

Relationship Between Loneliness, Aggression and Coping Response among Adolescents

Radhika Grover^{1*}, Dr. Siddharth Soni²

ABSTRACT

The present study explored the relationship between loneliness, aggression, and coping response among adolescents. It assesses the levels of loneliness and aggression among adolescents and examines the various coping responses mostly used among adolescents. It also examines the differences between males and females with respect to Loneliness, Aggression, and Coping Responses. A sample of 100 school-going adolescents (50 males and 50 females) was taken of age range 14-18 years. Both males and females were assessed on three scales, UCLA for Loneliness, BPAQ for Aggression and Brief COPE for Coping Responses. Results indicated that there is a notable relation between aggression and loneliness, and there is significant relation of both Loneliness and Aggression with various Coping Responses except Substance Use Coping, although previous research proved the opposite. Results also indicated that there is no gender difference in Loneliness, although there was a very significant gender difference in Aggression and Coping Response. There was a significant effect of Loneliness and Aggression on Coping Responses.

Keywords: Loneliness, Aggression, Coping Response, Adolescents

The study evaluates the relationship of loneliness, aggression and coping responses among adolescents and how loneliness and aggression affect the coping response in adolescents. This research analyses levels of loneliness and aggression among Indian adolescents and whether it affects their coping responses.

Modernization is gulping every corner of the world; most challenges are facing adolescents to meet up with the demands. How this speeding age leaves the adolescent alone in the middle of nowhere wondering about gain and loss.

It is very necessary to assess loneliness and aggression among adolescents because of both the physiological and physical hazards to life. Loneliness can cause psychiatric problems like depression in a person.

Aggression, on the other hand, causes physical and psychological harm to oneself as well as to others.

¹Student, Amity Institute of Psychology and Allied Sciences, Uttar Pradesh

²Assistant Professor, Amity Institute of Psychology and Allied Sciences, Uttar Pradesh

*Corresponding Author

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Coping response is the way of surviving in the crisis, it is very mandatory to know which coping responses are utilized by adolescents, because it can also become the precursor of future psychological problems.

Loneliness is a very common phenomenon, although many philosophers have categorized it as the positive behaviour for the self-reflection but only when it turns out to be productive, there are many researches which have shown the relation between loneliness and aggression. Most of times, researches have shown loneliness leads to aggression, or has featured aggression as the defense mechanism for compensating one's loneliness.

Due to the two entities, people tend to feel very uneasy, uncomfortable, on the top of that, there is a realization of this feeling. Person tends to feel provoked with these feelings, and always try to overcome this feeling by implementing certain coping responses in one's life.

Although researches have also shown that due to loneliness and aggression, people do not act upon very few constructive coping responses in their life and tend to fall into void.

In this modern age, adolescents are the living the age of their technologies, as far as they are present, there is life, once they get to the exhaustible stage, crisis begin in their life. Adolescent is an age of energy, passion, creativity and exploration but during this age, one also tends to find meaning in relationships.

Time, response, reciprocity, expectations, acceptance, rejection, these mark the boundaries of relationships in this age, adolescent age is mostly curious about everything but if this curiosity leads them to some emptiness, they fall into deep void.

Adolescent age comes with loads of expectations from world in terms of their success and appreciation, if that is not there in an environment, if proper nourishment of one's psychological wellbeing is not present, the youngsters face very distressing consequences.

Due to the competition, societal pressures, deadlines, youngsters have shifted their attention from self to social, there is no grooming of self, there is less connectivity with emotions, there is confused understanding of one's own feelings. There is so much rush, no time for productive relationship, so there is high chance to develop loneliness and aggression in this age.

1.1 Loneliness

There are some theoretical perspectives regarding loneliness, first is Social Needs Perspective, loneliness can be evoked due to deficits in relationships other than caregiver child relationship. It was Weiss (1973, 1974) stated that different relationships have different provisions; each can evoke different kind of loneliness if there is deficiency. Second is Cognitive Discrepancy Model which believes that insufficiency in relationships may not be the cause of loneliness but how one analysis the social contacts matters a lot.

Loneliness is also categorized in the context of time (Young, 1982), which includes three types:

1. Transient which comes in bouts, sometimes feelings of being lonely for short span of time.
2. Situational is a type where a person has got under the transition, before there was no loneliness but now due to circumstances, there is loneliness in life.

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3. Chronic is a type which can lead to manifestation of many problems in life, which may usually occur as a cause of situational loneliness where there are less satisfactory social relationships in life.

The illustration of loneliness is also categorized mainly into three types –

1. Affective
2. Cognitive (or motivational)
3. Behavioural.

Although there are contradictory viewpoints of motivational aspect of loneliness, some theorists describe loneliness as arousing; others (Fromm- Reichmann, 1959) believe that loneliness decreases motivation.

The evolutionary concept says that loneliness, as an aversive feeling, motivates the person to thrive hard for the repair or replacement of social connections.

It says that humans are born to be dependent on each other for their survival because, only reproduction does not lead to the evolution but rather to make the gene pool healthy, one has to select the healthy genes and for that, he is always in search of the healthy partners and consequently which leads to codependency (cooperation, altruism etc.)

There are three type of isolation which are related to the contact of loneliness:

- (1) Interpersonal isolation normally experienced as loneliness depends on many factors like geographical isolation, abruption of social interaction and personality type.
- (2) Intrapersonal isolation is linked to psychological defense mechanisms
- (3) Existential isolation where person participation anxiety and is cut off from the external world.

So, when we experience any of the three or all three of isolations we begin to feel loneliness that can lead to existential vacuum and many psychiatric disorders. Social contacts are very necessary for the person's survival in a similar like food and water are, if people are deprived of them, they begin to feel void.

There is connection of mental representation of oneself and surroundings with loneliness, it depends on three levels:

1. At individual level, when person feels low self-worth and he tends to remain in his own world, social contacts bother him in a way makes him feel worthless or induce anxiety. There is always this paradox of wanting and not wanting, in either way consequences are devastating.
2. At relational level, understanding and intimacy matters a lot, there is a give and take in relationships, compromises, sacrifices just from the other one side imbalances the effect of relation, thus leading to break off or complications.
3. At collective level, person feels anxiety and insecurity whether to feel the cohesiveness and identification with a certain group which he has chosen or not.

The aspects discussed above can very well define the cause of the loneliness which may arise in any age but occurs mostly in adolescence because of certain challenges which youths face to come up with the expectation of the older people and make an example to younger ones. Moreover, the most important aspect is social rejection when a person is dejected from a certain group or community for not meeting of the demands or being the odd one out.

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Adolescents also feel identity crisis today, but they want to keep it latent because of fear of rejection or humiliation, the another main issue which has come up is LGBT which mostly is affecting adolescents because in this age, we begin to explore the recognition and if basic identity is questionable, one falls into deep cervices with no understanding from any side of their life.

1.2 Aggression

Adolescence is the stage where most of the social and personality transitions takes place and there are two contrasting points of puberty that can take drastic changes in adolescents and majorly boys and lead to certain forms of disruptions.

Some researches explain that these pubertal disruptions effected the mood and behaviour in adolescence and can lead to aggressive behaviour.

Moreover, there is a biological cause behind aggressive behaviour that is the increment in testosterone level with age, it keeps on increasing between the ages of 12- 14 ages and gets twenty-fold increment between 10- 17 ages.

- There are certain personality motivators for aggression and violence, sensation seeking is one of them and it is categorized into four categories.
Another personality motivator for aggression is negative affect, more specifically angry emotion have some morphological.

Low Empathy is another motivator for aggression, because the persons with low empathy do not see the reasons why people believe in a certain way, they are phlegmatic, thus do not form many relationships or if they sustain some relationships, they are not happy there, thus causing anger and hatred towards other person.

There is a The General Aggression Model which proposes the situational factors with both objective and subjective features. In this model, individual factors that are enduring such as male gender, trait anger, values, beliefs, goals and cognitive scripts are supplemented by factors operating within a given situation so as to cue, to provoke, frustrate, irritate, therefore trigger a situation or maintain aggression in an individual.

On the basis of functionality of aggressive behaviour, Proactive and Reactive aggression (Dodge and Coie, 1987).

- (1) **Proactive aggression** is referred to as cold blooded and unprovoked, which is being carried on to gain specific goals or have access to some resources without the emotional response.
- (2) **Reactive aggression** is referred as hot headed, it occurs usually in response to some threat, it's highly impulsive in nature and is caused by emotional instability.

There has been remarkable work done on aggression by social psychologists, there are many experiments held as well, one reminds me of Bobo doll experiment held by Bandura (1961) on adolescents.

This experiment explains that how exposure to certain behaviour and the ability of remembrance and imitation of the act lead to certain behaviour.

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This implies that how environment affects the psyche of an individual and will allow him/ her to cross the lines. The same experiment was held again by Bandura and Walters (1965) which explained how consequence of actions can change one's behaviour which is called vicarious learning.

There is a biological aspect of aggression, which signifies the role of neuro transmitters, genes and hormones. The low levels of serotonin can lead aggression and the hormone known as testosterone is responsible for aggression in adolescence because it affects the brain part directly which is responsible for controlling aggression Another factor responsible for aggression is a specific gene called Monoamine oxidase A.

It was Brunner et.al who studied a Dutch family where males were behaving in a very violent and aggressive manner, most of the male member were having the criminal records (e.g. rape, arson). After the examination, those men were having abnormally low levels of MAOA in their bodies and defect in its gene.

1.3 Coping Responses

The coping process involves two key elements: appraisal and coping. Appraisal refers to the act of recognizing a stressor and evaluating one's ability to manage it. This evaluation can occur in three situations: when the stressor is encountered, when it is anticipated, and when there is an opportunity to find a solution.

There are three main coping styles:

1. Problem focused coping (which focuses on managing and altering the problem situation, highly focused on action which involves planning, decision making, positive reframing etc.)
2. Emotion focused coping (takes many forms which include seeking social support, venting, acceptance)
3. Avoidant focused coping (defined as behavioural and cognitive efforts directed towards minimizing, denying or ignoring dealing with a stressful situation.

There is a relationship of psychological distress and coping styles where problem focused coping is considered healthy way of coping and avoidant way of coping is considered most unhealthy way of coping and can cause many psychological problems, whereas emotion focused coping can lead to increased or decreased level of psychological distress depending on the circumstances.

The theory of cognitive phenomenological of psychological distress by Lazarus explains that personality may influence the coping styles in individual.

Our personality influences our appraisal thus inhibiting the overall coping, individuals who are optimistic and have positive outlook of life are most likely to engage in pro- active coping style and on the other hand, person with pessimistic thinking and fearful outlook about life, underestimate their ability to cope with the given situation.

Personality has an effect on coping style which can in turn effect the psychological wellbeing leading to distress and other psychological disorders. Genetic makeup of personality can lead to development of Clogninger's Psychological Model which explains that personality development is influenced by both biological and psychological process. Individuals with high neuroticism are most likely to experience the psychological distress and individuals who

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have family history of psychological distress were more likely to exhibit depressive symptoms when they were high on neuroticism level.

Loneliness and Coping Response

The Rokach and Brock (1998) explained some coping strategies which lonely people exhibit to decrease their loneliness. Some took up active solitude which included study or write or listen to music etc. some increased their activities which were helpful in grooming their own self like taking part in curricular activities.

Some moved in search of more social contacts, some got involved in sad passivity like crying, taking drugs, binge eating, excessive sleep etc. There were some who used distancing and denial as their coping style which included attempted suicide, drug abuse, murder etc.

Aggression and Coping Response

The Melissa M. Gomes (2011) explored the coping response towards peer relational aggression in adolescent girls. The coping mechanisms which were used by the girls were retaliation towards aggressor, discussing their feelings with friends and family, distancing from others, writing their feelings or confronting the aggressor.

1.4 Loneliness and Aggression

Zilboorg (1938) claimed that loneliness is positively correlated with aggression. To prove this hypotheses, Check Perlman and Malamuth conducted a study where results revealed that the findings were consistent with Zilboorg's concept. Similarly.

Another research by Qualter and Munn (2002) concluded that lonely and rejected children reported high levels of aggression. Adolescents who suffer from feelings of loneliness experience unpleasant feelings and emotions and they also have unpleasant perception about relational needs, thus these aspects lead to aggression. Lonely and aggressive adolescents usually overestimate their social competence and social acceptance, this may be ego defense mechanism to make appropriate social comparisons.

The attachment style in childhood act as the mediator in causing loneliness and aggression in a child, parenting style also matters a lot in shaping the child's behaviour , these predispositions can either lead to good consequences or bad consequences in later stage of life.

REVIEW OF LITERATURE

Smith, J., & Johnson, R. (2017). Loneliness and Its Correlates in Adolescent Populations: A Review of Recent Literature. This review examines various studies conducted between 2014 and 2017 that investigate the prevalence and correlates of loneliness among adolescents. It synthesizes findings regarding the factors contributing to adolescent loneliness, such as social media use, family dynamics, and peer relationships. The review also discusses potential interventions to address loneliness in this demographic.

Garcia, A. M., & Patel, S. (2018). Aggression in Adolescents: A Comprehensive Review of Recent Research. Focusing on literature from 2014 to 2018, this review provides an overview of research on adolescent aggression, including its prevalence, underlying factors, and consequences. It explores the role of biological, psychological, and environmental influences on aggression in adolescents, as well as potential interventions and preventive strategies.

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Wong, L., & Chan, K. (2019). *Coping Responses in Adolescent Populations: A Systematic Review of the Literature*. This review surveys studies published from 2014 to 2019 that investigate coping responses among adolescents. It identifies various coping styles employed by adolescents in response to stressors, such as problem-focused, emotion-focused, and avoidant coping. The review also discusses the effectiveness of different coping strategies and their implications for adolescent mental health.

Taylor, R., & Brown, E. (2020). *Gender Differences in Loneliness, Aggression, and Coping Responses among Adolescents: A Review of Recent Findings*. Focusing on literature from 2014 to 2020, this review explores gender differences in loneliness, aggression, and coping responses among adolescents. It synthesizes research on how gender influences the expression and experience of these constructs, as well as implications for intervention and prevention efforts.

Chen, Y., & Wang, Q. (2021). *The Impact of Technology on Adolescent Loneliness: A Review of Recent Studies*. This review examines research published between 2014 and 2021 that investigates the relationship between technology use and adolescent loneliness. It discusses the potential effects of social media, smartphone usage, and online communication on feelings of loneliness among adolescents, as well as strategies for promoting healthier technology use.

Lee, H., & Kim, S. (2022). *Cultural Considerations in Adolescent Loneliness: A Review of Cross-Cultural Studies*. Focusing on literature from 2014 to 2022, this review explores cultural variations in the experience and expression of loneliness among adolescents. It synthesizes findings from cross-cultural studies to identify cultural factors that may influence the prevalence and correlates of loneliness in different cultural contexts.

Gupta, M., & Sharma, A. (2016). *Loneliness and Mental Health Outcomes in Adolescents: A Review of Longitudinal Studies*. This review analyzes longitudinal studies conducted between 2014 and 2016 that examine the long-term effects of loneliness on mental health outcomes among adolescents. It discusses the associations between adolescent loneliness and outcomes such as depression, anxiety, and substance use, as well as potential mechanisms underlying these associations.

Nguyen, T., & Tran, L. (2015). *Parenting Styles and Adolescent Aggression: A Review of Recent Literature*. Focusing on literature from 2014 to 2015, this review explores the relationship between parenting styles and adolescent aggression. It synthesizes findings from studies examining how different parenting practices, such as authoritarian, authoritative, and permissive parenting, influence the development of aggression in adolescents.

Park, Y., & Lee, S. (2019). *School Climate and Adolescent Coping Responses: A Review of Recent Research*. This review surveys studies published between 2014 and 2019 that investigate the impact of school climate on adolescent coping responses. It examines how factors such as peer relationships, teacher support, and school policies contribute to adolescents' ability to cope with stressors, as well as implications for creating supportive school environments.

Jones, K., & Williams, D. (2018). *Social Support and Coping in Adolescent Populations: A Review of Recent Literature*. Focusing on literature from 2014 to 2018, this review explores the role of social support in adolescent coping responses. It synthesizes findings from studies

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examining how various sources of social support, such as family, friends, and community networks, influence adolescents' ability to cope with stressors and promote resilience.

METHODOLOGY

Aim

The study aims to explore the relationship between coping responses, loneliness and aggression among adolescent

Objectives

- To explore the relation of loneliness and aggression
- To examine relation between loneliness and coping response
- To examine relation between aggression and coping response
- To study gender differences with respect to loneliness, aggression and coping response
- To explore the Effect of loneliness on coping response
- To explore the effect of aggression on coping response

Hypotheses

- a) There will be a significant relation between Aggression and Loneliness
- b) There will be significant relation between Loneliness and Coping Response
- c) There will be significant relation between Aggression and Coping Response
- d) There will be significant difference between female and male adolescents with respect to Loneliness and Aggression
- e) There will be significant difference in coping responses between female and male adolescents
- f) There will be significant effect of loneliness on coping response
- g) There will be significant effect of aggression on coping response

Locale of Study

Data were collected from school going adolescents, in Dwarka, Delhi.

Sample and Its Selection

- Data was collected from 100 school going adolescents, 50 males and 50 females the data had been collected from local residential areas of Delhi, where most of adolescents were school going .

Inclusion criteria

- a) Adolescents of 14- 18 years of age
- b) Attending school

Exclusion criteria

- a) Children below 14 years
- b) Adults above 18 years of age
- c) School drop- outs

Description of the Tool

The assessment tools were merged in one questionnaire without reflecting the name, participants did not know the measures of the questionnaire, as to decrease the skewedness of

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the results. Three questionnaires were used for assessment, UCLA for loneliness, Buss and Perry for aggression and Brief COPE for coping response.

The UCLA loneliness scale (version 3) –

It consists of 20 statements which are designed to measure loneliness and as well as feelings of social isolation on four point Likert scale.

Participants were asked to rate the scale from 1 to 4 -

1. Indicates I NEVER FEEL THIS WAY
2. Indicates I RARELY FEEL THIS WAY
3. Indicates I SOMETIMES FEEL THIS WAY
4. Indicates I ALWAYS FEEL THIS WAY.

The UCLA (version 3) is a highly reliable scale where the coefficient alpha ranges from .84 to .93 and the test-retest correlation is .73.

The loneliness scale has also been highly related to the scores of other measures of loneliness like the NYU loneliness scale and the differential loneliness scale thus supporting the discriminant validity. The higher scores on the scale signify a high degree of loneliness (Russell, 1996 pg., 26- 27)

- **Buss and Perry aggression questionnaire (BPAQ):**

It consists of 29 items which are designed to measure overall aggression and anger on the five-point scale.

Participants were asked to rate the scale from 1 to 5

- 1 indicates EXTREMELY UNCHARACTERISTIC OF ME
- 2 indicates SOMEWHAT UNCHARACTERISTIC OF ME
- 3 indicates NEITHER UNCHARACTERISTIC OR CHARACTERISTIC OF ME
- 4 indicates SOMEWHAT CHARACTERISTIC OF ME
- 5 indicates EXTREMELY CHARACTERISTIC OF ME.

It consists of five dimensions which include physical aggression, verbal aggression, hostility, and anger.

The Buss and Perry aggression questionnaire's internal consistency ranges from .72 to .89 and test-retest reliability ranges from .72 to .80.

BPAQ is also related to personality measures thus supporting discriminant validity. (Buss and Perry, 1992 pg., 455 – 458)

Brief COPE

It is 28 item questionnaire and is a brief version of COPE which consists of 60 items, it measures coping responses on the four point scale.

Participants were requested to assign a rating from 1 to 4 to indicate their level of engagement in various behaviors:

- A rating of 1 signifies no engagement in the behavior.
- A rating of 2 suggests minimal engagement.
- A rating of 3 indicates moderate engagement.

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- A rating of 4 indicates significant engagement. This scale encompasses 14 dimensions, including self-distraction, active coping, denial, substance use, seeking emotional support, seeking instrumental support, behavioral disengagement, venting, positive reframing, planning, humor, acceptance, reliance on religion, and self-blame.

The brief cope internal consistency (Cronbach's alpha) values are high to acceptance which ranges from 0.25 to 1.00 and test retest values ranged from 0.50 to 1.00 and effect size index ranges from 0 to 0.53. The discriminant validity was also shown to be high (Yusoff, Low and Yip)

Procedures

The current study explores the relation between loneliness, aggression and coping response among adolescents on the basis of review of literature, objectives and hypotheses were formulated. This is a quantitative study of correlation and ex-post facto designs, where stratification of sample is done in terms of gender. The sample of 100 school going adolescents were taken including 50 males and 50 females with age range between 14- 18 years. Locale of the study was Delhi, the data was collected from the local areas where most of the adolescents were school going, consent was taken from their guardian and participant as well.

The standardized tools were used for the assessment, UCLA for Loneliness, Buss and Perry for Aggression and COPE for coping response, participants were informed about the purpose of the study and that their participation was voluntary. In addition, it was made clear that they can leave anytime, if they are not feeling comfortable.

It was also made sure that during their participation, no psychological or physical harm would be caused to them. All the participants were informed about confidentiality, anonymity and answering honestly.

Instructions were also provided in the beginning. All participants were asked to complete the whole questionnaire; it took almost 15- 30 minutes to complete the entire questionnaire.

Data was being analyzed using T-test, Pearson's correlation, and Regression Analysis in Excel. Firstly, mean and standard deviations were calculated for both males and females on scores of Loneliness, Aggression, and 14 dimensions of Coping Response. Then correlation was made between,

1. Loneliness and aggression
2. loneliness and 14 dimensions of coping response
3. aggression and 14 dimensions of coping response

t-test was done on scores of loneliness, aggression, and 14 dimensions of coping response, lastly, regression analysis was done between

1. 14 dimensions of coping response and loneliness
2. 14 dimensions of coping response and aggression.

ANALYSIS OF DATA

Table 1: Showing the Summary of Means and Standard Deviations of Males for Loneliness, Aggression and Coping Response

F	VARIABLES															
	Lo (UCLA)	Ag (BAP)	CR (COPE)													
			SA	D	ES	IS	BD	V	PR	PL	H	A	R	SB	Ac	Sd
M	53.1	81.16	2.4	3.8	4.1	4.3	3.4	4.3	5.0	4.5	4.3	3.9	3.4	3.3	3.5	3.0
SD	14.67	18.18	0.7	1.1	1.9	2.0	1.6	1.7	2.2	2.3	1.8	2.1	1.6	1.1	1.6	1.3

F is functions, *M* is Mean Scores for males, *SD* is Standard Deviations of variables for males; *SA* is Substance Abuse; *D* is Denial; *ES* is Use of Emotional Support; *IS* is Use of Instrumental Support; *BD* is Behavioural Disengagement; *V* is Venting; *PR* is Positive Reframing; *PL* is Planning; *H* is Humor; *A* is Acceptance; *R* is Religion; *SB* is Self-Blame; *Ac* is Active Coping; *Sd* is Self-Distraction

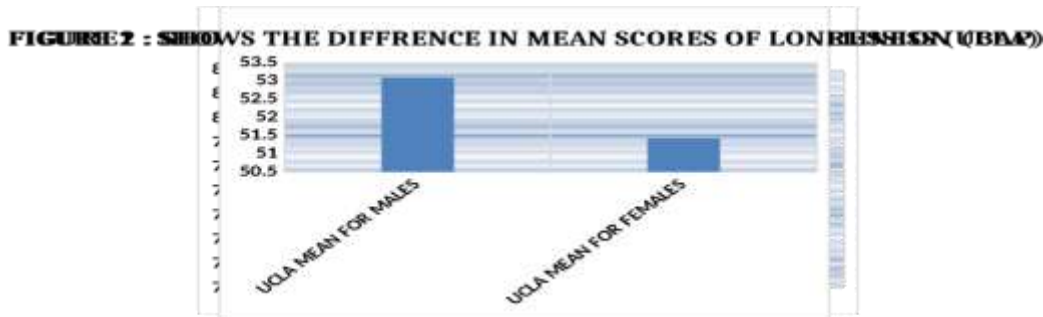
NOTE: Table 1 shows the means and standard deviation of males on the Loneliness, Aggression and Coping Response where mean score of loneliness (**Lo**) is 53.1 which is less than the mean score of Aggression (**Ag**) is 81.16, and as shown above mean scores of use of emotional support (**ES**) is 4.1, use of instrumental support (**IS**) is 4.3, venting (**V**) is 4.3, Planning (**PL**) 4.5, Positive reframing (**PR**) is 5.0, humor (**H**) is 4.3 are greater than the other dimensions of coping response.

Table 2: Showing the Summary of Means and Standard Deviations of Females for Loneliness, Aggression and Coping Response

Fy	VARIABLES															
	Lo UCLA	Ag BAP	CR COPE													
			SA	D	ES	IS	BD	V	PR	PL	H	A	R	SB	Ac	Sd
M	51.42	76.08	2.4	3.9	5.1	4.9	5.4	5.5	6.9	6.7	5.8	6.0	4.8	2.9	5.9	4.0
SD	12.33	13.85	0.7	0.8	2.0	1.7	1.7	1.6	1.8	1.8	1.7	2.2	1.7	1.1	1.5	1.9

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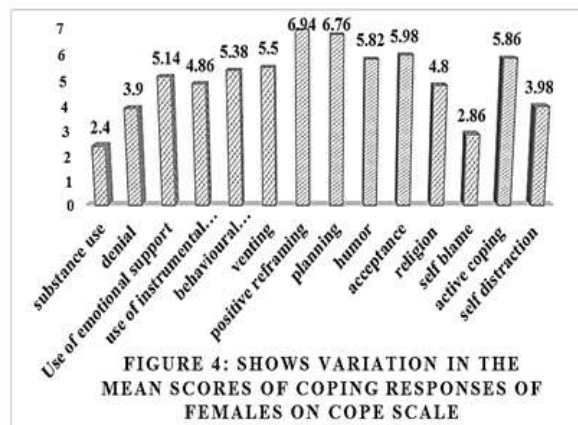
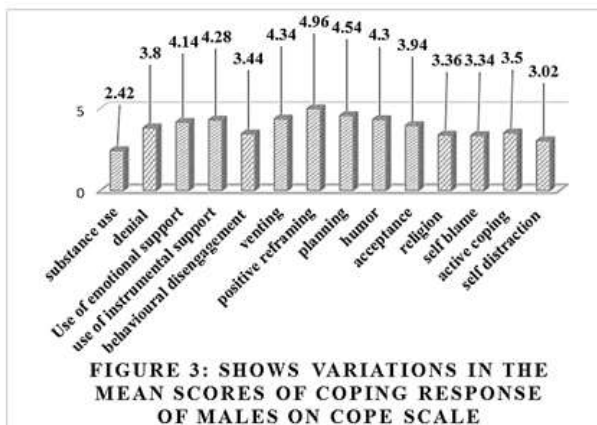
F is functions, *M* is Mean Scores for males, *SD* is Standard Deviations of variables for males; *SA* is Substance Abuse; *D* is Denial; *ES* is Use of Emotional Support; *IS* is Use of Instrumental Support; *BD* is Behavioural Disengagement; *V* is Venting; *PR* is Positive Reframing; *PL* is Planning; *H* is Humor; *A* is Acceptance; *R* is Religion; *SB* is Self-Blame; *Ac* is Active Coping; *Sd* is Self-Distraction



NOTE: Table 2 shows the means and standard deviation of females on the Loneliness, Aggression and Coping Response where mean score of loneliness (Lo) is 51.4 which is less than the mean score of Aggression (Ag) is 76.08 and as shown above mean scores of use of emotional support (ES) is 5.1, use of instrumental support (IS) is 4.9, behavioural Disengagement (BD) is 5.4, venting (V) is 5.5, Planning (PL) 6.7, Positive reframing (PR) is 6.9, humor (H) is 5.8, acceptance (A) is 6.0 are greater than the other dimensions of coping response.

Figures 1 and 2 is the graphical representation of table 1 and 2 which shows the mean difference between males and females on Loneliness and Aggression respectively which clearly indicates that males scored higher than females in both Loneliness and Aggression but there is no such big difference between males and females on mean scores of Loneliness.

Fig 3 and 4 shows the mean scores of 14 dimensions of coping responses for males and females respectively which clearly indicates that females scored higher than males in all dimensions except substance use coping and denial, where they both scored almost same and low. There is a difference in the mean scores of self-blame, which is higher in males than females.



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Table 3: Showing Correlational Matrix of Loneliness and Aggression

VARIABLES	LONELINESS AGGRESSION p-value	LEVEL OF SIGNIFICANCE
LONELINESS	0.764	Insignificant p<0.05
AGGRESSION	0.764	Insignificant p<0.05

Note: Table 3 shows that there is a significant relationship between Loneliness and Aggression, where $r=0.764$, $p<0.00001$ which is significant at $p<0.05$ level.

FIG5: SHOWING CORRELATION BETWEEN AGGRESSION AND LONELINESS

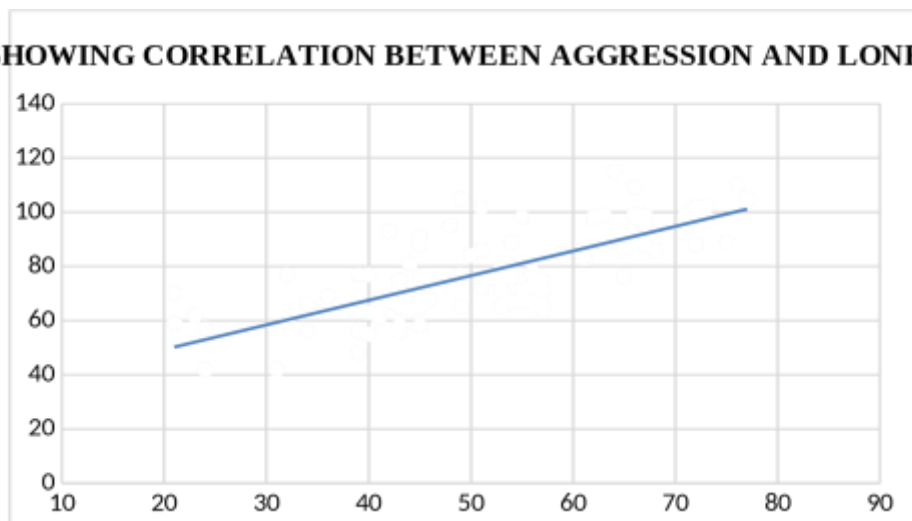


Fig 5 showing the graphical representation of relation between Loneliness and Aggression, it clearly indicates the significant positive correlation between Loneliness and Aggression which means the changing scores of Aggression will affect the Loneliness scores, thus increasing scores of Aggression leads to increase in Loneliness and vice versa. The results indicated that Loneliness ($r=0.76$, $p<0.01$) is positively correlated with Aggression.

Table 4: Showing Correlational Matrix of Loneliness and Coping Response

Variables	Loneliness (r value)	p values
Loneliness	(r value)	$p=0.327$
Substance Use	-	$p=0.069$
Denial	0.09**	
Emotional Support	-0.18***	
Instrumental Support	-0.38*	$p=.00018$
Behavioural Disengagement	-0.41*	
Venting	-0.37*	
Positive Reframing	-0.42*	
Planning	-0.43*	$P=0.00083$
Humor	-0.49*	
Acceptance	-0.33*	$P=0.0006$
Religion	-0.43*	$P=0.0928$
Self-Blame	-0.34*	
Active coping	-0.17***	
Self-Distraction	-0.41*	
	-0.39*	

*significant at $p<0.05$ level, **not significant at $p<0.05$ level, *** significant at $p<0.10$ level

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Note: Table 4 shows the correlation between loneliness and coping response, where almost all the dimensions of Coping Response have significant relation with Loneliness except Substance Use which is not significant at $p < .05$ level Denial and Self-Blame which is significant $p < .10$ level.

Table 5: Note: Table 5 shows the correlation between Aggression and Coping response, where almost all the dimensions of Coping Response have significant relation with Aggression except Substance Use which is not significant at $p < .05$ level.

Variables	Loneliness	p values
Loneliness	(r value)	$p = 0.327$
Substance Use	-	$p = 0.069$
	0.09**	
Denial	-0.18***	
Emotional Support	-0.38*	$p = .00018$
Instrumental Support	-0.41*	
Behavioural Disengagement	-0.37*	
Venting	-0.42*	
Positive Reframing	-0.43*	$P = 0.00083$
Planning	-0.49*	
Humor	-0.33*	$P = 0.0006$
Acceptance	-0.43*	$P = 0.0928$
Religion	-0.34*	
Self-Blame	-0.17***	
Active coping	-0.41*	
Self-Distractio	-0.39*	

*significant at $p < .05$ level, **not significant at $p < .05$ level

Note: Table 5 shows the correlation between Aggression and Coping response, where almost all the dimensions of Coping Response have significant relation with Aggression except Substance Use which is not significant at $p < .05$ level.

Table 6: Showing T scores indicating differences between male and female in Loneliness, Aggression

Variables	Males		Females		t values
	Means	SD	Means	SD	
Loneliness	53.1	14.67	51.42	12.33	0.66**
Aggression	81.16	18.18	76.08	13.85	1.41**

not significant at $p < .05$ level, * significant at $p < .10$ l

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Variables	Aggression (r score)	p values
Aggression	-	
Substance Use	0.038**	P=0.7103
Denial	0.259*	
Emotional Support	-0.491*	
Instrumental Support	-0.468*	
Behavioural Disengagement	-0.490*	
Venting	-0.487*	
Positive Reframing	-0.631*	
Planning	-0.602*	
Humor	-0.500*	
Acceptance	-0.555*	
Religion	-0.501*	
Self-Blame	-0.243*	P=.0153
Active coping	-0.485*	
Self-Distracton	-0.381*	

Note: Table 6 how is the difference in the t scores between males and females on Loneliness and Aggression where t value for loneliness is not significant at $p < .05$, thus indicating there is no gender difference on Loneliness.

Table 7: Showing T scores indicating differences between male and female in coping responses

Variable	Males		Females		T-Values
	Mean	SD	Mean	SD	
Substance use	2.4	0.7	2.4	0.7	0.084**
Denial	3.8	1.1	3.9	0.8	-0.610**
Emotional support	4.1	1.9	5.1	2	-2.460*
Instrumental Support	4.3	2	4.9	1.7	-1.518***
Behavioural Disengagement	3.4	1.6	5.4	1.7	-6.107***
Venting	4.3	1.7	5.5	1.6	-3.383***
Positive Reframing	5	2.2	6.9	1.8	-4.812***
Planning	4.5	2.3	6.7	1.8	-5.285***
Humor	4.3	1.8	5.8	1.7	-4.234***
Acceptance	3.9	2.1	6	2.2	-4.578***
Religion	3.4	1.6	4.8	1.7	-4.30***
Self blame	3.3	1.1	2.9	1.1	2.271***
Active Coping	3.5	1.6	5.9	1.5	-7.552***
Self Distracton	3	1.3	4	1.9	-2.860***

*significant at $p < .05$ level, **not significant at $p < .05$ level, *** significant at $p < .10$ level

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Note: Table 7 shows the t values of 14 dimensions of Coping Response indicating the differences in the Coping Responses between females and males, it is clear from above table that there is a significant gender difference in all dimensions of coping responses except Substance Use Coping and Denial.

Table No 8: Summary of Multiple Regression Analysis for Loneliness Predicts Coping Response

Variables	Reg. coeff.	R2	R2change	F value
Substance Use	0.1	0.0096	-0.0005	0.95***
Denial	0.18	0.03	0.02	3.67***
Emotional Support	0.38	0.15	0.12	16.58*
Instrumental Support	0.41	0.17	0.16	19.61*
Behavioural Disengagement	0.37	0.13	0.13	15.41*
Venting	0.42	0.18	0.17	20.89*
Positive Reframing	0.42	0.18	0.17	20.85*
Planning	0.47	0.22	0.22	28.26*
Humor	0.33	0.11	0.1	11.66*
Acceptance	0.43	0.18	0.17	21.96*
Religion	0.33	0.11	0.1	12.32*
Self-Blame	0.17	0.03	0.02	2.78***
Active coping	0.41	0.16	0.16	19.18*
Self-Distraction	0.39	0.15	0.1	17.61*

*significant at $p < .05$ level, **not significant at $p < .05$ level, *** significant at $p < .10$ level

Note: Table 8 shows the regression analysis, indicating the effect of Loneliness on Coping Response, whether Loneliness is the predictor of Coping Response, it clearly shows that there is a significant effect of Loneliness on all dimensions of Coping Response except Substance Use Coping

Table 9: summary of multiple regression analysis for aggression predicts coping response

Variables	Reg. coeff.	R2	R2change	F value
Substance Use	0.049	0.0024	-0.0077	0.24**
Denial	0.258	0.067	0.057	6.10*
Use Of Emotional Support	0.49	0.24	0.233	31.03*
Use Of Instrumental Support	0.467	0.218	0.21	27.39*
Behavioural Disengagement	0.47	0.221	0.213	27.85*
Venting	0.489	0.239	0.231	30.74*
Positive Reframing	0.64	0.41	0.404	68.21*
Planning	0.61	0.373	0.367	58.29*
Humor	0.507	0.258	0.25	34.00*
Acceptance	0.562	0.316	0.309	45.35*
Religion	0.509	0.259	0.252	34.30*
Self-Blame	0.194	0.038	0.028	3.84*
Active coping	0.496	0.246	0.238	31.95*
Self-Distraction	0.362	0.131	0.122	14.79*

*significant at $p < .05$ level, **not significant at $p < .05$ level, *** significant at $p < .10$ level

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Note: Table 9 shows regression analysis, indicating the effect of Aggression on Coping Response, whether Aggression is the predictor of Coping Response. From the table it is clear that there is a significant effect of Aggression on Coping Response except the Substance Use Coping whose reg. coeff. value is not significant at $p < .05$ level

DISCUSSION

The current research topic loneliness, aggression and coping response among adolescents, reflects whether there is a presence of loneliness and aggression among Indian adolescents or not.

The current research topic also focuses on whether loneliness and aggression is related with coping response, i.e. the capability of adapting well with the vicissitudes of life. This paper also projects light on whether there are differences in levels of loneliness and aggression between male and female adolescents and also focuses on differences in the coping responses between male and female adolescents.

In table 1 and 2, there is a summary of means and standard deviations of loneliness, aggression and coping response for males and females respectively, in fig 1, it is visible that there is no such difference in the means between males and females on loneliness (males= 53.1, females= 51.4) but in fig 2, it shows that there is quite a difference in the means between males and females on aggression (males=81.16, females= 76.08). In fig 3 and 4, it is visible that there is quite a difference in the means of coping response of males and females respectively. The previous chapter, data analysis of this paper is interpreted in this chapter as follows:

Hypothesis 1:

There will be significant relation between Aggression and Loneliness

Loneliness and aggression have significant relationship with each other, both loneliness and aggression are complementary i.e. when loneliness increases, aggression also increases and when aggression increases, loneliness also increases, they are positively correlated. From the table no.3 which shows the correlational matrix between loneliness and aggression, where $r = 0.764$, $p < .00001$ and result is significant at $p < .05$ level, fig 3.1 shows positive correlation of loneliness and aggression.

This signified that our hypothesis is retained and is correct. There is a research which supports which has shown that greater level of aggression leads to self-reported loneliness (Biovin & Hymel, 1997) and other research has shown that loneliness and rejection can cause emotional problems (Qualter and Munn, 2002).

Hypotheses 2:

There will be significant relation between Loneliness and Coping Response

Loneliness and coping response are related in a way that, does loneliness effects the overall coping responses of an individual. Table no 4 shows summary of correlation matrix between loneliness and various coping response of COPE, it shows that for substance abuse, $r = 0.09$, $p = 0.327$, which is not significant at $p < .05$ level, that indicates there is no significant relationship between loneliness and substance abuse.

On the other hand, research contradicts result, shows that there is an association between loneliness and substance use (Torres and Felton, 2007). The other coping response is denial, where $r = -0.18$, $p = 0.069$ which is significant at $p < .10$ level, that indicates that there is a

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negative relation between loneliness and denial, on the contrary research have shown that there is positive relation between passive coping like denial and loneliness (Seepersad, 2001). Use of emotional and loneliness are negatively correlated where $r = -0.38$, $p < .0001$ which is significant at .05 level, research have also shown that loneliness and emotional support (seepersad, 2001).

Use of Instrumental Support and loneliness have negative correlation where $r = -0.41$, $p = <.00001$ which is significant at $p < .05$ level, also other negative correlates with loneliness like behavioural disengagement ($r = -0.37$, $p = .00018$, $p < .05$), positive reframing ($r = -0.43$, $p < .00001$) planning ($r = -0.49$, $p < .00001$), active coping ($r = -0.41$, $p < .00001$), religion ($r = -0.34$, $p = 0.0006$), (shown in table 3.1), the research have also shown that these coping responses are negative correlates of loneliness (Seepersad, 2001) .

Other negative correlates with loneliness are venting, humor ($r = -0.33$, $p = .0008$), acceptance ($r = -0.43$, $p < .00001$), self-blame ($r = -0.17$, $p < .0.098$), self-distraction ($r = -0.39$, $p < .00001$), on the contrary, research has shown that these are the positive correlates of loneliness (Seepersad, 2001)

Hypothesis 3:

There is significant relation between Aggression and Coping Response

Table no 5 shows summary of correlation matrix between aggression and various coping response of COPE, as shown substance abuse ($r = 0.038$, $p = 0.7103$) which is not significant at $p < .05$ level, indicates that there is no significant relationship between aggression and substance abuse.

On the contrary, research says shows that there both reactive and proactive aggression have positive correlation substance use (Fite et. al, 2008). The other coping response is denial ($r = 0.259$, $p < .00001$) which is significant at $p < .05$ level, that indicates that there is a negative relation between loneliness and denial, research have also shown that there is a positive relation between passive coping like denial and aggression (Apter et.al, 1989). Use of emotional support and aggression are negatively correlated where ($r = -0.491$, $p < .0001$) which is significant at .05 level research have also shown that aggression (neuroticism personality type), has negative correlation with aggression.

Use of Instrumental Support and aggression have negative correlation where $r = -0.468$ $p = <.00001$ which is significant at $p < .05$ level, also other negative correlates with aggression are positive reframing ($r = -0.631$, $p < .00001$) planning ($r = -0.602$, $p < .00001$), active coping ($r = 0.485$, $p < .00001$), acceptance ($r = -0.555$, $p < .00001$), humor ($r = -0.500$, $p = .0008$), (table 3.1), the research have also shown that these coping responses are negative correlates of aggression (carver and smith, 2010).

Other negative correlates of coping responses with aggression are behavioural disengagement ($r = -0.490$, $p = .00018$, $p < .05$), self-blame ($r = -0.243$, $p < .0.0153$), self-distraction ($r = -0.381$, $p < .00001$), venting ($r = -0.487$, $p < .00001$), religion ($r = -0.501$, $p = 0.0006$), on the contrary, research has shown that these are the positive correlates with aggression (carver and smith, 2010)

Hypothesis 4:

There will be significant difference between males and females On Loneliness and Aggression

As shown in table no 6, for loneliness $t=0.657$, $p=0.256$, which is not significant at .05 level, this indicates that there is no significant differences between males and females on loneliness, which is also supported by the research which shows that there statistically significant gender differences are not found on UCLA loneliness scale (Borys and Perlman, 1985). For aggression $t=1.405$, $p=0.08$, which is significant at $p<.10$, signifies that there is a significant difference between males and females on aggression, research also shows that overall pattern of aggression is mostly used by males than females, so there is a difference in aggression and its expression (Archer, 2004).

Hypothesis 5:

There is a significant difference between males and females on Coping Responses

As shown in table 7, for substance use ($t=0.084$, $p=0.467$) and denial ($t=-0.610$, $p=0.272$), the t values are not significant at $p<.05$ level, which signifies that there is no significant gender differences between in using these two coping response, on the contrary research shows that there is a gender difference in using these two coping responses, substance use and denial are mostly used by males than females (Cooper et.al, 1992).

Other coping response such as Use of Emotional Support ($t=-2.460$, $p=0.008$), Use of Instrumental Support ($t=-1.518$, $p=0.066$) Behavioural Disengagement ($t=-6.107$, $p<.00001$), Venting ($t=-3.383$, $p=0.0005$), Positive Reframing ($t=-4.812$, $p<.00001$) Planning ($t=-5.285$, $p<.00001$), Humor ($t=-4.234$, $p=0.00026$) Acceptance($t=-4.578$, $p<.00001$), Religion($t=4.30$, $p<.00002$) Self-Blame ($t=2.271$, $p=0.0127$) Active coping($t= -7.552$, $p<.00001$) SelfDistraction($t=-2.860$, $p=0.0026$), indicating that there is a significant gender differences in using these coping responses, research has also shown that there is difference in the coping responses of female and males, which ranges from avoidant coping to problem focused to emotion focused strategies (Kelly et. al 2008)

Hypothesis 6:

There will be significant effect of Loneliness on Coping Response

As shown in table no 8, loneliness does not have a significant effect substance use (Reg. coeff=0.098, $F=0.95$) as a coping response, that signifies loneliness is not a predictor of substance use because not significant at $p<0.05$ level, although research have shown chronic social loneliness is a predictor of high substance use (McNeill, DiTommaso and Brunelle, 2015).

Denial (Reg. coeff =0.182, $F=3.67$) significant at $p<.10$ level, Use of Emotional Support (Reg. coeff= 0.380, $F=16.58$), Use of Instrumental Support (Reg coeff=0.408, $F=19.61$), Behavioural Disengagement (Reg. coeff= 0.366, $F=15.41$), Venting (Reg coeff= 0.419, $F=20.89^*$), Positive Reframing (Reg. coeff= 0.419, $F=20.85$), Planning (Reg. coeff= 0.473, $F=28.26$), Humor (Reg. coeff= 0.326, $F=11.66$), Acceptance (Reg. coeff= 0.428, $F=21.96$), Religion (Reg. coeff=0.334, $F=12.32$), Self-Blame (Reg. coeff=0.166, $F=2.78$) Active coping (Reg coeff= 0.405, $F=19.18$), Self-Distraction (Reg. coeff= 0.390, $F=17.16$) which are significant at $p<.05$ level, signifies that loneliness have significant effect on these coping response.

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Research has shown that loneliness has a significant effect on these coping responses, in adolescent age, person experiencing loneliness uses these type of coping responses (Rokach and Neto, 2000).

Hypothesis 7:

There will be significant effect of Aggression on Coping Responses

As shown in table 9, aggression has no significant effect on substance use (Reg coeff= 0.049, $F=0.24^{**}$) which is not significant at $p<.05$ level, on the contrary research shows increased aggression effects the substance use coping. (Mazer and Haden, 2014).

Denial (Reg. coeff =0.258, $F=6.10$), Use of Emotional Support (Reg. coeff= 0.490, $F=31.03$), Use of Instrumental Support (Reg coeff=0.467, $F=27.39$), Behavioural Disengagement (Reg. coeff= 0.470, $F= 27.85$), Venting (Reg coeff= 0.489, $F=30.74$), Positive Reframing (Reg. coeff= 0.640, $F= 68.21$), Planning (Reg. coeff= 0.610, $F= 58.29$), Humor (Reg. coeff= 0.507, $F= 34.00$), Acceptance (Reg. coeff= 0.562, $F=45.35$), Religion (Reg. coeff=0.509, $F=34.30$), Self-Blame (Reg. coeff=0.194, $F=3.84$) Active coping (Reg coeff= 0.496, $F= 31.94$), Self-Distracton (Reg. coeff= 0.362, $F=14.79$) which are significant at $p<.05$ level, signifies that aggression has significant effect on these coping responses.

SUMMARY AND CONCLUSION

Practical Implications and Recommendations:

The purpose of the study was to assess the levels of loneliness and aggression among adolescents, how they cope (coping responses) to adapt to such situations or modulate the situations.

In the last chapter, it is been clear that there was considerable amount of levels of loneliness and aggression among adolescents, and as the objective was to explore the coping responses as well, results were quite favourable to support with the hypotheses of study.

This study was correlational design, but this could be converted to experimental design for future references, where prevailing loneliness and aggression can be dependent variable and coping response will be independent, i.e. it will act as an intervention plan for modulating loneliness and aggression levels, to see what is the effect of coping response on aggression and loneliness, how healthy coping can decrease the loneliness and aggression? And how unhealthy coping can make it worse? The current research has projected light on, whether aggression and loneliness are correlated, whether they have some effect on coping responses which an individual uses to deal with them. How coping responses and dimensions of aggression are correlated to each other, whether there is a difference in expression of anger among females and males. Parental influence is very necessary, how they cope with their own problems may affect their children's coping, this could be another factor to be assessed for the future research.

For the current research, 100 adolescents were assessed on the scales of loneliness, aggression and coping response, the three variables were correlated, the differences were ruled out between females and males on the three variables, effect of loneliness and aggression on coping response was also ruled out. The obtained results were analyzed by using Pearson's correlation(r) test, t test and Regression.

The results have shown significant correlation between aggression and loneliness, there was correlation between loneliness and most of the coping responses, similarly it was for the

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aggression. There was significant difference between male and female adolescents on loneliness aggression and coping response, there was also a significant effect of loneliness and aggression on coping response of adolescents.

Limitation

- Sample size was small to include the variation in scores
- There was no control over other variables like race, ethnicity etc.
- Parental influence on the variables could not be assessed (neglect, understanding, their coping)
- Time period was one of major drawback of the study
- Study could have included the differences across the age in terms of loneliness, aggression and coping response
- Due to time period, the study could not include larger version of COPE scale, brief version has not given such variations in the scores of different dimensions of coping responses.

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Conflict of Interest

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