

A STUDY ON RELATIONSHIP BETWEEN LONELINESS AND MENTAL HEALTH AMONG COLLEGE STUDENTS

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ABSTRACT :

The study examines the relationship between loneliness and mental health among college students. This research explores the socio-economic factors influencing loneliness, investigates its impact on mental health and analyzes gender difference. Using a sample of 100 college students, data were collected through structured questionnaires and analyzed using chi-square, regression and Anova. Findings reveal that a significant portion of students experience moderate stress, many respondents relying on music and movies for relief. Suggestions for improvement include engaging in physical activities, maintaining strong social connections, and practicing mindfulness. The study emphasizes the importance of creating a supportive campus environment to encourage emotional well-being and prevent long-term mental health issues among students.

KEYWORDS: College students, Gender, Loneliness, Mental health, Depression, Stress.

INTRODUCTION :

Loneliness is a growing concern among college students ,as it has been shown to negatively impact both their social lives and overall well-being. College represents a significant transitional period, where students often face new challenges, such as adapting to an unfamiliar environment, managing academic pressures ,and building new social networks. Despite the potential for forming connections ,many students experience loneliness, which can lead to a range of negative mental health outcomes, including anxiety ,depression and increased stress levels. While college offers opportunities for personal growth and social interaction ,it can also promote competitive and individualistic environments that worsen loneliness. This study explores the relationship between loneliness and mental health among college students ,focusing on its causes, effects and potential solutions. By gaining a deeper understanding of this issue, educators, policymakers ,and students can work together to build a more supportive and connected campus community. This study aims to explore the connection between loneliness and mental health among college students, with the goal of shedding light on how these factors influence one another. By identifying patterns and correlations between loneliness and mental health outcomes ,the research will provide insights that could inform policies and programs designed to promote social integration and mental wellness in university.

REVIEW OF LITERATURE :

1. Thomas Richardson al.et(2017)-“Relationship between loneliness and mental health among college students” This research is focused on the link between the loneliness and mental health in cross sectional studies .By using a longitudinal approach, this study seeks to investigate the ongoing feeling of loneliness influence mental health. College students often face major transitions, including moving away from home, adapting to a new environment and building a new social networks. These changes can trigger feelings of loneliness. Loneliness can lead to deterioration of mental health in which among the college student, research shows that loneliness has been found to affect students’ daily lives to the extent that affects concentration in class they become constantly restless.
2. Raheel mushta al.et.(2014)-“Relationship between loneliness psychiatric disorders and physical health ?A review on the psychological aspects of loneliness” This study shows loneliness and depression is widely acknowledged that they both are still not entirely clear.

But both the loneliness and depression can share similar emotions. Loneliness can lead to various psychiatric disorders like depression, alcohol abuse, child abuse, sleep problems, personality disorders and Alzheimer's disease.

3. Priyanka verma al.et.(2024)-“Impact of loneliness and mental health among university students” This study shows loneliness has become a remarkable concern across all age groups, affecting adolescents, adults and older individuals. This research indicates that students suffer from various mental health compared to general population .Students can be relatively lonely even when they are in a large crowd and have high social connections. College students who experience loneliness are unable to be happy when they are in an extreme state of sadness.
4. Hani masstissa al.et(2023)-“Relationship between loneliness and mental among college students” This study shows the growing acceptance of loneliness of a factor influencing mental health has made a remarkable concern particularly for university students. There is a gender difference between the loneliness and mental health among male and female. The results reveal a friendship between these variables. Loneliness is experienced by all people living on this earth. The university students have the potentially lonely and stressed as they struggle with many challenges including new teaching and learning style and absence of a support system that was a pillar of their spirit during their school days.
5. Oli ahmed(2018)-“Relationship between loneliness and mental health among first-year undergraduate students: Medicating role of timeline browsing and chatting on facebook” This study shows the new enrolled students at undergraduate programs face some problems in the new environment. That leads them into loneliness and depression. This study found that loneliness predicted greater anxiety, depression and stress. Mental health is an indispensable part of our health. The present age is the era of information technology. People have connected with others person virtually. There are several social networking sites for virtual social connection.

STATEMENT OF THE PROBLEM :

Loneliness can lead to symptoms of mental health such as feelings of stress, anxiety and even depression. Students cannot concentrate in class due to their overthinking that leads to low level of students by scolding them for poor performance. Students life is passive that lead to depression and suicidal thoughts. Students often zone out of loneliness because they don't have any person to show their happiness or sadness. Students have the mindset of getting into a relationship because they don't get the care and affection from friends or family towards them. Because of loneliness students get addicted to mobile phone and social media. Being lonely students starts to overthink and become forgetful about their works and feel constantly restless. Loneliness occurs when they have to work to a different place with a new environment for their studies. The stress issue is increasing among university student which has a great impact on their lives. Loneliness might be different between male and female.

OBJECTIVE OF THE STUDY :

- To study on socio economic factors of college students.
- To investigate the mental health and loneliness.
- To study the gender differences in the variables of loneliness and mental health.
- To study the relationship between loneliness and stress among the college student.

RESEARCH METHODOLOGY:

This study consists of 100 respondents from college students using simple random sampling. The primary data are collected for the first time which is fresh and original in nature from the respondents in a structured questionnaire method. The secondary data is gathered from various sources like

websites, journals and magazines. This study consists of tool such as chi-square, regression and anova. The chi-square is used to identify the relationship between two variable mental health and loneliness. Regression is used to identify the relation between two variable stress and loneliness. Anova is used to identify the mental health and loneliness of a students.

ANALYSIS AND INTERPRETATION :
SIMPLE PERCENTAGE ANALYSIS

CATEGORY	VARIENCE	NO.OF.RESPONDANCE	PERCENTAGE
Age	18-21	48	48
	22-24	39	39
	25-28	7	7
	28-32	6	6
	Total	100	100
Gender	Male	51	51
	Female	49	49
	Prefer not to say	0	0
	Total	100	100
Stream	Arts and science	42	42
	Institute of engineering and technology	28	28
	Medical college	21	21
	Research	9	9
	Total	100	100
Year	I	14	14
	II	16	16
	III	39	39
	IV	31	31
	Total	100	100
Living situation	Family	53	53
	Alone	12	12
	Hostel	24	24
	Roommate	11	11
	Total	100	100
How satisfied are you with your current social life on campus?	Satisfaction	56	56
	Dis-satisfaction	17	17
	Neutral	27	27
	Total	100	100
How often do you feel as if no one understands you?	Often	20	20
	Sometimes	53	53
	Always	23	23
	Never	4	4
	Total	100	100
Have you ever thought of ending your life because of stress?	Sometimes	33	33
	Never	52	52
	May be	15	15
	Total	100	100
How do you overcome the situation of stress?	Travelling	27	27
	Music/movie	33	33
	Social media	22	22

	Other	18	18
	Total	100	100
Do you feel sometimes hopeless like there's nothing you can do to feel better?	Not at all	49	49
	Just a little	34	34
	Moderately	12	12
	Quite a lot	5	5
	Total	100	100
Do you have any difficulties in concentrating and focusing on task?	Not at all	7	7
	Just a little	53	53
	Moderately	28	28
	Quite a lot	12	12
	Total	100	100
Do you feel its hard to master up the energy or desire to do anything?	Not at all	12	12
	Just a little	32	32
	Moderately	43	43
	Quite a lot	13	13
	Total	100	100
Do you feel dizzy or unsteady while doing something?	Not at all	10	10
	Just a little	23	23
	Moderately	33	33
	Quite a lot	34	34
	Total	100	100
Do you have the fear of losing control or going crazy?	Not at all	16	16
	Just a little	28	28
	Moderately	32	32
	Quite a lot	24	24
	Total	100	100
How often do you feel that you need lack companionship?	Often	54	54
	Sometimes	30	30
	Rarely	11	11
	Never	4	4
	Always	1	1
	Total	100	100
How often do you feel that you are no longer close to anyone?	Often	13	13
	Sometimes	48	48
	Rarely	18	18
	Never	6	6
	Always	15	15
	Total	100	100
How often did you feel that you didn't have anyone to talk when you were a child?	Often	8	8
	Sometimes	28	28
	Rarely	39	39
	Never	13	13
	Always	12	12
	Total	100	100
How often did you feel misunderstood by your peers during	Often	11	11
	Sometimes	37	37
	Rarely	18	18

adolescence?	Never	20	20
	Always	14	14
	Total	100	100
How much did your friendship provide emotional support during your teenage years?	Often	15	15
	Sometimes	32	32
	Rarely	16	16
	Never	8	8
	Always	29	29
	Total	100	100
Do you feel emotionally distant from people around you, even when they are present?	Often	16	16
	Sometimes	30	30
	Rarely	21	21
	Never	13	13
	Always	20	20
	Total	100	100
Do you feel like you are not enough or don't measure up in your relationships?	Often	10	10
	Sometimes	36	36
	Rarely	21	21
	Never	19	19
	Always	14	14
	Total	100	100
Do you tend to blame yourself for feeling lonely, as if it's something wrong with you?	Often	22	22
	Sometimes	24	24
	Rarely	19	19
	Never	13	13
	Always	22	22
	Total	100	100
Have you felt that there wasn't enough time to get everything?	Frequently	60	60
	Occasionally	25	25
	Never	3	3
	Sometimes	12	12
	Total	100	100
Have you felt like your was out of control?	Frequently	13	13
	Occasionally	57	57
	Never	17	17
	Sometimes	13	13
	Total	100	100
Have you felt like you had to make quick decisions?	Frequently	12	12
	Occasionally	34	34
	Never	33	33
	Sometimes	21	21
	Total	100	100
Have you felt like there was/”too much to do, too little time/	Frequently	12	12
	Occasionally	33	33
	Never	20	20
	sometimes	35	35
	Total	100	100

Source: Primary data

INTERPRETATION

The above table represents the demographic profile of 100 respondents, 40(40%) of the respondents are at the age of 18-21. 51(51%) of the respondents are male. 42(42%) of the respondents are studying in arts and science stream. Most of the respondents are from III year with 39(39%). 53(53%) of the respondents are with their family. 56(56%) respondents are satisfied with their current social life on campus. 53(53%) of respondents sometimes feel no one understands them. 52(52%) of respondents never thought of ending their life because of stress. 33(33%) of respondents overcome their stress by seeing movies and hearing musics. 49(49%) of respondents not at all feel that they are hopeless and nothing they can do feel better. 53(53%) of respondents feel just a little of difficulties and concentrating in focusing a particular task. 43(43%) of respondents feel moderately its hard to master up the energy or desire to do anything. 34(34%) of respondents feel quite a lot of dizzy while doing something. 32(32%) of respondents feel moderately have the fear of losing control and going crazy. 54(54%) of respondents feel often they lack companionship. 48(48%) of respondents sometimes they feel they are no longer close to anyone. 39(39%) of respondents rarely feel they don't have anyone to talk when they were child. 37(37%) of respondents sometimes feel misunderstood by their peers. 32(32%) of respondents sometimes feel their friendship provide emotional support during teenage. 30(30%) of respondents sometimes feel they are emotionally distant from around them. 36(36%) of respondents sometimes feel they don't measure up in their relationship. 24(24%) of respondents sometimes feel they tend to blame themselves for being lonely. 60(60%) of respondents frequently felt there wasn't enough time to get anything. 57(57%) of respondents occasionally felt their life was out of control. 34(34%) of respondents occasionally felt like they had to make quick decision. 35(35%) of respondents sometimes felt too much to do in short period of time.

ANOVA

Variable	SS	df	MS	F	P-Value	F crit
Rows	112.61	99	1.137	1.613	0.002	1.322
Columns	67.72	2	33.86	48.02	9.9E-18	3.041
Error	139.6	198	0.705			
Total	319.946	299				

Source: Primary data

INTERPRETATION

The F-value(1.613) is greater than the critical value(F crit=1.322) with a significant P-value(0.002) indicating that there are statistically significant differences across the rows. Between the groups the F-value(48.02) is much higher than the critical value(F crit=3.04) with a highly significant P-value(9.9E-18) there is a significant differences between the groups.

CHI-SQUARE

	Do you feel its hard to master up the energy or desire to do anything?					
		Just a little	Moderately	Not at all	Quite a lot	Total

Do you have any difficulties in concentrating and focusing on task?	Just a little	14	9	8	9	40
	Moderately	6	5	2	1	14
	Not at all	14	33	2	6	55
	Quite a lot	4	2	0	0	6
	Total	38	49	12	16	126

	Value	Df	Asymp.sig. (2-sided)
Pearson Chi-Square	1.501E2 ²	16	.000
Likelihood Ratio	97.895	16	.000
N of Valid Cases	126		

Source: Primary data

INTERPRETATION

The Pearson chi-square value is 150.1 with a degree of freedom(df) of 16. The P-value (asymptotic significance) is .000, indicating the result is highly statistically significant. Since P-value is less than 0.05, there is a significant association between the variables. The results suggest that the level of difficulty in concentrating and focusing on tasks is strongly associated with the other variable.

CHI-SQUARE

Row label	Always	Never	Often	Rarely	Sometimes	Grand total
Always	4	1	1	0	5	11
Never	2	4	0	2	12	20
Often	0	1	8	0	6	15
Rarely	1	2	3	0	10	19
Sometimes	10	0	2	6	17	35
Grand Total	17	8	14	11	50	100

Chi-Square Value	Degree of freedom	P-Value	Significant/Not significant	Null Hypothesis
2.5080	16	0.0075	Significant	Rejected

Source: Primary data

INTERPRETATION

The chi-square value is 2.5080. The P-value is 0.0075, which is less than 0.05. Since the P-value is below the threshold (0.05), the result is statistically significant. The null hypothesis is rejected, meaning there is a significant association between the variables in the table. The observed frequencies in the table differ significantly from the expected frequencies, indicating a relationship between the variables.

REGRESSION :

Regression statistics	
Multiple R	.3086

R Square	0.095
Adjusted R Square	0.067
Standard Error	0.857
Observations	100

Source: Primary data

INTERPRETATION

Multiple R represents the correlation coefficient between the observed and predicted values .A value of 0.3086 indicates a weak positive correlation. R-square measures the proportion of variance in the dependent variable explained by the independent variable. Here approximately 9.53% of the variance is explained by the model which is quite low, indicating a weak model fit. The Adjusted R square 0.067 is accounts for the number of predictors in the model and adjustment for sample size. It is slightly lower than R-square.

ANOVA

	Df	SS	MS	F	Significance F
Regression	3	7.431	2.477	3.369	0.021
Residual	96	70.568	0.735		
Total	99	78			

INTERPRETATION

The P-value 5% level of the significance is chosen for the study. Thus the P-value should be less than 0.05, in the above table ,it is 0.0216. Therefore the result is significant.

	Coefficients	Standard Error	t-stat	P-Value	Lower 95%	Upper 95%	Lower 95.0%	Upper 95.0%
Intercept	1.522	0.304	4.999	2.59E-06	0.918	2.127	0.918	2.127
Situational loneliness	0.146	0.062	2.355	0.020	0.023	0.270	0.023	0.270
Developmental loneliness	-0.048	0.085	-0.573	0.567	-0.217	0.120	-0.217	0.120
Internal loneliness	0.233	0.107	2.169	0.032	0.019	0.446	0.019	0.446

COEFFICIENTS

Stress=1.52+0.1Situational loneliness-0.04Developmental loneliness+0.23Internal loneliness

LIMITATIONS OF THE STUDY :

1. This study consists of 100 respondents from college students.
2. The study includes data collected during a particular time period which cannot be used for future reference.

SCOPE OF THE STUDY :

The scope of the study on the relationship between loneliness and mental health among college students defines the boundaries of the research, specifying the aspects that will be explored, as well

as the limitations and target population. The scope serves to focus the study on specific areas of interest, ensuring that the research is manageable and relevant. By examining these relationship within specific constraints ,the study will provide valuable insights into how loneliness affects mental health and suggest potential interventions or support mechanisms to improve students well being.

FINDINGS :

- Most of respondents (48%) belong to the age group of 18-21
- The majority of respondents (51%) are male
- The majority of respondents(42%) are from arts and science stream
- The majority of respondents (39%) belongs to III year
- The majority of respondents(56%) are satisfied with their campus life
- The majority of respondents (53%) sometimes feels no one understands them.
- Most of respondents(52%) never thought of ending their life because of stress.
- Most of respondents(33%) overcome their stress by hearing music and watching movies.
- The majority of respondents(53%) feel stress just a little while focusing on task
- The majority of respondents (43%) moderately feel its hard to measure up the desire to do anything.
- The majority of respondents(34%) quite a lot feel dizzy while doing something.
- The majority of respondents (32%)moderately have fear of losing control.
- Most of respondents(54%) often lack companionship.
- Most of respondents(39%) rarely feel stress when they don't have anyone to talk when they were child.
- The majority of respondents(37%) feel sometimes misunderstood by their peers.
- The majority of respondents(32%) sometimes feel friendship provide emotional support.
- The majority of respondents(30%) sometimes feel emotionally distant from others.
- The majority of respondents(36%) sometimes feel they don't measure in relationship.
- The majority of respondents(24%) sometimes tend to blame themselves for being lonely
- The majority of respondents(57%) occasionally feel their life was out of control.
- The majority of respondents(34%) occasionally feel like they had to make quick decision in life.

SUGGESTIONS :

Regular physical activities such as yoga, walking, exercising and gym can reduce symptoms of anxiety and depression. Ensure you get enough sleep as poor sleep can worsen stress and mental health issues. Voluntarily helping others can improve your sense of purpose and connection, and make you feel valued. Focus on things you are grateful for each day. Reflecting on positive moments can shift your mindset away from stress. Reduce the amount of time spent on social media and try to interact with your friends and family.

CONCLUSION :

The study on the relationship between loneliness and mental health among college students shows a strong link between the two. Loneliness is a significant factor that contributes to mental health problems such as depression, anxiety, stress, and low self-confidence. College students who often face life transitions, academic demands, and social challenges are particularly at risk of experiencing loneliness. These findings emphasize the need to address loneliness through initiatives like building peer support networks, offering mental health resources, and promoting social interaction on campus. Creating a supportive environment can help students develop resilience and reduce the negative effects of loneliness on their mental health. This highlights the importance of further research and

intervention programs to better understand and address the impact of loneliness on students overall well-being.

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