

Research Paper

Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

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ABSTRACT

This research explores the intricate relationships between positive solitude, personality traits, and psychological well-being among a sample of 305 university students in India. The study emphasizes the significance of embracing positive solitude as it positively correlates with all components of psychological well-being. Personality traits like Conscientiousness, openness to experience, honesty-humility, and extraversion were found to be associated with higher levels of positive solitude, contributing to greater psychological well-being. In contrast, emotionality was negatively associated with positive solitude. Furthermore, the study reveals that Conscientiousness has a substantial indirect effect on autonomy, environmental mastery, personal growth, and purpose in life through positive solitude. This implies that Conscientious individuals are more inclined to experience positive solitude, which, in turn, fosters their overall psychological well-being. These findings hold practical implications for interventions and therapies aimed at enhancing the psychological well-being of individuals. Promoting positive solitude can be a valuable strategy to improve psychological well-being across different age groups and backgrounds. However, the correlational nature of the study necessitates further research to investigate the causal relationship between positive solitude and psychological well-being through longitudinal designs. Future research should also delve into the underlying mechanisms connecting positive solitude and psychological well-being.

Keywords: *Personality Traits, Positive Solitude, Psychological Well-Being*

Humans are inherently social beings, deriving immense pleasure and meaning from interpersonal relationships (Argyle, 1987). These relationships are crucial in shaping our psychological well-being and happiness (Willis, 1990). Evolutionary theory posits that as social creatures, humans have evolved to require the presence of others for survival (Hawkley & Cacioppo, 2010). Loneliness functions as an innate adaptive mechanism that discourages social isolation, thereby enhancing the likelihood of genetic continuity and species survival. (Cacioppo et al., 2014). However, theories on human development have also stressed the importance of individuality, privacy, and the ability to be alone, which is regarded as a positive developmental capacity (Winnicott, 1958).

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Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

Notably, recent research has unveiled a distinct state where individuals can be alone without experiencing loneliness, termed “solitude” (Burger, 1995). This state differs fundamentally from loneliness, yet the definitions of solitude have often been blurred, leading to its frequent interchangeability with aloneness and loneliness (Larson, 1990). Research across social, developmental, and clinical psychology, as well as medicine, has primarily concentrated on the adverse psychological effects of solitude, including loneliness and social anxiety. As a result, the potential psychological benefits of solitary experiences that contribute to personal growth have been largely overlooked. (Larson, 1990).

The ability to embrace solitude, as viewed by scholars like Winnicott (1958), is considered a vital indicator of emotional maturity. Burger’s (1995) classic research on solitude revealed that an individual’s preference for solitude (PS) plays a significant role in determining whether solitude is beneficial. PS represents a person’s inclination for spending time alone or proficiency in doing so, with no implication of disliking social interaction or lacking social skills (Toyoshima & Kusumi, 2021). High PS individuals value their alone time and do not disdain social engagement. While high PS is associated with higher levels of loneliness and lower extraversion, it does not correspond with social anxiety. People with high PS prefer to be alone, reflecting their appreciation for solitary moments, which may contribute to their personal growth (Burger, 1995).

Research suggests that as individuals age and spend more time alone, their experience of loneliness tends to increase (Victor et al., 2000). Consequently, the desire for solitude reflects an individual's inclination to appreciate time spent alone, aligning with the positive dimensions of solitary experiences. Among adolescents, attitudes toward solitude are shaped by their developmental stage and personality traits, which are often framed negatively, such as introverted melancholy (Lin et al., 2020). Prior studies on personality traits and solitude have indicated that traits such as openness, conscientiousness, and high emotional stability are positively associated with a preference for solitude, whereas agreeableness demonstrates a negative correlation (Toyoshima & Sato, 2018). However, the relationship between the capacity for solitude and specific personality traits remains an underexplored area of research.

Ryan and Deci’s (2017) Self-Determination Theory (SDT) provides a comprehensive framework for understanding well-being in solitude across the lifespan. Research grounded in SDT suggests that solitude is most beneficial when it arises from self-determined motivation—rooted in personal interests and values—rather than from external pressures or obligations (Nguyen et al., 2018). This form of motivation plays a pivotal role in shaping experiences of solitude in both adulthood and later life (Nikitin et al., 2022). Additionally, cultural differences influence solitude across the lifespan, as attitudes toward spending time alone vary across societies. In many Asian cultures, social harmony is prioritized, and solitude is often valued as an opportunity for self-reflection and respite from social expectations (Markus & Kitayama, 1991). Consequently, solitude may be more desirable in East Asian contexts than in North America, with older individuals of East Asian descent reporting greater positive affect and lower negative affect when alone (Jiang et al., 2019). These cultural differences highlight the diverse ways in which solitude is experienced, perceived, and practiced.

Past research has explored the impact of solitude on well-being, highlighting its potential positive and negative consequences contingent on an individual’s inclination for solitude.

Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

Burger (1995) developed the first scale for solitude, demonstrating its reliability and validity in distinguishing people who prefer substantial amounts of alone time for reasons other than social anxiety. Those who enjoy solitude do not shun social interaction; they appreciate both social and solitary experiences. Importantly, individuals with a strong preference for solitude exhibit positive personal adjustment and a sense of well-being, suggesting a bidirectional relationship between solitude and well-being (Burger, 1995). Cramer and Lake (1998) further analyzed and subdivided the scale, revealing connections between the need for solitude, enjoyment of solitude, and increasing loneliness. Productivity during solitude was associated with greater self-esteem and reduced loneliness, suggesting that solitude offers adaptive, therapeutic, and creative benefits. Larson and Lee (1996) introduced a two-factor scale assessing solitary coping and comfort, with findings indicating that solitary coping was not significantly related to reduced stress but that solitary comfort was linked to increased happiness. Notably, the relationship between solitary comfort and well-being appeared independent of social support and unrelated to the quantity of time spent alone. More recently, Palgi (2021) introduced a new scale measuring the positive aspects of solitude, indicating that high positive solitude is linked to increased positive affect and reduced negative affect, underscoring its role in mood regulation and potential support for individuals at risk of emotional distress, particularly during challenging times like the COVID-19 pandemic.

Larson's study on daily solitary experiences (1996) revealed that everyday aloneness is often associated with loneliness and passivity. This effect is especially pronounced during adolescence when aloneness becomes more prevalent but less emotionally unfavourable in older age. Geriatric research also suggests that the elderly, particularly those with functional limitations in social participation, can benefit from the preference for solitude as a form of escape, promoting reflection and a calm state of mind (Long & Averill, 2003). Biological and emotional assessments have shown favourable associations with positive thoughts about the preference for solitude in old age (Singh & Misra, 2009). Additionally, research indicates that adolescents who spend at least some time alone tend to be better adjusted, potentially because solitude aids in the adolescent tasks of individuation and identity formation (Goossens, 2013). Conversely, spending excessive time alone is more likely associated with poor adjustment in adulthood and old age (Hawkley & Cacioppo, 2003). However, there needs to be more cross-cultural research to generalize these findings to different cultures.

Studies in East Asian countries by Toyoshima (2018-21) suggest positive associations between preference for solitude and loneliness, particularly among younger, middle-aged, and older adults. Extraversion was positively linked to a preference for solitude among younger and middle-aged adults. However, older individuals of East Asian ancestry exhibited better affect when alone compared to their Caucasian counterparts (Jiang et al., 2019). Moreover, findings across all age groups indicate that preference for solitude and actual time spent alone is associated with life satisfaction and a high preference for solitude appears beneficial for certain aspects of subjective well-being but does not improve overall life satisfaction (Burger, 1995). Furthermore, Lin et al. (2020) found that solitary ability, including aspects of solitude coping and comfort, was correlated with the Big Five personality traits, with neuroticism and extraversion negatively correlated and openness and conscientiousness positively correlated. Adolescents with supportive parents and strong abilities to be alone experienced fewer psychological distress symptoms and less problematic social network use during the pandemic (Cimino & Cerniglia, 2021).

Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

Solitude has been studied and discussed by ancient philosophers like Socrates, mentioned in classic poets like William Wordsworth's "Solitary Reaper" works, and researched by modern psychologists. Despite having such a long history of solitude, very little research focuses on young adults' positive experiences of solitude. Also, the inadequate and non-specific samples, using the dichotomous scale to measure only the preferences, have provided ambiguous results regarding the relation between psychological well-being, and positive solitude. In India, solitude has not been studied. So, understanding the positive side of solitude, identifying its relationship with psychological well-being, and understanding the personality traits mediating them would help Indian therapists and counsellors to develop solitude-focused therapy for Indian students.

METHODOLOGY

Sample

The study collected a sample of 305 university students (Mean = 19.8, SD = 0.96) using convenience sampling method. Among the sample, 276 participants were female, 16 male, 8 non-binary, and 5 prefer not to say. Further, 152 participants belonged to middle socio-economic status, 140 – Upper Middle SES, 8 – Lower SES, and 5 – High SES. Inclusion criteria: The students must be of Indian nationality residing in India, and enrolled in a bachelor's/postgraduate/doctoral programme. The age range should be between 18 to 25 years. Exclusion Criteria: The students should not have any diagnosis of mental health disorder or neuropsychological illness.

Procedure

The study was conducted in Mumbai during July 2023. Permission from the HOD (Psychology) was taken to collect the data from students in the classroom. First, the moderator briefly introduced the topic and gave instructions to fill out the Google Form which was circulated in the class group. Then, the eligible students who gave their consent (via Google Form) to participate in the study were redirected to the next form which included – Demographic details, Positive Scale, HEXACO-PI-R, and Ryff 18-item Psychological Well-being Scale. It took around 25-30 minutes to fill all the forms. The participants' doubts and difficulties were resolved by the moderator. Once everyone in the classroom finished filling out the form then the moderator thanked the participants and debriefed the study.

Ethical Considerations

This study posed no risks to participants, as data collection was entirely anonymous, and the subject matter was not sensitive. No deception was involved, and data collection was conducted only after participants voluntarily provided informed consent. Participants had the right to withdraw from the study at any time. While the findings of this study are intended for publication, no identifying information will be disclosed. All records are securely stored in a protected folder on OneDrive and remain confidential to the extent permitted by federal, state, and local regulations. However, certain entities beyond the research team may require access to study-related information, including the Institutional Review Board or university officials responsible for oversight and compliance monitoring.

Tools Used

- **Ryff 18-item Psychological Well-being Scale (Ryff, 1980):** On a 7-pointer scale (strongly agree to strongly disagree) PWB measures the six dimensions of psychological well-being: Autonomy, Environmental Mastery, Personal Growth,

Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

Positive Relations with Others, Purpose in Life, and Self-Acceptance. PWB first calculates the scores for each of the six dimensions then, an overall score for psychological well-being is calculated by summing the scores for all six dimensions. The overall scale reliability was found to be 0.819.

- **HEXACO Personality Inventory - Revised (2009):** HEXACO-PI-R is a 60-item personality assessment tool that measures six broad dimensions of personality: Honesty-Humility, Emotionality, Extraversion, Agreeableness, Conscientiousness, and Openness to Experience. Each dimension is measured by 10 items on a 5-point Likert scale. The overall scale reliability was found to be 0.782.
- **Positive Solitude Scale (Palgi, 2021):** PSS is a 9-item scale which measures positive and volitional aspects of solitude. It is rated on a 5-point Likert scale, with higher scores indicating positive effects of solitude. The overall scale reliability was found to be 0.820.

Operational Definition

- **Positive Solitude (Palgi, 2021):** The choice to dedicate time to a meaningful, enjoyable activity or experience conducted by oneself. This activity/experience might be spiritual, functional, recreational, or of any chosen type, and might take place with or without the presence of others. It is independent of any external or physical conditions.
- **Psychological Well-Being (Ryff et al., 2007):** Psychological well-being consists of self-acceptance, positive relationships with others, autonomy, environmental mastery, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events.
- **HEXACO Personality dimensions (Ashton & Lee, 2009):** HEXACO personality dimensions are operationally defined as the six traits of human personality: honesty-humility, emotionality, extraversion, agreeableness, conscientiousness, and openness to experience. Honesty – humility is operationally defined as a major domain consisting of four facets: sincerity, fairness, greed-avoidance, and modesty. Emotionality is operationally defined as a major domain consisting of four facets: fearfulness, anxiety, dependence, and sentimentality. Extraversion is operationally defined as a major domain consisting of four facets: social self-esteem, social boldness, sociability, and liveliness. Agreeableness is operationally defined as a major domain consisting of four facets: forgiveness, gentleness, flexibility, and patience. Conscientiousness is operationally defined as a major domain consisting of four facets: organization, diligence, perfectionism, and prudence. The openness to experience is operationally defined as a major domain consisting of four facets: aesthetic appreciation, inquisitiveness, creativity, and unconventionality.

RESULTS

The data was analysed using Statistical Package for the Social Sciences (SPSS, ver. 25), a software for data analysis in social sciences.

Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

Table 1. Correlation Matrix 1

Variable	Correlation with Positive Solitude
Autonomy	0.169 **
Environmental Mastery	0.272 ***
Personal Growth	0.216 ***
Positive Relations	0.048 *
Purpose in Life	0.060 *
Self-Acceptance	0.208 ***
Honesty-Humility	0.122 *
Emotionality	-0.02
Extraversion	0.068 *
Agreeableness	0.143 *
Conscientiousness	0.212 ***
Openness to Experience	0.194 ***

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 1 shows Spearman’s correlation coefficient of positive solitude with other variables of the study. The results showed that positive solitude is positively correlated with all the components of psychological well-being. Apart from emotionality positive solitude is positively correlated with all other personality types.

Table 2. Correlation Matrix 2

	Total Psy Well-Being	Autonomy	Environmental Mastery	Personal Growth	Positive Relations	Purpose in Life	Self-Acceptance
Honesty-Humility	0.173**	0	0.2***	0.152**	0.13*	0.094	0.168**
Emotionality	-0.007	-0.098	-0.053	0.04	0.123*	0.034	-0.032
Extraversion	0.362***	0.205***	0.301***	0.15**	0.32***	0.045	0.363***
Agreeableness	0.18**	0.109	0.156**	0.161**	0.13*	0.07	0.122*
Conscientiousness	0.361***	0.236***	0.281***	0.289***	0.175**	0.288***	0.232***
Openness to Experience	0.156**	0.174**	0.032	0.216***	0.029	0.146*	0.1

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 2 shows Spearman’s correlation coefficient of personality traits and the components of psychological well-being. Conscientiousness is significantly positively correlated with all the components of psychological well-being indicating that highly conscientious people tend to have higher levels of positive solitude and psychological well-being. Overall, Conscientiousness, Openness to Experience, Extraversion, Agreeableness, and Honesty-Humility are all positively related components of psychological well-being. Further, emotionality is negatively correlated with total psychological well-being.

Table 3. Model Fit Measures

Model	R	R ²	Overall Model Test			
			F	df1	df2	p
1	0.302	0.091	4.97	6	298	< .001

Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

Table 4. Model Coefficients - Total Positive Solitude

Predictor	Estimate	SE	t	p	Stand. Estimate
Intercept	21.3467	3.2338	6.601	< .001	
Conscientiousness	0.1682	0.0557	3.02	0.003	0.1799
Openness to Experience	0.1218	0.0517	2.357	0.019	0.1368
Extraversion	0.04	0.0476	0.84	0.401	0.0476
Agreeableness	0.0725	0.0532	1.364	0.173	0.0799
Emotionality	-0.0451	0.0461	-0.978	0.329	-0.0548
Honesty-Humility	0.0474	0.0487	0.974	0.331	0.0582

Table 3 shows that the overall model fit was good, with a R^2 of 0.091, $F(6, 298) = 4.97$, $p < .001$ suggesting that the six personality traits accounted for 9.1% of the variance in total positive solitude.

Table 4 shows that the following personality traits were significant predictors of total positive solitude: Conscientiousness: A one-unit increase in conscientiousness was associated with a 0.17-unit increase in total positive solitude. Openness to experience: A one-unit increase in openness to experience was associated with a 0.13-unit increase in total positive solitude. The following personality traits were not significant predictors of total positive solitude: Extraversion, Agreeableness, Emotionality, and Honesty-Humility.

Table 5. Mediation Analysis: Total Psychological Well-Being

Type	Effect	Estimate	SE	95% C.I. (a)		β	z	p
				Lower	Upper			
Indirect	Total Positive Solitude \Rightarrow Honesty-Humility \Rightarrow Total Psy Well-Being	0.04328	0.0277	-0.011	0.0976	0.0154	1.561	0.118
	Total Positive Solitude \Rightarrow Emotionality \Rightarrow Total Psy Well-Being	0.00379	0.0094	-0.015	0.0221	0.0013	0.404	0.686
	Total Positive Solitude \Rightarrow Extraversion \Rightarrow Total Psy Well-Being	0.06505	0.0479	-0.029	0.159	0.0231	1.358	0.175
	Total Positive Solitude \Rightarrow Agreeableness \Rightarrow Total Psy Well-Being	0.02562	0.0228	-0.019	0.0704	0.0091	1.121	0.262
	Total Positive Solitude \Rightarrow Conscientiousness \Rightarrow Total Psy Well-Being	0.14241	0.0498	0.0447	0.2401	0.0505	2.857	0.004
	Total Positive Solitude \Rightarrow Openness to Experience \Rightarrow Total Psy Well-Being	0.00638	0.0294	-0.051	0.0639	0.0023	0.217	0.828
Component	Total Positive Solitude \Rightarrow Honesty-Humility	0.14465	0.0698	0.0079	0.2814	0.1179	2.073	0.038
	Honesty-Humility \Rightarrow Total Psy Well-Being	0.29922	0.1261	0.0522	0.5463	0.1302	2.374	0.018
	Total Positive Solitude \Rightarrow Emotionality	-0.0306	0.0696	-0.167	0.1059	-0.025	-0.439	0.661

Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

Type	Effect	Estimate	SE	95% C.I. (a)		β	z	p
				Lower	Upper			
	Emotionality \Rightarrow Total Psy Well-Being	-0.124	0.1194	-0.358	0.1099	-0.053	-1.039	0.299
	Total Positive Solitude \Rightarrow Extraversion	0.09526	0.068	-0.038	0.2286	0.0799	1.4	0.161
	Extraversion \Rightarrow Total Psy Well-Being	0.6829	0.1231	0.4417	0.9241	0.2887	5.549	< .001
	Total Positive Solitude \Rightarrow Agreeableness	0.14513	0.0625	0.0226	0.2677	0.1317	2.32	0.02
	Agreeableness \Rightarrow Total Psy Well-Being	0.17651	0.1378	-0.094	0.4466	0.069	1.281	0.2
	Total Positive Solitude \Rightarrow Conscientiousness	0.24926	0.0596	0.1325	0.366	0.2331	4.185	< .001
	Conscientiousness \Rightarrow Total Psy Well-Being	0.57131	0.1461	0.2849	0.8577	0.2168	3.91	< .001
	Total Positive Solitude \Rightarrow Openness to Experience	0.21733	0.0631	0.0937	0.341	0.1935	3.445	< .001
	Openness to Experience \Rightarrow Total Psy Well-Being	0.02934	0.1348	-0.235	0.2935	0.0117	0.218	0.828
Direct	Total Positive Solitude \Rightarrow Total Psy Well-Being	0.29211	0.1497	-0.001	0.5855	0.1036	1.951	0.051
Total	Total Positive Solitude \Rightarrow Total Psy Well-Being	0.57863	0.1582	0.2685	0.8888	0.2053	3.657	< .001

Note. Confidence intervals computed with method: Standard (Delta method). Betas are completely standardized effect sizes.

It can be inferred from Table 5 that Total Positive Solitude has a significant positive total effect on Total Psychological Well-Being ($\beta = 0.2053$, $p < .001$). A significant positive direct effect ($\beta = 0.1036$, $p = .051$), suggests solitude directly contributes to psychological well-being. Conscientiousness is the only personality trait that significantly mediates the relationship ($\beta = 0.0505$, $p = .004$). Other indirect effects through Honesty-Humility, Extraversion, Agreeableness, and Openness to Experience are not significant.

Table 6. Mediation Analysis: Psychological Well-Being (Significant Sub-Components)

Type	Effect	Estimate	SE	95% C.I. (a)		β	z	p
				Lower	Upper			
Indirect	Total Positive Solitude \Rightarrow Conscientiousness \Rightarrow Autonomy	0.02728	0.01099	0.00573	0.04883	0.04245	2.482	0.013
	Total Positive Solitude \Rightarrow Conscientiousness \Rightarrow Environmental Mastery	0.02087	0.00909	0.00305	0.0387	0.0358	2.296	0.022
	Total Positive Solitude \Rightarrow Conscientiousness \Rightarrow Personal Growth	0.02678	0.01238	0.00251	0.05105	0.03517	2.163	0.031
	Total Positive Solitude \Rightarrow Conscientiousness \Rightarrow (unspecified)	0.03422	0.01214	0.01043	0.05801	0.05368	2.82	0.005

Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

Type	Effect	Estimate	SE	95% C.I. (a)		β	z	p
				Lower	Upper			
	Purpose in Life							
Component	Total Positive Solitude \Rightarrow Honesty-Humility	0.14465	0.06977	0.00791	0.2814	0.11789	2.073	0.038
	Emotionality \Rightarrow Autonomy	-0.07474	0.02901	-	-	-	-2.576	0.01
	Extraversion \Rightarrow Autonomy	0.08177	0.02991	0.02314	0.1404	0.15165	2.734	0.006
	Total Positive Solitude \Rightarrow Agreeableness	0.14513	0.06254	0.02255	0.26772	0.13171	2.32	0.02
	Total Positive Solitude \Rightarrow Conscientiousness	0.24926	0.05955	0.13254	0.36599	0.23306	4.185	< .001
	Conscientiousness \Rightarrow Autonomy	0.10945	0.03552	0.03984	0.17906	0.18216	3.082	0.002
	Total Positive Solitude \Rightarrow Openness to Experience	0.21733	0.06309	0.09368	0.34098	0.19353	3.445	< .001
	Honesty-Humility \Rightarrow Environmental Mastery	0.07625	0.02632	0.02467	0.12783	0.16046	2.897	0.004
	Extraversion \Rightarrow Environmental Mastery	0.13939	0.02569	0.08904	0.18974	0.28491	5.426	< .001
	Conscientiousness \Rightarrow Environmental Mastery	0.08374	0.0305	0.02396	0.14353	0.15362	2.745	0.006
	Extraversion \Rightarrow Positive Relations	0.1891	0.03395	0.12255	0.25565	0.30323	5.5695	< .001
	Conscientiousness \Rightarrow Purpose in Life	0.1373	0.03599	0.06677	0.20783	0.23034	3.815	< .001
	Honesty-Humility \Rightarrow Self-Acceptance	0.08756	0.03224	0.02437	0.15076	0.15195	2.7157	0.007
	Extraversion \Rightarrow Self-Acceptance	0.19944	0.03147	0.13775	0.26113	0.33614	6.3364	< .001
	Direct	Total Positive Solitude \Rightarrow Environmental Mastery	0.09326	0.03125	0.03202	0.1545	0.15995	2.985
Total Positive Solitude \Rightarrow Self-Acceptance		0.09158	0.03829	0.01654	0.16662	0.12951	2.392	0.017
Total Total Positive Solitude \Rightarrow Personal Growth		0.13148	0.04302	0.04715	0.2158	0.17264	3.056	0.002
Total	Total Positive Solitude \Rightarrow Environmental Mastery	0.13264	0.03256	0.06882	0.19646	0.2275	4.073	< .001
	Total Positive Solitude \Rightarrow Self-Acceptance	0.14013	0.03975	0.06222	0.21804	0.19817	3.5252	< .001
	Total Positive Solitude \Rightarrow Autonomy	0.0888	0.0365	0.01726	0.16034	0.13819	2.433	0.015

Table 6 shows that Total Positive Solitude has significant total effects on Personal Growth, Environmental Mastery, and Self-Acceptance, indicating both direct and indirect pathways

Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

contribute to these outcomes. Autonomy is influenced by both direct and indirect effects of Total Positive Solitude.

Total Positive Solitude has significant indirect effects on several psychological well-being sub-components through the mediator Conscientiousness. The pathway includes Conscientiousness influencing Autonomy, Environmental Mastery, Personal Growth, and Purpose in Life. Honesty-Humility also mediates the relationship between Total Positive Solitude and certain outcomes.

Total Positive Solitude has direct effects on Environmental Mastery and Self-Acceptance. Other significant direct effects include the influence of Emotionality, Extraversion, and Conscientiousness on Autonomy, Environmental Mastery, and Self-Acceptance.

DISCUSSION

The present research provides valuable insights into the relationships between positive solitude, personality traits, and psychological well-being. The study utilized Spearman's correlation coefficient and regression analysis to examine how positive solitude and various personality traits are associated with psychological well-being.

The study found a positive correlation between positive solitude and various dimensions of psychological well-being, indicating that individuals who engage in positive solitude tend to report enhanced psychological well-being. Similar findings were observed in Yu et al. (2022), where individuals in the high-positive solitude group exhibited greater positive affect than those in the other four groups, while the low-positive solitude group reported higher negative affect compared to the quietness, medium-high, and high-positive solitude groups.

Additionally, the study examined the relationships between personality traits and positive solitude, revealing that conscientiousness, openness to experience, extraversion, and honesty-humility were positively associated with both positive solitude and psychological well-being. These findings suggest that individuals with these personality traits are more likely to experience higher levels of positive solitude and well-being. In contrast, a negative correlation was found between positive solitude and emotionality, implying a potential link between positive solitude and emotional stability. These results align with Lin's (2020) study on the capacity for solitude, which reported significant negative correlations between solitude and neuroticism and extraversion, as well as positive correlations with openness to experience and conscientiousness.

A study by Costa et al. (1981) identified significant correlations between personality characteristics, such as agreeableness (strongly linked to Positive Relations), openness to experience (tied to Personal Growth), and Conscientiousness (associated with Environmental Mastery). Along similar lines, regression analysis indicated that Conscientiousness and openness to experience are significant predictors of positive solitude, suggesting that these personality traits play a crucial role in shaping an individual's experience of positive solitude. Further, extraversion, agreeableness, emotionality, and honesty-humility, on the other hand, did not emerge as significant predictors of positive solitude. This implies that these personality traits might not strongly influence an individual's inclination towards positive solitude.

Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

Further, conscientiousness has a significant indirect effect on autonomy, environmental mastery, personal growth, and purpose in life through positive solitude. This suggests that conscientiousness in an individual is associated with their experiencing higher levels of positive solitude, which, in turn, contributes to their overall psychological well-being.

The findings of this study have several implications for research and practice. First, the study highlights the importance of positive solitude for well-being. This suggests that interventions promoting positive solitude may benefit individuals of all ages and backgrounds. Second, the study identifies several personality traits associated with positive solitude. This information can be used to develop more targeted interventions for promoting positive solitude among specific groups of people.

One limitation of this study is that it is correlational. This means that we cannot definitively conclude that positive solitude causes increases in well-being. Future research should use longitudinal designs to investigate the causal relationship between positive solitude and well-being. Additionally, future research should investigate the mechanisms through which positive solitude exerts its effects on well-being.

CONCLUSION

The study provides comprehensive insights into the relationships between positive solitude, personality traits, and psychological well-being. Conscientiousness and openness to experience were identified as significant predictors of positive solitude. Conscientiousness was particularly significant in explaining the variance in psychological well-being and its various components. This research contributes to understanding how specific personality traits and positive solitude are interconnected with psychological well-being dimensions, offering valuable information for future studies and interventions to promote positive psychological outcomes.

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Beyond Aloneness: Exploring the Interplay of Positive Solitude, Personality Traits, and Psychological Well-being in Indian University Students

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