college in chennai city all are eligible participants of 30 males and 30 females. Each participant assessed with Revised UCLA Loneliness Scale (1980). The data were analyzed using "t" test. Results revealed that there is a significant different between male and female single born among adolescence.

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Introduction

One of the most terrifying sensations in the world is the feeling of being "all alone". This is especially true if many different people surround you yet the feeling of isolation continues. "I am so alone, so lonesome, so disconnected from everyone else." "No one cares for me." "There is no one around that I can rely upon to listen to me, to help me and comfort me!"

The process of separation begins at birth and, as such, feeling alone is a healthy emotion and, indeed, choosing to be alone for a period of solitude can be enriching. To experience loneliness, however, can be to feel overwhelmed by an unbearable feeling of separateness at a profound level. This can manifest in feelings of abandonment, rejection, depression, insecurity and anxiety. If these feelings are prolonged they may become debilitating and serve to prevent us from developing healthy relationships and lifestyles. To recognize lonely individuals early on to prevent more serious problems which loneliness may cause Loneliness should be considered as a risk for individual health and wellbeing, it is important. Parents, teachers and health providers should gain more knowledge about loneliness and related factors such as, the importance of healthy, supportive social relations of loneliness which will be the main cause for enhancing non-violence, belonging, emotional intelligence and empathy among adolescence.

Loneliness is an unpleasant feeling that arises due to a discrepancy between the desired and achieved quality of one's social network (Peplau & Perlman, 1982), and has a deleterious effect on various aspects of psychological well-being (Heinrich & Gullone, 2006). Loneliness is particularly relevant to investigate in adolescence because one's social network changes substantially during this period (e.g., increased need for intimate peer relations; Parkhurst & Hopmeyer, 1999). The causes of loneliness are varied and include physical, social, psychological or emotional factors

Adolescence is characterized by the need to establish their own identity which calls for autonomy and independence from their parents, as suggested in the Eriksonian crisis of 'identity versus identity confusion.

Resolution of the crisis which results in developing a sense of their own self in relation to others and to their own internal thoughts and desires. Adolescents age (13 to 18) is the age where they share their frequent emotions of anger, sadness, shame, helplessness, and a sense of betrayal by their parents. They tend to maintain distance by themselves from their parents, remaining aloof even a year of more later. Adolescence feels lonelier because they don't have the friendships that they need. Poets described that feelings of being isolated, lack of social support, feeling invisible, or feeling that no one around them understands the feelings of that person is going through. A gender difference exists among adolescence, females spend more time with their parents and the males spend more time with their peers. So, it is essence, that lonely individuals require friendships, friends who would give more importance to their feelings, understands and empathizes with their situation, and provide support whenever they are in need. However, lonely individuals seem that they are unable to achieve this required depth of friendship in order to share their loneliness.

The Cause of Loneliness

The cause of loneliness today is not only physical in nature but also cultural, psychological and spiritual. The problem is even greater because loneliness may create stress that can lead to depression. It is important that a person recognize the state of loneliness very early, and does something about it.

Mental Health

Loneliness by Hans Thoma (National Museum in Warsaw) says that loneliness has been linked with depression, and is thus a risk factor for suicide. Émile Durkheim has described loneliness, specifically the inability or unwillingness to live for others, i.e. for friendships or altruistic ideas, as the main reason for which he called egoistic suicide. People who are socially isolated may report poor sleep quality, and thus have diminished restorative processes. Loneliness can also lead to psychological problems.

Physical Health

Chronic loneliness is considered to be a serious, life-threatening health condition.

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It has been found to be associated with an increased risk of stroke and cardiovascular diseases. Loneliness shows an increased incidence of high blood pressure, high cholesterol, and obesity which leads to fatigue. Finally, depressive symptoms starts dominate among adolescence.

In the present study an attempt has been made to see how loneliness is related to well-being among college students.

Objectives

The specific objectives of the study were as follows:

1.To analysis the feeling of loneliness among single born male and female adolescents.

Hypothesis

1. There is significant difference in feeling of loneliness among single born male and female adolescents

Methodology

The selected samples were assessed with standardized questionnaires on the personal supervision. The sample consists of 30 males and 30 females of age group between 17-21 years

Procedure

Inclusion Criteria

All single born male and female college studying students who belong to the age group of 17- 21 years.

Exclusion Criteria

College students with siblings and below age 17 were not participated in this study.

The subjects took 10 to 20 minutes for filling the questionnaires. After the collection of data, responses were scored individually for each subject.

Tools

Revised UCLA Loneliness Scale (Russell, Peplau, & Cutrona, 1980) is used to measure the adolescence which contains 20 items (e.g., "I have nobody to talk to"), including 10 reversed items (e.g., "I can find companionship when I want it"). The loneliness scale was coded from 1 to 4, (opposite in reversed items). Scores on the scale can range from 20 (indicating the lowest level of loneliness) to 80 (indicating the highest level of loneliness).

Results

Table 1. Show the significances difference between male and female on loneliness among single born adolescence.

Group	N	Mean	SD	SE	't' value	Level of significance
Male	30	44.6	7.33	1.47	2.36	0.01
Female	30	47.9				

** correlation significant at level of 0.01

The above Table-1 exhibits the level of loneliness among male and female of single born. The mean value of male is 44.6 and the mean of female is 47.9 respectively. This mean difference statistically proved by the "t" value of 2.36 with its significant at 0.05 and 0.01 level. Hence there is a significant difference in single born male and female adolescence it is accepting alternative hypothesis.

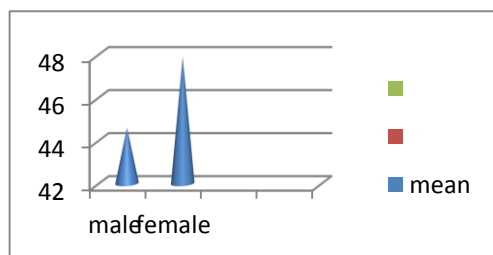


Fig. Shows the significance of mean difference between male and female on loneliness among single born adolescence.

Discussion

The primary purpose of the study were evaluated the loneliness among single born male and female adolescence. More specifically it addressed that loneliness is negative feeling which affects the value of social network (Peplau & Perlman, 1982) and well-being (Heinrich & Gullone, 2006). The data gathered from the study suggested that effects of loneliness among single born male and female adolescence. Most of the adolescence age grouped explained depression, inferior, low level of achievement, lack of social support and total mood disturbances due to loneliness. According to Mancillas A (2006) proved that negative stereotypes of only children are pervasive despite growing trend toward single child families and typically viewing children as lonely spoiled and maladjusted. Mottus R et al (2008) demonstrated that only child differ from stereotypical profile of those who have siblings. This results show that there is significant difference among single born male and female adolescence. Female has higher loneliness when compared with male.

Conclusion

In conclusion, this study demonstrated that adolescents' loneliness was significant among adolescence of single born male and female college students. So it is more important to attend symptoms associated with adolescent's feeling of loneliness.. Thus, appropriate programs and interventions are needed to improve the social relationship which will reduce loneliness among adolescence.

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