

Loneliness among Youth: Role of Daily Stress and Perceived Social Support

Sandeep Panchal* and H. L. Joshi**

Abstract

The objective of the study was to explore relationship between daily stress, loneliness and social support among youth. The sample consisted of 145 youth in the age range of 16 to 20 years. Loneliness scale, Multidimensional Perceived Social Support and Daily Stress Inventory were administered to the respondents. Results of the Pearson product moment correlation revealed that loneliness was not significantly correlated with social support however; loneliness has significant negative correlation with personal competency. Friends (social support) have a significant negative relationship with cognitive stressors. Regression analysis found two potent predictors of loneliness i.e. personal competency and interpersonal problems which account 12% of the variance.

Key words- Loneliness, social support, stress

* SRF, Mental Health Division, Defence Institute of Psychological Research, DRDO, Timarpur Delhi-54,

** Assistant Professor, Dept. Of Psychology, Kurukshetra University, Kurukshetra