

# Loneliness and its Aftermath

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## Abstract

*Loneliness can be deemed as a social deficiency. Loneliness discloses the relationship between the desired and achieved a level of social interaction. Loneliness is not linked with social isolation, solitude, or aloneness. When low levels of social contact are desired, they may be experienced as positive. Loneliness is associated with mental illness. Loneliness is an emotionally unpleasant experience. It causes dissatisfaction, unhappiness, and depression. Anxiety, emptiness, boredom, restlessness, and marginality are the offshoot of loneliness. Divorce and the breakup of dating relationships are all associated with loneliness. Physical separation from family and friends drives one at risk for loneliness. Retirement, unemployment, and reduced satisfaction may also precipitate loneliness.*

**Keywords:** Loneliness, Social Deficiency, Social Interaction, Unpleasant Experience, Reduced Satisfaction

## Introduction

When a person's social contact is suboptimal, one experiences aversive discrepancy. This noted discrepancy is labeled as loneliness. In assessing loneliness, ones' network of relationships must be taken into account. Loneliness may be associated with mental illness. The manifestations of loneliness are affective, cognitive, and behavioral (Russell et al., 1978).

## Antecedents of Loneliness

Loneliness is precipitated by changes in a person's social relationships. It leads to poor social interaction, affecting the relationship, termination of a close emotional relationship results in loneliness. Widowhood (Lopata, 1973)) divorce (Weiss, 1976) and the breakup of dating relationships (Hill et al., 1976) are all associated with loneliness. Physical separation from family and friends drives one at risk for loneliness (Weiss, 1973; Weissman & Paykel, 1973). Retirement, unemployment can mitigate social contacts promoting loneliness. Poor relationships may also generate loneliness. Loneliness is correlated with gender, marital status, income, and age. Women feel more lonely than men (Donson & Georges, 1967; Weiss, 1973). Loneliness is lower among married people (Weiss, 1973); loneliness is higher among widowed and divorced people.

## Literature Highlights

Loneliness is a socially prevalent phenomenon among older adults, mainly at advanced ages (Dykstra, 2009; Dykstra, Van Tilburg & de Jong Gierveld, 2005). (Hawkley, Masi, Berry & Cacioppo, 2006). Loneliness is associated with impaired physical health. (Shiovitz-Ezra & Ayalon, 2010) loneliness tends to mortality. The association between loneliness and mortality has been substantiated in several studies (Andersson, 1998; Peplau & Perlman, 1982).

Hafiz Bek reports that feelings of isolation and lack of aspiration for the future affect the academic performance of students. Generally, students who have aspirations for the future tend to participate and thrive in school. Students who feel lonely and isolated are prone to spend their time idly fairing poor in academic environments.

**Methodology**

**The Problems Stated**

- a) What is meant by loneliness?
- b) What is the extent of loneliness possessed by the respondents?
- c) Will there be any difference in loneliness held by the respondents?

**Objectives**

The following objectives were framed for the study

- To assess the level of Loneliness of the respondents
- To ascertain if there is any significant difference in the degree of loneliness in terms of demographic variable

**Hypotheses**

- A significant difference in the mean loneliness score for the subject in terms of Gender does not exist.
- A significant difference in the mean Loneliness score for the subject in terms of Employment does not exist.
- A significant difference in the mean Loneliness score for the subject in terms of Locality does not exist.
- A significant difference in the mean Loneliness score for the subject in terms of SES does not exist.
- A significant difference in the mean Loneliness score for the subject in terms of Educational Qualification does not exist.

**Sample Design**

The investigator had chosen 40 men and 40 women from the area from where the sample is identified and chosen for the final study. The sex, type of job, age socio-economic status, and parental

qualification form the sub variable of the study.

**Instrumentation**

The process of structuring and validating the tool is called instrumentation. The items in the Loneliness scale were twenty-five in numbers covering various philosophical, social, and psychological concepts. The item’s loneliness inventory scale includes dimensions such as despair, anxiety, frustration, poor communication skill, etc.

**Lone Lines Rating Scale**

The loneliness of the students was measured with a loneliness rating scale. This test consists of 25 items that have been validated.

Loneliness questionnaire includes statements which attempt to evaluate the loneliness of the respondents in terms of personal, social, parental relationship. The statements are positive and negative covering the following aspects namely social deficiency, interpersonal relationship, despair, anxiety concentration and motivation, for instance, The list of traits cannot be termed complete as there are ever so many related traits with loneliness.

**Reliability and validity**

The tool has higher validity and responsibility. The Differential analysis follows:

**Hypothesis I: Null hypothesis**

A significant difference in the mean loneliness score for the subject in terms of gender does not exist.

**Table 1: The difference in students due to gender**

Sex	N	Mean	SD	“t” value	Sig.
Men	60	51.37	7.73	4.63	S
Women	60	57.62	8.71		

$df = 118; t(0.05) = 1.96; t(0.01) = 2.58$

The table shows the following facts.

- The calculated “t” value is greater than the table value.
- “t” value significant at 0.01 level.
- Hence the research hypothesis is accepted, and the null hypothesis is rejected
- A significant difference in the mean loneliness score for the subject in terms of gender exists.

**Hypothesis 2: Null hypothesis**

A significant difference in the mean loneliness score for the subject in terms of employment does not exist.

**Table 2: The Difference in Students due to Employment**

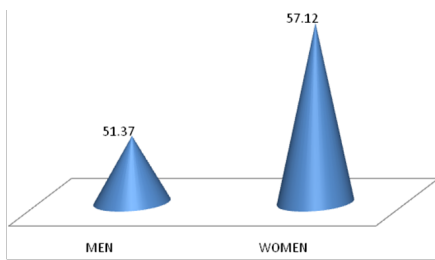
Employment	N	Mean	SD	“t” value	Sig.
Government	54	52.12	7.63	3.15	S
Non Govt	66	56.63	7.93		

df = 118; t(0.05) = 1.96; t(0.01) = 2.58

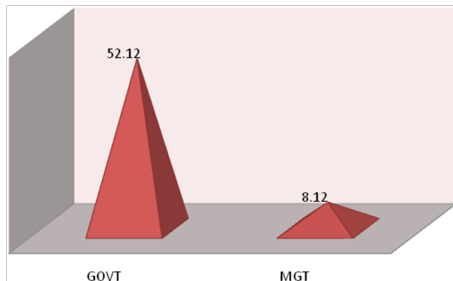
The table shows the following facts.

- The calculated “t” value is greater than the table value.
- “t” value is significant at 0.01 level.
- Hence the research hypothesis is accepted, and the null hypothesis is rejected
- A significant difference in the mean loneliness score for the subject in terms of employment exists.

**Figure 1: Loneliness (Boys Vs. Girls)**



**Figure 2: Loneliness (Govts Vs. Management)**



**Hypothesis 3: Null hypothesis**

A significant difference in the mean loneliness score for the subject in terms of locality does not exist.

**Table 3: The Difference in Respondents due to Locality**

Locality	N	Mean	SD	“t” value	Sig.
Urban	30	54.57	8.30	2.29	S
Rural	90	50.66	7.45		

df = 118; t(0.05) = 1.96; t(0.01) = 2.58

The table shows the following facts.

- The calculated “t” value is greater than the table value.
- “t” value is significant at 0.05 level.
- Hence the research hypothesis is accepted, and the null hypothesis is rejected
- A significant difference in the mean loneliness score for the subject in terms of locality exists.

**Hypothesis 4: Null hypothesis**

A significant difference in the mean loneliness score for the subject in terms of SES does not exist.

**Table 4: The difference in students due to SES**

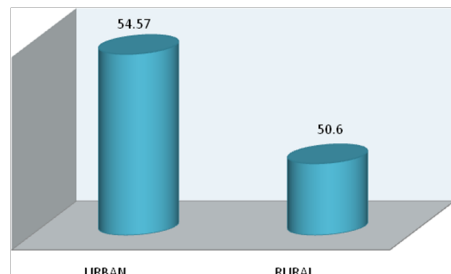
SES	N	Mean	SD	“t” value	Sig.
Low	85	49.88	6.91	3.75	S
High	35	55.89	8.36		

df = 118; t(0.05) = 1.96; t(0.01) = 2.58

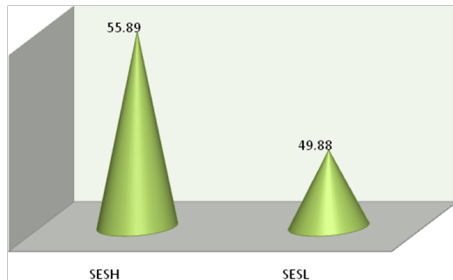
The table shows the following facts.

- The calculated “t” value is greater than the table value.
- “t” value is significant at 0.01 level.
- Hence the research hypothesis is accepted, and the null hypothesis is rejected.
- A significant difference in the mean loneliness score for the subject in terms of SES exists.

**Figure 3: Loneliness (Men Vs. Women)**



**Figure 4: Loneliness (SES high vs. SES low )**



**Hypothesis 5: Null hypothesis**

The significant difference in the mean loneliness score for the subject in terms of educational qualification does not exist.

**Table 5: The Difference in Respondents due to Educational Qualification**

Educational qualification	N	Mean	SD	“t” value	Sig.
Low	80	49.54	6.96	4.35	S
High	40	55.90	7.84		

df = 118; t(0.05) = 1.96; t(0.01) = 2.58

The table shows the following facts.

- The calculated “t” value is greater than the table value.
- “t” value is significant at 0.01 level.
- Hence the research hypothesis is accepted, and the null hypothesis is rejected
- A significant difference in the mean loneliness score for the subject in terms of educational qualification exists.

**Findings**

- A significant difference in the mean loneliness score for the subject in terms of gender does not exist.
- A significant difference in the mean loneliness score for the subject in terms of employment exists.
- A significant difference in the mean loneliness score for the subject in terms of locality exists.
- A significant difference in the mean loneliness score for the subject in terms of SES exists.
- A significant difference in the mean loneliness score for the subject in terms of educational qualification exists.

**Implications of the Study**

Social isolation and in adequate support affect one’s psychological well-being and physical health. Loneliness may be more detrimental to health than obesity. It has a palpable effect on early death, lower dynamism, feeling of inadequacy to cope with problems impoverished positive emotions, and overall quality of life go hand in hand with loneliness. No doubt, loneliness happens to be a predictor of functional decline and death.

**Conclusion**

The present article has brought to lime the light definition of loneliness and factors associated with loneliness. The article has given a picture of the drastic and adverse influence of loneliness. Having been familiar with the aftermath of loneliness, one should be judicious enough to mix with people during social and religious functions, establish friends circle, visit hospitals and orphanages, and parks. Reading habits and hobbies will help a lot in annulling the baneful effects of loneliness.

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