

LONELINESS AMONG COLLEGE STUDENTS AFTER COVID: A GENDER-BASED STUDY

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Abstract

Loneliness is a condition everyone faces at least once in a time in their life but the severity varies from person to person. Loneliness may interfere our day to day life by affecting our psychological well-being. Covid 19 was a sudden outbreak and lockdown and isolation has made many psychological impact on everyone. One of the main issue was loneliness, the number of people facing loneliness has increased. Even this after Covid scenario the people still facing loneliness the study was aimed to explore the loneliness between male and female college students after covid. The results shows that males are facing more loneliness than female students.

Keywords:- Loneliness, College students, Covid, Hypothalamus

INTRODUCTION

Covid lockdown was a time which no one has been thought of being sitting in a closed space. The situation has made a lot of psychological issues among people. The sudden adaptation of online classes and digital living has made psychological interruptions. Loneliness is a universal condition most people come across at least a time in their life. Loneliness is normal to an extent, when it starts to affect the mental health it's a symptom of other disorder. Loneliness is getting increased in college students after covid. Loneliness is an unpleasant emotional reaction to find isolation. The prevalence and experience of loneliness can vary between individuals and across genders. It's essential to recognize that loneliness is a universal human experience, and it's important to address it as a mental health concern rather than solely through a gendered lens. Support, connection, and access to mental health resources are critical for everyone who experiences loneliness, regardless of their gender. Loneliness or any other psychological issues of males were not addressed in the society due to some social or societal reasons but it should be addressed as Mental health is a universal human right. The people who face psychological and physical distress has increased a lot after covid. The study investigates the loneliness among male and female college students after the covid period.

LONELINESS

Loneliness may be regarded as the painful longing for the lost object or for the loss of the love of the object (Freud 1926). Affective and cognitive discomfort or uneasiness from being or perceiving oneself to be alone or otherwise solitary (APA). Loneliness is defined as a negative feeling that arises from discrepancies in individuals' desired and actual social interactions and emotional support derived from these social contacts (Perlman & Peplau 1981; Tesch-Roemer & Huxhold 2019). Conceptually, loneliness is sometimes conflated with concepts of social isolation. Although having fewer social contacts is a risk factor for loneliness (Aartsen and Jylha 2011; Conkova et al. 2019), not all individuals who have lower social interaction feel lonely. For example, individuals with a higher number of social contacts may hold high expectations for social interaction frequency and may feel disappointed if their expectations are not met, thereby increasing risk of loneliness (Dykstra 2009). College students comes under an age group of 18 and above, as this age gives the individual many new roles and responsibilities the adaptability of situation and environment may make feel them lonely and face stress which may lead to psychological issues. Loneliness has been linked to various physical health issues, including increased stress and a weakened immune system. These can have long-term consequences for a student's overall health and well-being. Loneliness is associated with amygdala of brain, if a person is having any issues related to amygdala may have other psychological issues related to amygdala like anxiety and aggression

HYPOTHESIS

1. There is significant difference of loneliness between male and female college students after covid
2. There is no significant difference of loneliness between male and female college students after covid

SAMPLE SIZE

The sample of present study consisted of total 80 participants includes 40 male college students and 40 female college students.

RESULT AND DISCUSSION

Table 1 shows Group, N, Mean, SD, t value of male and female college students after covid

Group	N	Mean	SD	t value
Male students	40	89.44	14.84	2.70**
Female students	40	81.06	12.80	

Significant 0.01

The result of the research shows that there is significant difference of loneliness among male and female college students after covid. Total of 80 participants included 40 male and female college students the mean of male students is 89.44, SD is 14.84 where a mean of female students is 81.06, SD is 12.80 t value is 2.70 which is significant at 0.01 so the null hypothesis is accepted. Loneliness is a universal condition and young generation is facing it hard after covid. The results show how badly loneliness is affected to the generation and which also affect their academic performance.

CONCLUSION

The study was aimed to assess the difference of loneliness male and female college students is facing after covid. The results shows that males are having more loneliness than females after covid. The study have been conducted in college students of 40 male and 40 female students. The study in the area of loneliness plays an important role in current scenario as WHO has said loneliness is a new epidemic. The study conclude that there is significant difference of loneliness between male and female college students after covid. As the covid was a sudden outbreak and the lockdown social isolation all played a crucial role in mental health. This study was focused on loneliness among male and female college students. This study can be helpful for other investigators who are conducting research on this area.

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