

## Study of Gender Difference in Loneliness among Adolescents

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### Abstract

**Aim:** The aim of the study was to observe gender difference in loneliness among adolescents. **Materials and Method:** Samples of 200 adults (100 boys and 100 girls) were selected from Guru Nanak International Public School, Ludhiana and their age ranged aged between 13 - 17 years. For data collection, University of California, Los Angeles (UCLA) - Revised Loneliness Scale (Version - 3) was used. **Results:** No significant difference exists between mean scores of loneliness of adolescent boys and girls. **Conclusion:** It was concluded that gender does not play a significant role in loneliness among adolescents.

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### Introduction

Loneliness is defined as the negative emotional response to an experienced discrepancy between the desired and actual quality or quantity of one's relationships (Perlman & Peplau, 1981), and has been found to be particularly present in adolescence (Qualter et al., 2013). This increased prevalence of loneliness may be explained by the fact that adolescence is an important period in life in which many physical, emotional, and social changes occur (Steinberg & Morris, 2001). Adolescent loneliness has been linked with the developmental changes taking place during this period. During adolescence, the individual undergoes major social and personal transformations through redefining their social network which making them more susceptible to develop mental health problems. As suggested by some studies, the risk of psychiatric problems develops when an adolescent has repeatedly experienced loneliness (Van Rode, V. et al., 2015). Adolescents feel lonely and depressed when they perceive a low level of social support, ignored, negatively evaluated, or rejected by their family, peers, and other persons in the society, which has an adverse effect on their psychological development and wellbeing. Studies report that socioeconomic levels, peer and family relations of adolescents have an effect on their level of loneliness. Girls' friendships are generally more emotionally expressive, intimate and consist of smaller groups, while boys' friendships tend to be more active oriented and consist of larger groups; boys also usually report having fewer close friends than girls (Brown and Gilligan 1992; McLeod 2002; O'Connor 2006). When the level of loneliness is raised, the boy students' academic successes are seen to become less (Ponzetti, Gate, 1981). There are different types of loneliness such as positive, negative, emotional, social, interpersonal, cultural, intellectual, psychological, existential, no sweetheart, new situation and untrustworthy friends. There are various causes which are responsible for loneliness among adolescents. The most important reason for loneliness during adolescence is failure to maintain friend relationships. Loneliness is a risk factor for an early death, depression, physical disease as well as mentally problem among human beings. The causes of loneliness are