

LONELINESS AMONG ADULTS WITH RESPECT TO MARITAL STATUS, FAMILY STRUCTURE AND AGE

¹Rinku Kumar, ²Jhilik Pakira, ³Dr. Lalit Lalitav Mohakud
¹M.phil Scholar, ²Senior Research Fellow, ³Assistant professor
¹ Department of Education
¹Jadavpur University, Kolkata 700032, West Bengal, India

Abstract: 21st Century is the age of science and technological age, people's quality of life has improved tremendously in this century and also turning on alarm signal of loneliness. The aim of the study was to identify the loneliness among adults with respect to marital status, Family structure and Age". The present study is a cross-sectional Survey Research. "Differential Loneliness scale (DLS)" developed by Schmidt, N. & Sermat, was distributed among 60 adults (Male-34, Female-26), who had been selected purposively. Frequency, Mean, Standard Deviation (SD), Percentage Analysis, Independent sample 't' test and One way ANOVA were used to analyze data. The findings revealed that most of the adults (5%) have low level of loneliness and 37% adults have moderate level of loneliness. Only three adults have high level of loneliness (58%). There is no significant difference of loneliness among adults with respect to their family structure, Age and significant difference found of loneliness between married and unmarried adults. Dimension wise no significant difference found of loneliness among adults with respect to their marital status, family structure and age.

Key words - - Loneliness, Adults.

I. INTRODUCTION

Loneliness is feeling of emptiness and absence of social contact that is more dangerous than isolation. Its great possibility of occurring loneliness in all age groups but this problem is mostly relevant to adult's life. Life cycle from birth to till death is a natural phenomenon of human being. The human child grows and develops passing through different formative stage one after another. At each stages of human life have possesses different unique characteristics. Adult period is fully grown and greater risk period. According to Psycho-social theory of Erickson revealed adulthood (intimacy vs. isolation) age range from 19-65; During this season of life every individual seek a personal attachment by their partner, friends, parents and any other group member of society to get emotionally support and reducing modern stressful daily working life. Stress is a basic thing of everyday life and there is no way to escape, in this condition also may create loneliness. Poor relationship (husband-wife, girlfriend-boyfriend, relationship between intimate friends and family members) lead to loneliness, depression and even suicide. Close relation with family members and have many friends are psychologically being a well- adjusted person than those without these networks of relationship. Pierce et al. 1991) found that friendship support was found to be the best predictor of lower loneliness scores, as well as Schmitt and Kurdek (1985) study perceived that social support from family and friends were found to be a buffer against loneliness.(Ayalon et al. 2013) showed Marriage is recognized to be a main factor which protects against loneliness for both married men and women who experience lower loneliness in comparison to non-married persons. Seepersad et al. (2008) revealed a commonly held societal belief is that loneliness is caused by a lack of a romantic partner and is cured by being in a romantic relationship. Alya & Kanwal (2018) found that loneliness level is higher in nuclear family as compared to joint system of family. Kara and Mirici (2004) revealed that social support is negatively related to loneliness. Cacioppo and colleagues defined loneliness as "a complex set of feelings that occur when intimate and social needs are not adequately met." Victor and Yang (2008) found a curvilinear relationship between loneliness and age in which the highest rates of loneliness characterized adults less than 25 years of age and over 65 years of age. WHO declared that on the basis of research across the culture that elder adult select to live with their families and communities? Cacioppo, Cacioppo, and Boomsma have advanced an evolutionary theory of loneliness to account for the formidable causal and correlation associations between loneliness and wellness. A U.S. study by the American Association of Retired Persons (AARP) of adults 45 years of age and older found that 36% reported chronic loneliness (operationally defined as a score of ≥ 44 on the UCLA Loneliness Scale, described below). Loneliness was most prevalent (43%) for adults aged 45-49 and became decreasingly prevalent with increasing age. Loneliness is widely perceived as one of the major problems of later life and an extensive literature describes its extent and risk factors (for reviews see Anderson 1998; De Jong Gieveland 1998; Gibson 2001 ; Victor et al. 2000, 2004; Weeks 1994).

By analyzing different related studies in abroad of India it has been observed loneliness is a major research area throughout all over the world. From the above discussion of reviews it is clear that though there were various studies about loneliness in abroad, but this field remained a fertile area of study in India. More work has been done in research area about loneliness among older age. Further it has been observed that rare attempts were undertaken to study loneliness among the adult of educational in institute area. Interestingly not a single study has been found on loneliness of those adults who are engaged with school, college and university with relation to their marital status, family structure and age. As well as there has no

particular study where loneliness can be identified in different dimensions of life-situation. So it very much relevant to be aware the prevalence of loneliness among adults, these research gaps evoked the researcher to undertake a comprehensive study on “Loneliness among Adults with respect to Marital status, family structure and Age”

II. Objectives

1. To study the rate of loneliness among adults.
2. To analysis the rate of over all loneliness among this adults with respect to their, Marital status, Family structure and Age.
3. To make a dimension wise comparison of loneliness among adults with respect to their marital status, Family structure and Age.

III. Hypothesis

H01: There is no significant difference in prevalence of overall loneliness among adults with respect to their marital status, family structure and age.

H02: Dimension wise there is no significant difference in prevalence of loneliness among adults with respect to their marital status, family structure and age.

IV. Research Methodology

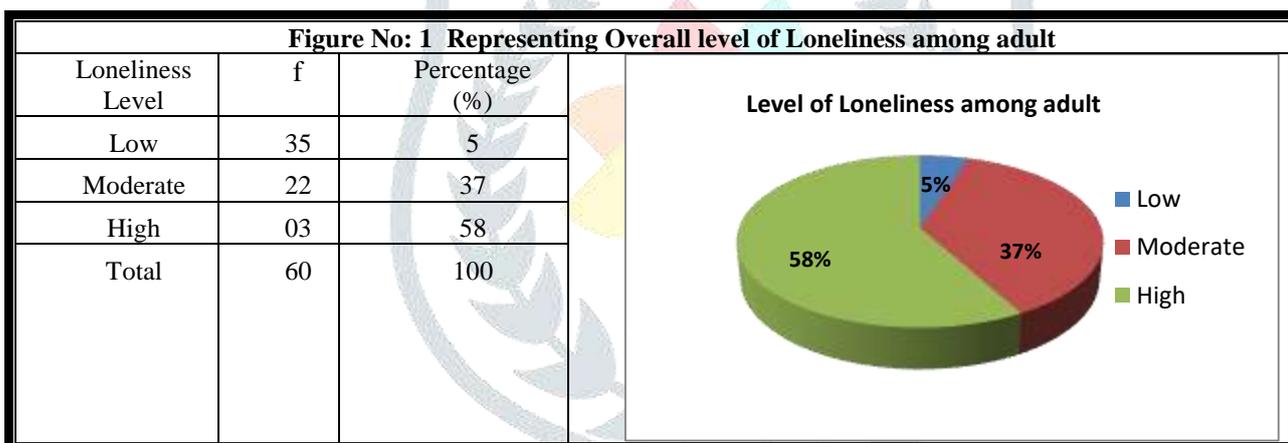
4.1 Method of the study

This study was a cross-sectional survey type research. A sample of 60 adults (Student- 19 service- 26 Ex-service-15) was selected from Kolkata. Here in order to select the sample from the whole population convenient sampling technique was followed.

4.2 Tools and Techniques of the study

Data for the study was collected through a standardized scale namely “Differential Loneliness scale (DLS)” developed by Schmidt, N.& Sermat, V. Content Validity was checked by some experts. It was a 2 point Likert scale. Two points of the scale were TRUE & FALSE. For analyzing the data, the researcher used descriptive statistics as well as some inferential statistics like ‘t’ test, one-way ANOVA, percentage analysis, frequency, Mean, standard deviation.

V. Analysis and Interpretation



Interpretation

The above table and pie chart is able to show 5% adult person possess low level of loneliness, 37% adult person possess moderate level of loneliness and 58% adult person possess high level of loneliness.

Table No 5. 1:- Over All ‘T Test Showing Loneliness Score among Adults with Regard to their marital status, Family structure and representing loneliness score among Age

Table No 5.1(A):- Showing T test of Loneliness among adults with respect to their Marital Status									
Marital Status	N	Mean	S.D	t	df	M.D	Sig (2 tailed)	Standard Error Difference	Remarks
Married	37	18.38	11.31	2.28	58	-	.026	2.79	*S (P>.05)
Unmarried	23	24.74	9.06			6.36			
Table No 5.1(B):- Showing T test of Loneliness among adults with respect to their Family Structure									
Family structure	N	Mean	S.D	t	df	M.D	Sig (2 tailed)	Std .Error Difference	Remarks
Joint	20	22.20	11.0	.69	58	2.07	.491	2.99	*NS (P>.05)
Nuclear	40	20.13	10.89						
Table No 5.1(C):- Descriptive statistics showing the Loneliness score among adults with regards to their Age.									

Age	N	Mean	S.D	Std..Error
21-40	31	23.06	10.276	1.846
41-60	20	19.80	12.314	2.754
60 and above	09	15.33	7.842	2.614
Total	60	20.82	10.884	1.405

ANOVA

F testing showing the Loneliness among adults with regards to their Age.

	Sum of Squares	df	Mean Square	F	Sig	Remarks
Between groups	447.91	2	223.95	1.95	.151	NS* (p>.05)
Within groups	6541.07	57	114.75			
Total	6988.98	59				

S*=Significant, NS*=Not Significant

Interpretation

Table No 5.1 (A), computed 't- value' i.e. -2.28 is greater than 1.96 and p-value (.026) is less than 0.05 level of significance ($p=.026 < 0.05$). That means did differ significantly at 0.05 levels. Consequently, the null hypothesis can be rejected and as a result, hence, it can be concluded that, significant difference existed between married and unmarried adults.

Table No 5. 1(B) computed 't- value' i.e. .69 is less than 1.96 and p-value (.491) is greater than 0.05 level of significance ($p=.491 > 0.05$). That indicates means did not differ significantly at 0.05 levels. Consequently, the null hypothesis cannot be rejected and as a result, hence it can be conclude that there is no significant difference in loneliness among adults with respect to their family structure.

From Table No 5. 1(C)-: computed F test /one way ANOVA and the result showed that no significant differences found in loneliness among adults Age as here the calculated $F=1.95$, $p > .05$ as $p= .151$ In other words, from the result, it can be concluded that there is no significant difference in loneliness among adults with respect to their Age.

Dimension wise Loneliness testing among adults with respect to their marital status, Family structure and Age .

Table No5.2: Dimension: 1-Romantic relationship wise loneliness testing among adults with respect to their Marital status, Family structure and Age.										
Table No.5.2 (A): T test showing Comparison of Loneliness score among Adults with respect to their Marital status.										
Marital Status	N	Mean	S.D	t	df	M.D	Sig(2 tailed)	Std. Error Difference	Remarks	
Married	37	4.11	2.99	-2.86	58	-2.15	.006	.751	S* (P<.05)	
Unmarried	23	6.26	2.52							
Table No.5.2 (B): T test showing Comparison of Loneliness score among Adults with respect to their Family structure.										
Family structure	N	Mean	S.D	t	df	M.D	Sig(2 tailed)	Std. Error Difference	Remarks	
Joint	20	5.45	3.23	.944	58	.77	.34	.821	NS* (P>.05)	
Nuclear	40	4.68	2.87							
Table No.5.2(C) : F test showing Comparison of Loneliness score among Adults with respect to their Age										
Age Group wise Descriptive statistics of Loneliness among Adults										
Age	N	Mean	Std. Deviation	Std. Error						
21-40	31	5.26	2.82	.508						
41-60	20	4.60	3.51	.786						
61 and above	9	4.56	2.45	.818						
Total	60	4.93	2.99	.387						

ANOVA

	Sum of Squares	df	Mean Squares	F	Sig	Remarks
Between group	6.77	2	3.38	.36	.69	NS* (P>.05)
Within group	522.95	57	9.17			

Total	529.73				
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S*=Significant, NS*=Not Significant

Interpretation:-

From table no 5. 2 (A), computed ‘t- value’ i.e. -2.86 is greater than 1.96, the critical values required to reach 5% level of significance that means it is significant at 0.05 level and p-value (.006) is less than 0.05 level of significance (p=.006<0.05).That indicates mean differ significantly at 0.05 levels. Consequently, the null hypothesis can be rejected and as a result, the given difference in sample means being significant can only be attributed to some chance factors or sampling fluctuations. It can be concluded that there is significant difference of loneliness between married and unmarried adults.

Table No 5. 2(B) it is found that with regard to family structure the computed ‘t- value’ i.e. .944 is greater than 1.96 and p- value (.34) is greater than 0.05 level of significance (p= .34>0.05).That indicates means it is not significant at 0.05 levels., hence it can be conclude that according to the dimension romantic relationship there is no significant difference existed of loneliness between joint and nuclear family adults .

Table No5.2(C) it is computed F test /one way ANOVA and the result showed that no significant differences found in prevalence of loneliness among adults with respect to their Age as here the calculated F=.36, p >.05 as p= .69 In other words, from the result, it can be concluded that romantic relationship wise there is no significant difference existed of loneliness among adults with respect to their age.

Table No. 5.3: Dimension: 2-Family relationship wise loneliness testing among adults with respect to their Marital status, Family structure and Age.

Table No.5.3.(A): T test showing Comparison of Loneliness score among Adults with respect to their Marital status.

Marital Status	N	Mean	S.D	t	df	M.D	Sig(2 taile d)	Std. Error Differen ce	Remar ks
Married	37	4.24	4.4	-	58	-	.055	1.12	NS* (P>.05)
Unmarri ed	23	6.43	3.7	1.954		2.19			

Table No.5. 3(B): T test showing Comparison of Loneliness score among Adults with respect to their Family structure.

Family structure	N	Mean	S.D	t	df	M.D	Sig(2 taile d)	Std. Error Differen ce	Remarks
Joint	20	5.20	4.03	.147	58	.17	.88	1.19	NS* (P>.05)
Nuclear	40	5.03	4.50						

Table No. 5.3(C): F test showing Comparison of Loneliness score among Adults with respect to their Age.

Age wise Descriptive statistics of Loneliness among Adults

Age	N	Mean	Std. Deviation	Std. Error
21-40	31	6.06	4.35	.78
41-60	20	4.55	4.77	1.06
61 and above	9	2.89	1.69	..56
Total	60	5.08	4.32	,55

ANOVA

	Sum of Squares	df	Mean Squares	F	Sig	Remarks
Between group	78.87	2	39.43	2.20	.121	NS* (P>.05)
Within group	1023.71	57	17.96			
Total	1102.58	59				

NS*=Not Significant

Interpretation

From the table No5.3 (A), it is found that with regard to marital status computed ‘t- value’ i.e. -1.954 is less than 1.96 and p- value (.055) is greater than 0.05 level of significance (p=.055>0.05).It can be concluded that there is no significant difference of loneliness between married and unmarried adults.

Table No5.3(B) it is found that with regard to family structure the computed p-value (.88) is greater than 0.05 level of significance (p= .88>0.05)..That indicates means it is not significant at 0.05 levels., hence it can be conclude that according to

the dimension family relationship there is no significant difference existed of loneliness between joint and nuclear family adults .

From the Table No5.3(C) it is computed F test /one way ANOVA and the result showed that no significant differences found of loneliness among adults with respect to their Age as here the calculated $F=2.20$ $p > .05$ as $p = .121$, In other words, from the result, it can be concluded that family relationship wise there is no significant difference existed of loneliness among adults with respect to their age.

Table No.5. 4: Dimension: 3-Friendship relation wise loneliness testing among adults with respect to their Marital status, Family structure and Age.									
Table No. 5.4(A): T test showing Comparison of Loneliness score among Adults with respect to their Marital status.									
Marital Status	N	Mean	S.D	t	df	M.D	Sig(2 tailed)	Std. Error Difference	Remarks
Married	37	7.32	4.4	-	58	-	.08	1.14	NS* (P>.05)
Unmarried	23	9.35	4.0	1.77		2.02			
Table No.5.4 (B): T test showing Comparison of Loneliness score among Adults with respect to their Family structure.									
Family structure	N	Mean	S.D	t	df	M.D	Sig(2 tailed)	Std. Error Difference	Remarks
Joint	20	9.15	4.6	1.32	58	1.57	.19	1.19	NS* (P>.05)
Nuclear	40	7.58	4.2						
Table No.5.4(C): F test showing Comparison of Loneliness score among Adults with respect to their Age.									
Age wise Descriptive statistics of Loneliness among Adults									
Age	N	Mean	Std. Deviation	Std. Error					
21-40	31	8.97	4.43	.79					
41-60	20	8.15	4.32	.96					
61 and above	9	5.00	3.16	1.05					
Total	60	8.10	4.38	.56					
ANOVA									
	Sum of Squares	df	Mean Squares	F	Sig	Remarks			
Between group	109.88	2	54.94	3.06	.055	NS* (P>.05)			
Within group	1023.51	57	17.95						
Total	1133.40	59							

NS*=Not Significant

Interpretation

From the table no 5.4 (A), it is found that with regard to marital status computed ‘t- value’ i.e. -1.77 is less than 1.96, the critical values required to reach 5% level of significance that means it is significant at 0.05 level and p-value (.08) is greater 0.05 level of significance ($p=.08 > .05$). It can be concluded that according to dimension 3 Friendship relation, no significant difference existed of loneliness between married and unmarried adults.

From the table no5.4 (B), it is found that with regard to family structure computed ‘t- value’ i.e. 1.32 is less than 1.96, the critical values required to reach 5% level of significance that means it is significant at 0.05 level and p-value (.19) is greater 0.05 level of significance ($p=.19 > .05$). It can be concluded that according to dimension 3 Friendship relation, no significant difference existed of loneliness among adults with respect to their family structure.

From the Table No 5.4(C) it is computed F test /one way ANOVA and the result showed that no significant differences found of loneliness among adults with respect to their Age as here the calculated $F=3.06$ $p > .05$ as $p = .055$, In other words, from the result, it can be concluded that Friendship relation wise there is no significant difference existed of loneliness among adults with respect to their age.

Table No. 6.5: Dimension: 4 Relationship with larger group wise loneliness testing among adults with respect to their Marital status, Family structure and Age.									
Table No. 6.5(A): T test showing Comparison of Loneliness score among Adults with respect to their Marital status.									
Marital Status	N	Mean	S.D	t	df	M.D	Sig(2 tailed)	Std. Error Difference	Remarks
Married	37	2.70	2.7	-	58	-	.85	.65	NS* (P>.05)
Unmarried	23	2.83	1.8	.19		.123			
Table No.6. 5(B): T test showing Comparison of Loneliness score among Adults with respect to their Family structure.									
Family structure	N	Mean	S.D	t	df	M.D	Sig(2 tailed)	Std. Error Difference	Remarks

Joint	20	2.50	1.7	-	58	-.37	.57	.67	NS* (P>.05)
Nuclear	40	2.88	2.7	.56					
Table No.6 5(C): F test showing Comparison of Loneliness score among Adults with respect to their Age									
Age Group wise Descriptive statistics of Loneliness among Adults									
Age			N		Mean		Std. Deviation		Std. Error
21-40			31		2.87		1.80		.32
41-60			20		2.50		1.98		.44
61 and above			9		2.89		4.65		1.55
Total			60		2.75		2.42		.31
ANOVA									
		Sum of Squares	df		Mean Squares	F		Sig	Remarks
Between group		1.87	2		.939	.155		.857	NS* (P>.05)
Within group		345.37	57		6.059				
Total		347.25	59						

NS*=Not Significant

Interpretation

From the table no 6.5 (A), it is found that with regard to marital status computed 't-value' i.e. -.19 is less than 1.96, the critical values required to reach 5% level of significance that means it is significant at 0.05 level and p-value (.85) is greater 0.05 level of significance ($p=.85>.05$). It can be concluded that according to dimension 4 relationships with larger group there is no significant difference existed of loneliness between married and unmarried adults in Kolkata.

From the table no 6.5 (B), it is found that with regard to family type computed 't-value' i.e. -.56 is less than 1.96, the critical values required to reach 5% level of significance that means it is significant at 0.05 level and p-value (.19) is greater 0.05 level of significance ($p=.57>.05$). It can be concluded that according to dimension 4 relationship with larger group, there is no significant difference of loneliness among adults with respect to their family structure.

From the Table No 6.5(C) it is computed F test /one way ANOVA and the result showed that no significant differences found of loneliness among adults with respect to their Age as here the calculated $F=.155$ $p >.05$ as $p=.857$, In other words, from the result, it can be concluded that relationship with larger group wise there is no significant difference existed of loneliness among adults with respect to their age

Major findings

1. No significant difference found of overall loneliness among adults with respect to their family structure and Age.
2. It was found that significant difference of overall loneliness with regard to their marital relationship between married and unmarried adults. Unmarried have more loneliness than married adult, this findings supported by (e.g., Rokach and Brock 1998). (Ayalon et al.2013) (Bernardon et al. 2011)
3. Dimension 1 (**Romantic relationship**)-significant difference found in prevalence of marital relationship oriented loneliness between married and unmarried adults. unmarried have more loneliness than married adults, this result of the study associated by DiTommaso and Spinner (1993), Çeçen (2007) and not significant difference found of loneliness with regard to family structure and age.
4. Dimension 2 (**Family relationship**) - No significant difference found of loneliness among adults with respect to their Marital status, family structure and Age.
5. Dimension 3 (**Friendship relation**)-There was no significant difference found in prevalence of loneliness among adults with respect to their Marital status, family structure and Age.
6. Dimension 4 (**Relationship with larger group**)-Finally it was also found that loneliness among adults with respect to their Marital status, family structure and Age.

Conclusion

The present study was delimited to only at higher education institute in Kolkata region. It was not in-depth and extensive study. The study could not cover large number of adults. loneliness have been linked to higher risks of mental illness and suicide (Peplau and Perlman, 1982; Weiss, 1973).Higher levels of emotional support and social relation may be a good medicine to reduce loneliness among adults in Kolkata district.

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