

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

Shivani Saxena^{1*}

ABSTRACT

In this study, researcher needs to examine the relation between the three variables which are Loneliness, Self-esteem and Life satisfaction in young adulthood. In this study participants were 150 adults (80 boys and 70 girls) from Delhi NCR. The age range of the respondent was 18-25 year. The study was examined the adult's overall responses to life satisfaction, loneliness, self-esteem. The De Jong Gierveld Loneliness Scale, Rosenberg Self-Esteem Scale and Satisfaction with Life Scale were distributed to 150 participants of Delhi NCR. The aim of this study was to see whether there was a connection between Loneliness, life satisfaction and self-esteem in a group of adults. The Descriptive Statistics and Pearson's coefficient correlation test were used with the help of Statistical Package for the Social Sciences (SPSS). Two Hypotheses were used: There is no association between Life satisfaction and Self-esteem, and there is no association between Life satisfaction and Loneliness. In the result Self-esteem is positively correlated to life satisfaction ($r=0.457$, $p<0.01$). Loneliness is negatively correlated to life satisfaction ($r= -0.275$, $p<0.01$).

Keywords: Loneliness, Self-esteem, Life satisfaction, Young adulthood

This study is intended to further clarify the relationship between Loneliness, self-esteem and Life satisfaction.

Definition of Self Esteem

Rosenberg (1965), one of the pioneers in this field, described self-esteem as an individual's overall positive assessment of oneself. He went on to say that a person with high self-esteem respects himself and believes he is deserving. Self-esteem. According to Sedikides and Gress (2003), corresponds to a person's subjective assessment of one's own self-worth, feelings of self-respect and self-confidence, and the degree to which the individual has optimistic or negative opinions which concerns to everyone. Personal values about talents, capacities, and social interactions are also linked to self-esteem.

Self-esteem is often described as a global barometer of self-evaluation that includes cognitive assessments of general self-worth and affective self-experiences that are related to these assessments (Murphy, Stosny and Morrel, 2005). Wang and Ollendick (2001) were

¹Masters In Psychology, Faculty of Behavioral and Social Science, Manav Rachna International Institute of Research & Science, Faridabad, Haryana, India

*Corresponding Author

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Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

stated that self-esteem involves an evaluation of oneself followed by an emotional reaction towards oneself. In all existing concepts and hypotheses of self-esteem, the evaluative and affective components are present.

Brown, Dutton, and Cook (2001) described three types of self-esteem: (a) global or trait self-esteem, this type of self-esteem shows that how people exactly feel about themselves, (b) self-evaluation, this type of self-esteem shows that how people understand about their attributes and abilities and the last one is (c) feelings of self-esteem, which shows that transient emotional skepticism about oneself.

Webster's dictionary defines self-esteem as "satisfaction with oneself," which is also the most straightforward description. Self-esteem is described as "one's positive opinion of one's integrity or importance" in another version of the same dictionary.

Hewitt (2002) aimed to shift our understanding of self-esteem from a fundamental neurological characteristic and motivator to a socially constructed feeling based on mood. This viewpoint was focused on Smith – Lovin's (1995) concept of self-esteem as a reflexive emotion that has evolved over time in social processes of invention that individuals learn to feel and discuss, that emerges in predictable social environment.

Many factors believed to influence self-esteem include:

- Genetics
- Personality
- Life experiences
- Age
- Health
- Thoughts
- Social circumstances
- The reactions of others
- Comparing the self to others

The Hierarchy of Needs- Esteem in Maslow's Theory

The mention of esteem could bring mind the fourth level of Maslow's pyramid: esteem needs.

While these needs and also the idea of self-esteem are actually connected, Maslow's esteem needs are additional centered on external measures of esteem, like respect, status, recognition, accomplishment, and prestige (McLeod, 2017). There is a part of self-esteem among this level of the hierarchy; however, Maslow felt that the esteem of others was additional necessary for development and wish fulfilment than their self-esteem. He explained that for one to realize self-actualization and grow their want for inner-respect and esteem from others should be met.

Why Self-Esteem Is Important

Self-esteem is vital as a result of it influences however you think that and also the manner you behave. It's additionally associated with motivation and success. Individuals with a healthy, positive understand of themselves apprehend their potential and are motivated to do their best and fight new challenges. On the opposite hand, individuals with low self-esteem

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

feel less certain of their skills. They may not feel motivated to do things as a result of they don't believe they are capable—or worthy—of success.

Having healthy self-esteem will help you achieve, as a result of you navigate life with a positive, assertive perspective and believe you'll be able to accomplish your goals.

There are 2 types of self-esteem:

1. **High Self Esteem:** - Individuals with this sort of self-esteem accept and worth themselves. It's a self-esteem that's better-known to be positive, because it manages to create the person happy with their life. Their joy is being who they're, not in being higher than somebody else". Basic cognitive process in yourself and trusting in WHO you're is what characterizes people that possess this sort of self-esteem.
2. **Low Self-Esteem:** - People who have low self-esteem are the other of these with high self-esteem. They are doing not worth themselves, they are doing not trust in their potentialities, and insecurity that they'll be feeling is carried over into nearly each situation. Concern of failure is a few things that torment them and holds individuals with low self-esteem back. They're the model of sad individuals. They're sensitive people who are simply influenced and who tend to indicate their opinion, however while not defending it.

Life Satisfaction

Life Satisfaction is that the central side of human welfare. It's final goal and each person strives to attain this goal throughout the life. Life satisfaction is also a multidimensional conception related to psychological and environmental life conditions. The term life satisfaction is split into 2 words-life and satisfaction.

Life- Life is that the state of useful activity peculiar to organized matter and particularly to the portion of it.

Life- Life is that the state of useful activity peculiar to organized matter and particularly to the portion of it. Life is on object to that the result or ambition is directed. In fact, no life will be without a goal.

Satisfaction- Satisfaction is a Latin word meaning to create or do enough. Satisfaction may be a word tough to define.

Webster's comprehensive dictionary of English language (1977) generally, the word satisfaction is outlined as fulfilment or gratification of needs, feelings or expressing pleasures, happiness, contentment and optimism. It's the natural endowment of finding a positive for each negative. Satisfaction whole depends upon the individuals' atmosphere, calibre, behaviour and nature. It's more involved with mind than the material world. Life satisfaction is that the conscious and psychological feature judgement of one's life within which the factors of judgement are up to the person (Pavot & Diener, 1993). Life is on object to that the result or ambition is directed. In fact, no life will be without a goal.

Loneliness

Loneliness, the subjective expertise of social pain and isolation, is a nice challenge in modern society. It's a condition consisting of an intense sense of emptiness, inadequacy, absence of control, and internal threat as a consequence of a deficit of contact, significantly

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

from an absence of satisfying close family bonds and/or relationship ties. Loneliness is the feeling of distress which arises once an individual perceives his/her social relationships as being less satisfying than what's desired or things wherever the intimacy an individual needs for has not been completed. People that are lonely usually crave human contact however their state of mind makes it troublesome for them to make connections with people. Loneliness isn't essentially being alone; an individual is also in the midst of individuals and still feels lonely. Loneliness is considerations the subjective analysis the situation of individuals are involved in, characterised either by variety of relationships with colleagues and friends that is smaller than is taken into account fascinating (social loneliness), in addition as things wherever the intimacy in intimate relationships one needs for has not been complete (emotional loneliness). To identify people who are lonely direct queries aren't sufficient; loneliness scales are used

Most of History, in some studies loneliness has remained a phenomenon universally recognize and experienced by many people, In the 1970s new interest developed in this field. Until that time, there were myths and assumptions about loneliness, for example, that the elderly is more lonely or that schizophrenics are lonelier. There were some theoretical papers, but few data to support or contradict them. Likewise, there are accepted beliefs, typically inferred from observation or clinical experience, regarding the consequences of loneliness on physical and mental well-being. Only within the last two decades has there been a hint of the potential long effects of loneliness on health.

Loneliness is an unavoidable part of existence that anyone encounters to varying degrees at various levels in their lives. Loneliness is represented as an undesirable experience that happens once an individual's social network is considerably defective in either quality or quantity (Peplau & Perlman, 1984). The disparity between the interpersonal relationships that one wants to have and those that one believes they actually have, in particular, causes an entity to feel lonely. Loneliness is a multifaceted condition of differing degrees of severity and a variety of reasons and circumstances. Weiss (1973) differentiated between "emotional isolation," which is defined as a lack of personal or romantic connections, and "internal loneliness," which is defined as a lack of social networks, in order to uncover the multidimensional essence of loneliness. In some studies, gender differences is also been reported that in adult, loneliness is not consistent together. Some studies have shown that boys tended to be more lonelier.

Measurement of Loneliness

Researchers use a variety of approaches to determine how lonely people are. Direct self-rating questions and indirect scales are notable examples. The single query with a rating answer scale is the most general. Researchers contend that this scale has significant shortcomings. These shortcomings spurred study and the creation of a multiple rating system that is still widely used around the world. This measuring scale is said to be simple, accurate, and simple to use. (Victor et al 2009)

There are examples of multiple rating scales are: University of California Los Angeles Loneliness Scale and The de Jong- Giervald Loneliness Scale. (Victor et al 2009)

REVIEW OF LITERATURE

According to Lee & Goldstein (2016), people are protected by social support against adversity all through the lifetime, and are particularly noticeable at the time of extreme social change, the time of the transition from childhood to adulthood. Converging on the

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

three relations-particular roots of social support (romantic partners, family and friends), the present study observed the stress-shielding act of social support done against loneliness and also to know if the connection that exists amid loneliness and social support would differ by its source with constant stress. Also, the part gender takes in this relation was put into consideration. The sample entailed 636 racially various college youth (with an age range of 18–25; and 80% are female). The outcomes propose that the stress-shielding social support role against loneliness differs by its source. It is only friend's support that buffers the connection between loneliness and stress. Additionally, when stress is constant the link between loneliness and social support is contrasted by the roots, in that support from the loved ones or friends (and not from family) was adversely linked with loneliness. Concerning gender disparity, the adversative effect of friends or familial support which is lower level on loneliness was lesser in males when compared to females. This study enhances our knowledge of social support amid the college youths; the repercussion of the directions and findings for further study are conferred.

Luhmann and Hawkley (2016) examined the age difference in loneliness ranging from late adolescence to old age. The sample of the study consisted of 16,132 late adolescents to old age to explain the age difference between these eras. The results indicated that It age-normative approach that income, relationship status, work is associated with loneliness and differed at different age group. It also stated that social relationship quality including social engagement in terms of the age group; the number of friends was linked with loneliness. The study recommended that research focus should be on understanding the source of loneliness in middle age people.

The research conducted by Spithoven et al., (2016) looked at the relationship between loneliness and depression in adolescence and friendship interactions and well-being, using a person-centered approach. The study also looked at whether the category of depressive symptoms and loneliness could be identified using latent analysis in two samples, namely 417 and 1140.

In a study conducted by Lykes and Kimmelmeir (2014) studied the cultural distinctions between individualistic and collectivistic cultures, as well as isolation as a goal of current European cultural ethics. The findings revealed that isolation was higher in collectivist societies than in individualistic societies. It also revealed that in collectivistic cultures, the lack of contact with families was more closely linked to poverty.

The study was conducted by Nkyi (2014) investigated that the levels of loneliness among school students in senior high school of Ghana. The sample for the study was 244 students. The results revealed that loneliness scores among senior high school students were found to be the lower range. Significant differences in gender were also found. The results also indicated that varying degrees of loneliness is felt in different cultures because of different approaches they use to solve it.

Research conducted by Vanhalst, Luyckx and Goossens (2014) investigated the contribution of an individual's characteristics (shyness and self-regard) and peer experiences (friendship, social acceptance, quantity, quality and victimization) and its relationship with loneliness in adolescence. The total sample size taken was 884 adolescents. The findings depicted that in addition to shyness and self-regard, being victimized, being poorly acknowledged by peers, having poor quality friendship and lacking friends all contributed to loneliness experience;

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

furthermore, the quality and quantity of friendship mediate the connection between interpersonal experiences and intra-personal properties in evaluating loneliness

Kumar (2013) studied the impact of few variables like family background, sex, and locality on the perceived loneliness of college adults. The results indicated that there was no significant effect of location on perceived loneliness, but sex and family background had a significant effect on it.

Ladd and Ettekal (2013) studied person-oriented and normative levels developmental trends across adolescence in loneliness, and studied the relation between depressive symptoms and loneliness also. The study concluded that most teenagers experience loneliness more at an early stage of adolescence rather than the later, though not all teenagers traverse similar loneliness trajectories. The adolescents ensued one of five distinct trajectories, categorized as: (a) stable high (chronic) lonely (b) moderate decliners, (c) steep decliners, (d) stable low lonely, and (e) stable non-lonely.

Muthreja and Sharma (2013) conducted a research that examined the effect of the structure of the family, gender and age on perceived loneliness among college students. The sample size for the study was 100 university students. The finding revealed that the age effect was not substantial as the experience of loneliness was more or less the same in different age groups. It also showed that the structure of family and gender effect on perceived loneliness was substantial. Also, there was a disparity in how males perceived loneliness which was higher when compared to females. Adolescents in nuclear families have more loneliness than the joint family adolescents.

A study conducted by Munir (2013) investigated the relationship between perceived loneliness and marital satisfaction among different aged couples. The study revealed that there is a significant effect of family system on perceived loneliness.

Thomas and Bowker (2013) studied desired friendships in young adolescents and observed if (a) teenagers yearn to associate with peers who are popular, well-liked, prosocial, and aggressive; (b) having desired friendships is linked with popularity, prosocial, likeability, and aggression behaviors (c) being chosen as a friend and with desired friendships are linked exclusively with the loneliness. Outcomes depict that teenagers love to be friends with the peers that are aggressive, well-liked, and popular though not essentially prosocial. Also, girls having desired friendships were not really popular than those girls lacking desired friendships. After giving account for linked peer experiences, they also reported higher loneliness.

Selvaraj and Gnanadevan (2012) studied the levels of loneliness in adolescents studying in higher secondary. A sample of 200 students of higher secondary. The analysis revealed that males and females did not differ on the level of loneliness. It also showed that higher secondary students belonging to nuclear & joint families differ significantly on the level of loneliness & nuclear family students had higher loneliness as compared to joint families of adults.

Kalkan and Koc (2011) examined the perceived social support from friends to predict loneliness for students in primary school. A sample of 222 students in the primary school was collected for the study. Pearson product moment correlation coefficient showed that loneliness and perceived social support were related.

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

The self-esteem of the pre- adolescent children was studied by Bhardwaj and Agrawal (2013) to know the gender differences amid females and males in that tender age. A sample of 100 students between age 9 and 12 years which were 50 females and 50 males were chosen. Every of them were students studying in the 5th to 7th standard in the North India school. The female and male student's data was matched up with an unpaired t-test. No substantial changes were noted in parental, academic and social self-esteem, though the data of female participants in terms of the general self-esteem were discovered to be higher to that of the male participant during comparison ($p < 0.05$).

Bozoglan, Demirer, and Sahin (2013) studied the connection between life satisfaction, loneliness, internet addiction and self-esteem. The research consisted of 384 participants with the age range of 18- 24 years. The outcomes of the study found out that loneliness is the most vital variable connected with internet addiction scale. It also indicated that both self-esteem and loneliness described interpersonal problems and time management and when combined with life satisfaction it only able to explain the interpersonal and health problems. Al Khatib (2012) attempted to explore the connection between self-esteem, gender self-efficacy, and loneliness amid the students in Arab. The sample size for the study was 495 college students. Results depicted that females had greater loneliness than the males. Low self-esteem was a substantial loneliness predictor as it is connected with high levels of loneliness.

Creemers, Prinstein and Wiers (2012) researched explicit and implicit self-esteem as a predictor of loneliness, depression and suicidal ideation. In this study 95 young female adults were there. The result shows that the self-esteem was negatively correlated with loneliness.

A study conducted by Saricam, Gencdogan, and Erozkhan (2012) examined the connection between rejection sensitivities, loneliness, and self-esteem among students of the university. The study included 1149 students of the university as a sample. The results of the research revealed that there is a substantial connection between loneliness and self-esteem.

Kong and You (2011) studied self-esteem and loneliness as conciliators between life satisfaction and social support in late adolescents. The research was done on 389 Chinese college students. The final model based on structural equation modeling revealed self-esteem and loneliness as significant conciliator between life satisfaction and social support. Along with these findings, the study also suggests that there is a complicated connection between self-esteem, loneliness, life satisfaction and social support.

Çivitci and Çivitci (2009) studied self-esteem as a moderator and mediator of the correlation that exists between life satisfaction and loneliness in teenagers. The study was executed on 439 students within the age range of 15years to 18years in Turkey. Hierarchical regression analysis depicted that global self-esteem conciliated the connection between self-satisfaction and loneliness among the Turkish adolescents.

Research conducted by Basak and Ghosh (2008) studied self-esteem of urban and rural college students. The study included 590 students as sample size; of which 237 were female, and 353 were male students. The results reveal that both rural ($M=28.14$) and urban ($M=28.76$) males were found to have a greater self-esteem than the females. The study reported that males had evaluated their value in a more positive light than the females. The males were more positive oriented. Rural areas females ($M=27.39$) had slightly lesser self-

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

esteem when compared with females from urban areas ($M=27.61$) this indicated that they assessed themselves not so positively.

Kocok (2008) examined self-esteem and anger as predictors of loneliness among adolescents. The sample size for the study was 478 students from high school. The study's results depicted that there is a negative connection between self-esteem and loneliness scores.

Research conducted by Kevin (2007) check the correlation between the variables such as conflicts between self-esteem, psychological gender, role conflict, biological gender and loneliness. The study used MANOVA as the statistical model. The finding revealed that there was no substantial relation between biological gender and psychological gender on the variable loneliness, self-esteem and, role clashes.

In a study done by Al-Zyoudi (2005) explored whether there were variances in self-esteem among teenagers having low vision as a result of their sex. The sample for the study entailed of 23 teenagers, with age ranging from 12-17 years belonging to a secondary school. It was revealed from the result that there were some variances in an adolescent self-behavior and self-esteem due to gender. The study also found that female students were found to be lesser on social self-esteem, moral self-behavior, self-behavior, and family, dimensions than their male counterparts, but female's students had higher levels of physical self-esteem.

Hermann (2005) studied the impact of self-esteem, personality differences and social self-effectiveness on depression and loneliness. The study was executed on a sample of 696 college students. The study concluded that self-esteem conciliates the relation between depression and social self-efficacy. The study also found that self-esteem and loneliness are interrelated and also have an own unique relationship with social self-efficacy.

Wray & Stone (2005) preceding study has documented a propensity for other to make more risk-seeking choices for other people rather than for themselves in relationship circumstances. Two experiments were explored to know if this self-other variance is moderated by participants' anxiety levels and self-esteem. In the first Experiment, higher anxiety and lower self-esteem levels were related to more risk-opposed choices for individual decisions though not for the choices of others. Thus, higher anxiety/ lower self-esteem participants' depicted greater self-other explored whether this self- other variance is moderated by participants' level of self-esteem and anxiety. In the first Experiment, lower self-esteem and higher anxiety levels were connected with more risk-opposed choices for individual decisions though not for other people decisions.

Thus, participants with higher anxiety/ lower self-esteem depicted higher self-other dissimilarities when compared to partakers with the lower level of anxiety/ higher level of self-esteem in the participants. Experiment 2 validated that this outcome was greatly mediated by the expectations of the partakers' feelings and success regarding potential negative results. These outcomes are explained in the threats context to the self, with a principal part played by self-esteem and anxiety threats in individual choice making though not in choice making for other people.

McWhirter et al. (2002) researched the connection amid self-esteem and loneliness amongst high-risk teenagers. The research was done on a sample of 75 adolescents. Forward-selection multiple regression analysis with close loneliness acting as one of the independent

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

variables and self-esteem as one of the dependent variables suggested that low self-esteem had a significant relation with high social loneliness among teen-agers.

Empirical study conducted by Joiner et al (1999) investigated the effects of negative life events on anxiety and self-esteem. The sample size used in the study were 177 undergraduate college students. The study found that people with low self-esteem may involve themselves in certain behaviours that may lead to reduce their actual social acceptance. The results also revealed that negative life events have predicted to reduce self-esteem, increase anxiety and brings changes in reassurance seeking.

The relations among learned resourcefulness and kinds of loneliness, gender and self-esteem amongst a sample of students of the college was examined by McWhirter (1997). The sample size was 625 college students. Results of multiple regression analyses depicted that gender and self-esteem considerably anticipated the experience of social loneliness intimate loneliness, and global loneliness in college students.

Research conducted by Haines, Scalise and Ginter (1993) explored the connection between self-esteem and loneliness among adolescents of age range 16 to 18 years. Firstly, the results were indicated that loneliness is negatively correlated with adolescents' self-esteem. Secondly, the scores on two effective dimensions of loneliness (isolation and rejection) also negatively correlated to the self-esteem of adolescents.

Davis et al. (1992) studied the connection between the level of self-esteem, loneliness, and optimistic pessimism among students of the college. The analysis revealed that loneliness was negatively related to self-esteem.

Ouellet and Joshi (1986) reported greater degrees of self-esteem were connected to lower degrees of loneliness. Some other studies examining these connections have resulted in marginally weaker relationships between loneliness and self-esteem, with values of roughly r equals - Das and Pattanaik (2016) conducted a study to examine how self-esteem and locus of control affect student's achievement academically. The study entailed 120 female and male students. The data was collected using self-esteem and locus of control scales, and 2X2 ANOVA was employed. The results revealed that both self-esteem and locus of control affected a student's academic achievement.

Mai and Alhoot (2016) studied the relationship between factors which affect child's achievement in science, factors such as self-esteem and loneliness. The study included a sample of 260 children studying at Arab schools. The data was collected with the help of three questionnaires including self-esteem, loneliness, and student engagement form. Student's science achievement scores were gathered with the help of student's GPA scores in the school. The finding of research stated that there exist a negative connection between loneliness and self-esteem. The study has provided a model which provides a reasonable explanation for the structural model of student's self-esteem, loneliness and engagement and achievement in science.

Yan (2016) talked about the relationship between attribution style and college students' boredom tendency and as so also the achievement motivation. Results indicated that there are no substantial variances of boredom tendency in college students based on sex in grade level. The whole score of boredom tendency has a substantial negative connection with that of inner-control dimension, achievement motivation, and success-wish dimension based on

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

their scores respectively but has significant positive connection with failure-fear dimension, chance dimension and internality-powerful others dimension with their score value listed properly. The research concluded that attribution style and achievement motivation are closely related to boredom tendency which also acts partially as interceding effect between them.

Loneliness and Relation with Other Variables

Huo and Kong (2014) examined the conciliator imparts of gender and loneliness on the connection between life-satisfaction and self-esteem in students of a Chinese university. The study was done on 615 college students based on measures of loneliness, life satisfaction, and self-esteem. It was found that loneliness moderated the association between life satisfaction and self-esteem. Research conducted by Uba, Yaacob, Juhari and Talib (2012) examined how self-esteem mediates the connection between depression and loneliness amongst teenagers. The study sample study was 242 adolescents. The results depicted that self-esteem had a medium and negative correlation with loneliness.

A study conducted by Dhal, Bhatia, Sharma, Gupta (2007) explored the connection between attachment styles, loneliness, and self-esteem amid adolescents. The research also examined its association with age and gender. The sample size for the study was 110 (55 males and 55 females). The results showed that younger adolescents had higher self-esteem than late adolescents. Factors such as home-parents, general and low global self-esteem were found to be connected with high degrees of loneliness. The study showed that adolescents reported moderate loneliness and a great level of self-esteem.

Murray et al (2002) studied how an adolescent's self-esteem is affected by rejection of their peers and how it influences an adolescent's relationship enhancement process. The study revealed that adolescents with low self-esteem were found to have more problems as compared to high self-esteem. The research also revealed that young adults who were found to be low on self-esteem had more chances of perceiving their romantic partners behaviour as rejection, which could lead to loneliness.

Inderbitzen-Pisaruk, Clark, and Solano (1992) studied the connection between adolescents' loneliness and features normally related to loneliness in adults, namely social skills, attribution style, self-esteem and anxiety. Sample size of the study was 186 (107 males and 79 females). The study suggests three substantial loneliness predictors, i.e., attribution style, self-esteem and student social skill. The result showed a diverse pattern of predictors for females and males. For males, loneliness might be as a result of the perception of school anxiety for relational situations.

The individual has low levels of self-esteem; they have a tendency to create upward comparisons. Upward comparisons are wherever they're going to tend to negatively think about themselves and their skills as a result of they compare themselves to people they category as 'better' than them. These comparisons tend to be extremely unrealistic; opinion based mostly and might have severe negative effects on the individual's overall self-beliefs. The aim of these negative comparisons is to strengthen to the person that they're no good and have low self-esteem (Springer, 2000).

In contrast, this previous study additionally uncontrollability, low self-esteem in non-social situation and self-perception of lowly social skills. On the opposite hand, loneliness in females was thanks to self-perception of lowly social skills, stable attributions, and high

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

looked at downward comparisons and the way they seem to be self-enhancing and consoling (Smith, 2000). People with low self-esteem tend to avoid these kinds of comparisons and favour the upward comparisons to boost their low self-esteem. People with low levels of self-esteem tend to try to upward comparisons as a result of they're not proud of themselves and still reinforce their low levels of self-esteem, even as the self-fulfilling explains (Vohs, 2004). They still reinforce their beliefs that 'I am no good' and 'other folks will do things better than me'. From this it is possible to believe that low self-esteem levels will increase unhappiness levels and dissatisfaction with life. If low self-esteem will increase unhappiness levels it's very self-esteem high vanity levels increase happiness levels and satisfaction with life.

Various studies, within the review of literature, has to be identified that lonely people reported less rates of life satisfaction in their lives. (e.g., Hindu et al., 2007; Goodwin, Cook, & Yung, 2001; Kim, 1997), but very little people focuses on the excellence between social and emotional loneliness. Adolescence is a time at intervals that loneliness could also be a common development due to moving from home, breaking social networks and creating an effort to develop new social networks. Many researches indicate that loneliness is felt extra intensively in adolescence and late adolescence instead of the other developmental stages of life (Brennan, 1982; Rubenstein and Shaver, 1982; Williams, 1983). Research identified that loneliness is related to low self-esteem (Lau, Chan and Lau, 1999; Grossman, 2000), loneliness is related to suicide furthermore (Brown, 1996) and negatively correlative with life satisfaction (Schumaker, Shea, Mon fries and Marnat, 1992).

Previous studies have the trend in research has been that boys report higher self-esteem than girls which girls to a larger extent than boys report decreases in self-esteem. However, a study by Erol and Orth found no significant gender variations within the level of self-esteem. Studies have also shown that self-esteem appears to extend throughout the adolescent years, whereas alternative studies have reported that self-esteem could be a stable characteristic that doesn't change or maybe appears to decrease throughout adolescence also shown that self-esteem is completely related to life satisfaction every in adult and in adolescent samples, with correlations go between .38 and .50. Self-esteem so appears to play a vital role in relation to however adolescents decide their life as an entire. Meanwhile, it is not clear whether or not the strength of this association differs between gender and age throughout adolescence.

Previous studies have also shown that self-esteem is associated with life satisfaction. It seems to play a vital role in relation but adolescents decide their life as a full. Meanwhile, it isn't clear whether or not or not the strength of this association differs between gender and age throughout adolescence. Accordingly, people with high life satisfaction reportable less social stress and a lot of positive relationships with others (Gilman and Huebner 2006) and received a lot of social support from their friends and family (Suldo and Huebner 2006). Individuals with high life satisfaction reportable higher emotional and social self-efficacy than those with low satisfaction (Pinquart et al. 2004, Suldo and Huebner 2006), thus they have less anxiety and depression and high levels of hope and self-control (Gilman and Huebner 2006) and have fewer activity and emotional problems (Suldo and Huebner 2006). Therefore, life satisfaction is a vital psychological variable at intervals the adolescence quantity and an important indicator of individuals' psychological development.

The sense of world life satisfaction stems from cumulative successes in numerous specific situations (Bezinović, 1988, according to Jerković, 2005). The measure of overall

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

satisfaction with one's life reflects, additionally to the successes experienced, the average level of a person's mood, that is, their emotion over an extended amount or maybe throughout the individual's life. Persons who are firmly connected have an average higher mood level, are less depressed, and largely experience pleasant emotions, and that they also will show greater overall satisfaction with their lives (Jerković, 2005).

METHODOLOGY

Objective of the Study

To the researcher's understanding, a few studies were looked at the direct relationship between Loneliness, Self-esteem, and Life satisfaction. Given the paucity of literature on these structures in young adulthood, the aim of this analysis is to find out how they interact in a group of adults. The key goal of this study was to see whether there was a correlation between Loneliness, life satisfaction and self-esteem in a group of adults.

Research Tasks

The task, in relation to the research goal, is to investigate whether there is a relation between loneliness, self-esteem and life satisfaction.

Research hypotheses

- Null Hypotheses, H_{01} : There is no association between Life satisfaction and Self-esteem.
- Alternative Hypotheses, H_{11} : There is association between Life satisfaction and Self-esteem.
- Null Hypotheses, H_{02} : There is no association between Life satisfaction and Loneliness.
- Alternative Hypotheses, H_{12} : There is association between Life satisfaction and Loneliness.

Research Type

This research is Quantitative research. Quantitative research is that the method of collecting and analysing numerical information. It can be found patterns and averages, create predictions, take a look at causal relationships, and generalize results to wider populations.

In this research correlational study was used. Correlational research is a type of non-experimental research in which that the researcher measures the two variables and assesses the statistical relationship (correlation) between the variables and with very little or no effort to manage extraneous variables.

Research Variables

The variables for this research are as follows:

- Independent variables: - Life satisfaction
- Dependent variable: - Loneliness, Self-esteem.

Data Sources and Analyses

Data is collected using questionnaires and questionnaire techniques to collect analytical data to support research purposes, facilitate factor identification, and account for correlations and relationships between variables. The questionnaire explains the answers using closed-ended questions. "

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

Data Collection

We collect and analyse raw data through questionnaires using Google's online forms.

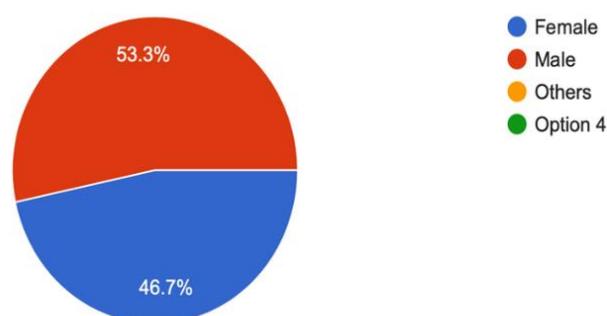
Sample and Sampling Method

In order to recruit participants, this analysis used a Convenience sampling method. The convenience sampling technique involves obtaining participants where you can find them and usually where is convenient. The questionnaire was sent to a group of adults (Girls and boys of Delhi NCR). The age range of the respondent was 18-25 year. People were gathered from various parts of Delhi NCR. A total of 150 participants were given the data collection instruments.

Sociodemographic Profile

GENDER

150 responses

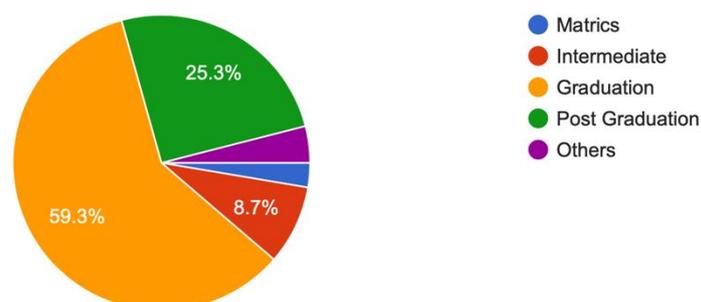


According to the following table and graph review, 53.3 percent of the respondents are male and 46.7 percent are female.

Majority of the respondents found in the survey are Male

EDUCATION QUALIFICATION

150 responses



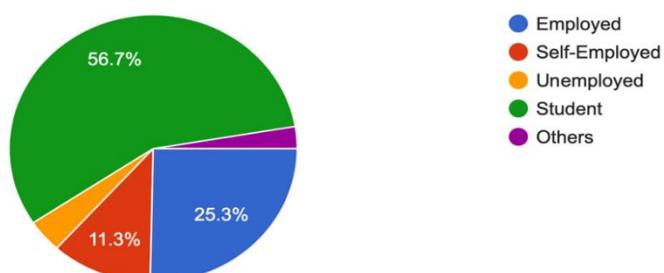
Interpretation: According to the following table and graph review, 2.7 percent of respondents have matrics, 8.7% have intermediate, 59.3% have graduation, 25.3 percent have post-graduation and 4% others.

Majority of the respondents found in the survey are graduates.

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

Employment status

150 responses

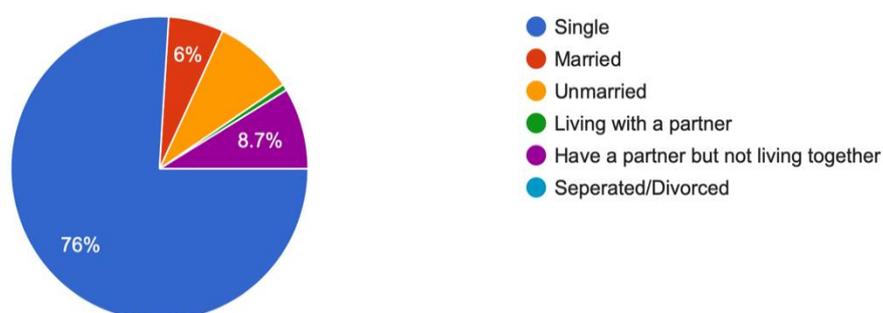


According to the graph above, 25.3 percent of the respondents are working, 11.3 percent are self-employed, and 4% of the respondents are unemployed. 56.7 percent of respondents are employees, 56.7 percent are students, and 2.7 percent belong to others.

It interprets that majority of the respondents are participated in the survey are students.

Relationship status

150 responses

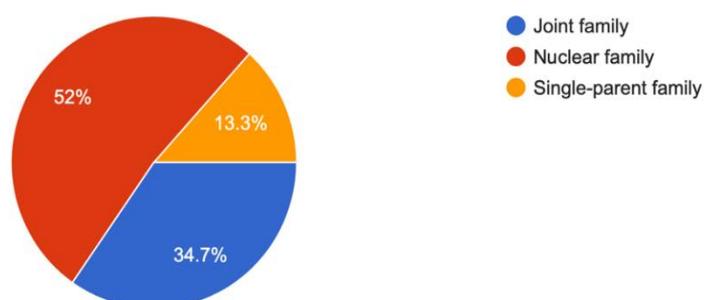


According to the above table and graph review, 6 percent of the respondents are couples, while the remaining 76 percent are single.

Its interprets that Majority of the respondents found in the survey are unmarried

Family background

150 responses



Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

Interpretation: the above graph analysis represents that 34.7% respondent living in joint family 52% living in the nuclear family and remaining 13.3 are single parent family. It interprets that majority of the respondent are living in nuclear family.

MATERIAL AND METHOD

Rosenberg Self-Esteem Scale (RSES)

Rosenberg's Self-Esteem Scale (1964): – The scale was developed by Scientist Morris Rosenberg. The researchers used this measure to assess self-esteem. It's a 10 item scale that assesses both optimistic and negative emotions towards oneself to determine overall self-worth. The size seems to be one-dimensional. All objects are graded on a four-point Likert scale, from strong agreement to strong disagreement. Answering the questions had no time limit. Items 2, 5, 6, 8, and 9 are scored in reverse order. Strongly disagree received one point, disagree received two points, accept received three points, and strongly agree received four points. The results were recorded on a continuous scale. Higher scores showed a higher sense of self-worth.

Reliability: - Internal consistency is that (0.77 to 0.88).

- Test-retest reliability is 0.82 to 0.85
- Validity:
- Criterion validity is 0.55
- Construct validity: The correlated with anxiety (-0.64), anomie(-0.43), and depression (-0.54).

The Satisfaction with Life Scale (SWLS)

The scale was developed by Pavot & Diener 1993. It was created to measure a respondent's overall satisfaction with their life. The scale's normative statistics was provided, and it's robust focussed connection for alternative measures and alternative styles of quantitative well-being evaluations. Whereas life satisfaction as measured by the SWLS has demonstrated very little transient consistency (e.g.,.54 over four years), the SWLS has shown enough resilience to be helpful in detection changes in life satisfaction throughout therapeutic intervention. Moreover, the dimension has discriminant significance as compared to tests of mental well-being. Since it assesses somebody's familiar appraising assessment concerning his or her existence using the person's own criterion, the SWLS is prescribed as a supplement to scales that believe psychopathology. It's a 5-item scale used to measure individual's cognitive judgments of one's life. It's a 7 likert scale which ranges from 1 strongly disagree to 7 strongly agree.

The SWLS is reportable to have excellent internal consistency, alpha -0.87, excellent test-retest reliability, with a correlation of 0.82.

Adequate criterion validity, good convergent and discriminant validity. Pavot and Diener (1993) a variety of studies were found to support the validity of the Satisfaction with Life Scale.

De Jong Gierveld Scale

The 11-point De Jong Gierveld loneliness scale (De JongGierveld und Kamphuis 1985; De Jong Gierveld and VanTilburg 1999), however, was designed to distinguish social and emotional feeling in brain. The 11-point scale of loneliness was applied as a single dimension. As a result, researchers should use either the full loneliness scale or the

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

emotional (six items) and social (five items) subscales, based on the study issue. The De Jong Gierveld Scale 11 item scale showed good internal consistency (Cronbach's alpha is 0.71), high test-retest reliability-($r = 0.93$).

Statistical Analysis

The Statistical Package for the Social Sciences (SPSS) program was used for the statistical study. The Pearson's correlation was used to determine the correlation between all variables. The Pearson coefficient is type of correlation coefficient which represents the relationship between the two variables that are measured on an equivalent interval or ratio scale. The data was going to be tabulated and evaluated.

RESULTS

Table 1 Descriptive Statistics

S.no.	Variable	Mean	Standard deviation	N
1.	LONELINESS	6.30	2.985	150
2.	SELF ESTEEM	28.01	4.463	150
3.	LIFE SATISFACTION	23.04	5.863	150

In the Table 1, Descriptive Statistics shows the mean and standard deviation for the variables which are Loneliness, self-esteem and life satisfaction. Loneliness (M=6.30, SD=2.985), self-esteem (M=28.01, SD=4.463), and Life satisfaction (M=23.04, SD=5.863).

Table 2: Inferential Statistics

		Loneliness	Self Esteem	Life Satisfaction
Loneliness	Person	1	-.482**	-.275**
	Correlation			
	Sig (2- tailed)		.000	.001
	N	150	150	150
Self Esteem	Person	-.482**	1	.457**
	Correlation			
	Sig (2-tailed)	.000		.000
	N	150	150	150
Life Satisfaction	Person	-.275**	.457**	1
	Correlation			
	Sig (2-tailed)	.001	.000	
	N	150	150	150

Correlation

** . Correlation is significantly correlated at the level of 0.01 levels (2-tailed).

Life satisfaction is defined as a person's cognitive overall assessment of individual's life. Subsequently, loneliness is defined as the discrepancy between an individual's achieved and desired level of social and emotional relationships.

Self-esteem reflects an individual's perception and analysis of himself or herself, whereas, life satisfaction involves the individual's analysis of one's life as an entire including different areas of life.

The objective of study is to find out that there is any correlation between Life Satisfaction and Loneliness and also between Life Satisfaction and Self-esteem. To see the presence of

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

these correlation, Pearson Correlation Coefficient has been computed (Please see in table) to perform the hypothesis testing of significance of the correlation. Self-esteem is positively correlated to Life satisfaction.

Correlation between Life Satisfaction and Self-esteem

Since the p-value (0.000 level) is less than 0.01 level (chosen level of significance), we therefore reject our null hypothesis, which means that there is significant correlation between the variables Life satisfaction and self-esteem. It shows that the correlation between the variables Life satisfaction and self-esteem at the level of (0.457) is on the positive side, self-esteem is positively correlated to life satisfaction. So, higher self-esteem, leads to higher life satisfaction. ($r=0.457$, $p<0.01$).

Correlation between Life Satisfaction and Loneliness

Since the p-value (0.001level) is less than (0.01 level) (chosen level of significance), we therefore reject our null hypothesis (H_{02}), which means that there is significant correlation between Life Satisfaction and Loneliness. However, as the correlation between these two variables, viz. -0.275 is on the negative side, we may conclude that these are negatively correlated. That means, greater loneliness is linked to lower levels of life satisfaction. ($r= -0.275$, $p<0.01$).

DISCUSSION

The aim of this study was to see whether there is a relation between Loneliness, life satisfaction and self-esteem in a group of adults. This research is a Quantitative research and Convenience sampling methods were used. Collect and analyse raw data through questionnaires using Google's forms. Total no. of 150 participants was there in this research in the age group of 18-25 years.

In this research Descriptive statistics and Pearson's coefficient correlation were used. The Descriptive statistics is basically used to measure the mean and standard deviation of the variables. Loneliness ($M=6.30$, $SD=2.985$), Self-esteem ($M=28.01$, $SD=4.463$), and Life satisfaction ($M=23.04$, $SD=5.863$).

The relationship between Loneliness (as measured by De Jong Gierveld Loneliness Scale), Self-esteem (as measured by Rosenberg Self-Esteem Scale) and Life satisfaction (as measured by Satisfaction with Life Scale) was investigating using Pearson's correlation.

The first aim was to investigate that there is a correlation between Life satisfaction and self-esteem. ($r=0.457$, $p<0.01$). It shows that, the null hypothesis is being rejected. Self-esteem is positively correlated to life satisfaction. There is a correlation between Self-esteem and Life satisfaction.

Self-esteem represents one's assessment of oneself. According to our finding, self-esteem was a strong positive significance predictor of life happiness. Satisfaction with life is important because high self- esteem reflects high satisfaction with life. Feeling optimistic and not feeling hopeless, and having one's need fulfilled, being satisfied with their life, and one's self- worth were the strongest predictors for experiencing the highest self-esteem and satisfaction in life.

The second purpose was to investigate that there is a correlation between Life satisfaction and Loneliness. ($r= -0.275$, $p<0.01$). Therefore, the null hypothesis (H_{01}) is rejected. Life

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

satisfaction and loneliness is negatively correlated. There is a correlation between the variables that are Life satisfaction and loneliness.

Few researchers found a strong negative correlation between the variables life satisfaction and loneliness (e.g., Goodwin et al., 2001; Kim, 1997). Furthermore, a person's views about themselves and others have an effect on their ability to build meaningful relationships since these cognitions affect how they interact and understand interpersonal events (Murphy & Kupshik, 1992; cited in Heinrich & Gull one, 2006). According to previous research, lonely people have a pessimistic perspective of themselves and the world, are likely to be less satisfied with their life. (Perlman & Peplau, 1981).

CONCLUSION

This study concluded that there is a relationship between Loneliness, self-esteem and life satisfaction. The present study increases our understanding of the interaction among Loneliness, self-esteem, and life satisfaction among age group of adults (18-25) of Delhi NCR.

It appears that although feelings of loneliness have a negative association on the life satisfaction of adults. . We conclude that the people who are lonely and not much socially connected with their friends or family are not satisfied with their life.

On the other hand self-esteem has a positive association on the life satisfaction which means high self-esteem levels increase happiness levels and satisfaction with life.

Further research needs to be done in order to find out any correlation between loneliness, self-esteem and life satisfaction. This research will hopefully influence others adults in the future. Many areas need to be addressed that will help adults succeed themselves positively.

Limitation

- The most important limitation is that the results cannot be generalized to all ages and periods, as the study only involved adults at the age group of (18-25).
- Another limitation, it is a self- report methodology, is that an assumption made that the participants' responses are accurate.
- The results are based entirely on quantitative data obtained as a result of only these analyses. Obtaining additional qualitative data may increase the understanding of the results. The results don't check all the cultures because all the participants are only from Delhi NCR.
- This research is conducted on only young adults at the age group of 18-25 further research can also be conducted with school students, universities students, with other age groups and also with old aged peoples with taking other variables also.

Moreover, there is a need for a longitudinal study in order to address these limitations

Scope

- Future research could further examine loneliness, self-esteem, and life satisfaction with other age groups.
- Researchers also conduct research on gender difference.

Loneliness, Self-Esteem and Life Satisfaction in Young Adulthood

- In this study 150 participants of Delhi NCR were involved in this study. In future research, researchers conduct research on the large scale of samples also from other states as well.
- In the future, researcher can also take other variables like Loneliness, stress and depression in school or college students, Couples are satisfied with their life etc.
- Researchers could further examine how people could potentially be related to their self-esteem.

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Conflict of Interest

The author(s) declared no conflict of interest.

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