



RESILIENCE AND LONELINESS: A CORRELATOR STUDY IN YOUNG ADULTS

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ABSTRACT This short study aimed at investigating the potential correlation between resilience and loneliness among young adults. A sample of 80 individuals aged between 18-26 years old were recruited using a snowball sampling method, online. Participants completed the Brief Resilience Scale (BRS) and the Revised UCLA Loneliness Scale (RULS) to assess their levels of resilience and loneliness, respectively. The analysis was to help cater and contribute to the existing literature on the psychological well-being of young adults by examining the interplay between resilience and loneliness, in the technologically forward yet emotionally stagnated modern world. While the statistical analysis of results indicated non significance, with a negative correlation (-0.212), there is a trend indicating that as the values of loneliness increase, the values of resilience tend to decrease, and vice versa, leaving room for further elaborate studies. The study's design and results provide a foundation for future research in understanding the layered dynamics of mental health among young adults.

KEYWORDS : Resilience, Loneliness, Young adults, negative correlation

INTRODUCTION

Resilience is the capacity to recover quickly from difficulties, playing a crucial role in maintaining psychological well-being (Smith et al., 2008). This trait enables individuals to adapt to adverse situations, overcome challenges, and maintain a stable mental state. Developing resilience is particularly important during young adulthood, a period marked by significant life transitions and stressors. The ability to bounce back from setbacks during this time can significantly influence long-term mental health outcomes.

Conversely, loneliness is characterized by a feeling of isolation and a lack of companionship, which can have profound negative effects on mental health (Russell, 1996). It is often associated with feelings of sadness, anxiety, and a diminished sense of well-being. The experience of loneliness can be especially acute in young adults as they navigate the complexities of forming social connections in a rapidly changing world. This sense of disconnection can exacerbate stress and hinder emotional development, making it a critical issue to address.

The interplay between resilience and loneliness is an area that requires detailed exploration, particularly within the context of young adults. This demographic faces unique challenges such as transitioning into higher education, entering the workforce, and establishing independence, all of which can impact their mental health. Understanding how resilience can buffer the negative effects of loneliness is essential for developing targeted interventions. Despite the recognized importance of both resilience and loneliness, there is a gap in the literature regarding their interaction in young adults. This study aims to bridge this gap by exploring the relationship between resilience and loneliness among young adults, offering evidence-based recommendations for fostering resilience and reducing loneliness.

Literature Analysis

The Relationship Between Resilience and Loneliness

The relationship between resilience and loneliness has been extensively explored in various demographic groups, revealing significant insights into how resilience can act as a buffer against the negative effects of loneliness. A study conducted by Jakobsen et al. (2020) utilized the Danish version of the Resilience Scale for Adults to investigate this relationship. The study found that individuals with higher levels of resilience reported lower levels of loneliness, suggesting that resilience can mitigate the feelings of isolation and improve overall mental well-being. This finding underscores the importance of fostering resilience to combat loneliness and its associated mental health challenges.

Resilience As A Buffer During The COVID-19 Pandemic

The COVID-19 pandemic has amplified the importance of resilience in managing mental distress, particularly in the context of increased loneliness due to social isolation measures. Zhang et al. (2023) conducted a latent moderated structural modeling analysis to examine whether resilience could buffer the effects of loneliness on mental distress among working-age adults in the United States during the pandemic. Their results indicated that resilience significantly

moderated the relationship between loneliness and mental distress. This suggests that individuals with higher resilience were better equipped to handle the psychological impacts of loneliness during the pandemic, highlighting resilience as a crucial factor in maintaining mental health during times of crisis.

Resilience, Loneliness, and Impulsivity in Adolescents

A systematic review by Jia Yun et al. (2023) explored the interplay between resilience, loneliness, and impulsivity among adolescents. The review revealed that resilience not only reduced the experience of loneliness but also moderated impulsive behaviors associated with loneliness. Adolescents with higher resilience were found to have better coping mechanisms, which helped in managing feelings of loneliness and impulsivity. This emphasizes the need for resilience-building interventions in adolescent populations to enhance their mental health and social well-being.

Loneliness, Resilience, and Quality of Life in Older Adults

Gerino et al. (2024) investigated the relationship between loneliness, resilience, and quality of life in older adults using a structural equation model. Their study found that resilience directly influenced the quality of life by reducing the negative impact of loneliness. Older adults with higher resilience levels reported better mental health outcomes and a higher quality of life. This suggests that promoting resilience in older adults can be an effective strategy to improve their mental health and overall well-being.

Resilience-Enhancing Interventions

DeTore et al. (2024) conducted a secondary analysis of a randomized clinical trial to evaluate the effectiveness of a brief resilience-enhancing intervention in reducing loneliness among at-risk young adults. The intervention significantly increased resilience levels, which reduced feelings of loneliness. This study highlights the potential of targeted resilience-building programs in mitigating loneliness and improving mental health outcomes in vulnerable populations.

Loneliness in Community Dwelling Older Adults

A systematic literature review by Di Perna et al. (2024) focused on loneliness in community-dwelling older adults. The review highlighted the complex interplay between loneliness and various psychological and social factors, including resilience. It was found that community-based interventions aimed at enhancing resilience were effective in reducing loneliness among older adults. This underscores the importance of community support and resilience-building initiatives in addressing loneliness in this demographic.

Literature consistently demonstrates that resilience plays a crucial role in mitigating the negative effects of loneliness across different age groups and contexts. Whether during crises like the COVID-19 pandemic or in everyday life, resilience helps individuals cope with loneliness and maintain better mental health. These findings emphasize the need for resilience-building interventions as a key component. Future research should continue to explore the

mechanisms through which resilience influences loneliness.

Methodology

1. Participants: A total of 80 young adults aged between 18-26 years participated in this study. Participants were recruited through snowball sampling.

2. Instruments:

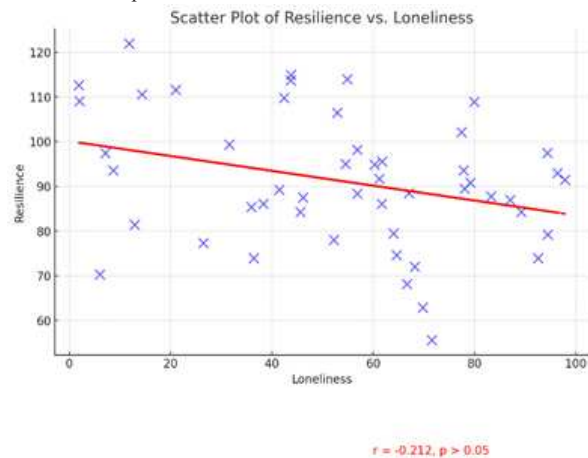
1. Brief Resilience Scale (BRS): A six-item scale designed to assess the ability to bounce back from stress. Higher scores indicate greater resilience (Smith et al., 2008).
2. Revised UCLA Loneliness Scale (RULS): A 20-item scale measuring subjective feelings of loneliness and social isolation. Higher scores indicate higher levels of loneliness (Russell, 1996).
3. Procedure: Participants completed the BRS and RULS through an online survey platform. Informed consent was obtained, and anonymity was assured.
4. Statistical Analysis: Pearson's correlation was used to assess the relationship between resilience and loneliness.

RESULTS AND DISCUSSION:

The analysis revealed a negative correlation between resilience and loneliness, with a correlation coefficient (r) of -0.212. This indicates that as loneliness increases, resilience tends to decrease. However, it is important to note that this correlation is weak and statistically non-significant ($p > 0.05$).

Although the data suggests a general trend where higher loneliness is associated with lower resilience, the strength of this relationship is not robust enough to be deemed significant within the scope of this study. This finding implies that while there might be a tendency for individuals experiencing higher levels of loneliness to exhibit lower resilience, the evidence is not strong enough to draw definitive conclusions.

The weak correlation underscores the complexity of the relationship between resilience and loneliness. It suggests that other factors may be influencing this dynamic, and resilience alone may not be sufficient to counteract the effects of loneliness. Further research is needed to explore additional variables and contextual factors that could impact this relationship.



Moreover, the non-significant p-value highlights the need for a larger sample size or more sensitive measures to detect subtler interactions between these variables. It is possible that the intricate nature of human psychology and social behavior requires more nuanced approaches to fully understand how resilience and loneliness interact.

In conclusion, the study suggests an inverse relationship between resilience and loneliness but highlights the need for further research. Future studies should use larger datasets and explore additional psychological and environmental factors to better understand this interplay and develop effective strategies for enhancing resilience and reducing loneliness.

CONCLUSION

The study found a weak, non-significant correlation between resilience and loneliness, suggesting a potential negative relationship where increased loneliness may lead to decreased resilience. Although this trend wasn't statistically significant, it highlights the need for further

research.

Future studies should use larger samples and longitudinal designs to better understand this relationship. Larger samples would enhance statistical power, while longitudinal designs could track changes over time, offering deeper insights into how resilience and loneliness interact.

Understanding this interplay could lead to targeted interventions that build resilience to mitigate the effects of loneliness. By using more comprehensive methods, future research can better inform strategies to improve mental health outcomes for young adults.

Limitations Of The Study

One primary limitation is the relatively small sample size, which reduces statistical power and might obscure stronger correlations. The cross-sectional design captures data at a single point, limiting causal inferences. Longitudinal studies are needed for better understanding. Measurement tools for resilience and loneliness may lack sensitivity and specificity, affecting validity and reliability. The study's sample might not be diverse enough, limiting generalizability. Future research should include more diverse populations.

Potential confounding variables, such as mental health status and social support, were not fully accounted for, which could influence the results. Self-report biases may also affect data accuracy. The non-significant p-value suggests the observed relationship might be due to chance, necessitating cautious interpretation and replication with larger samples. Contextual factors like environmental influences were not fully captured.

The study did not explore potential mediators or moderators of the resilience-loneliness relationship. Future research should adopt a more nuanced approach. Lastly, publication bias could skew perceptions of this relationship in the literature.

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