

# The relationship between Loneliness and Academic Achievement: A study on Under Graduate level students

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**Abstract:** Loneliness refers to an individual's subjective perception that he/she lacks close interpersonal relationships (Jha, P.K., 1997). Under Graduate (U.G.) level students are mainly college going students. The age group of Under Graduate level students' is almost from 19 years to 22 years. Many college going students become socially isolated and feel lonely. The U.G level is a crucial period of a student's life. In this materialistic world, Academic Achievement is important to get success in life. The present paper aims to study the relationship between Loneliness and Academic Achievement among U.G. level students. Simple random sampling was used in the selection of sample, which comprised 100 boys and 100 girls of U.G level from three government aided colleges in West Bengal. Perceived Loneliness Scale (Jha, P.K., 1997) was used as tool for collecting data on Loneliness. Personal interviews were taken to collect data on Academic Achievement. The collected data was analysed by t-test and Karl Pearson's Coefficient of correlation (r). The result shows no statistically significant difference between U.G level male students and U.G level female students with regard to their Academic Achievement. The result also shows that U.G level male students' Loneliness does not significantly differ from U.G level female students' Loneliness. Result leads to infer that there is a definite but low and positive overall correlation exists between Loneliness and Academic Achievement of Under graduate level students.

**Keywords-** Loneliness, interpersonal relation, academic achievement, under graduate level, gender.

## Introduction

Peplau and Perlman (1982) described loneliness as a subjectively experienced aversive emotional state that is related to the perception of unfulfilled intimate and social needs. Loneliness involves the cognitive awareness of a deficiency in one's social and personal relationships, and leads to affective reactions of sadness, emptiness or longing (Asher & Paquett, 2003). Loneliness has been described as negative feelings that exist when there is a discrepancy between what one wants in terms of interpersonal affection and intimacy and what one, in fact, has (Lauder, Siobhan, & Kerry, 2004). Loneliness is a universal phenomenon, a subjective experience, and a multifaceted experience. It is always very painful, severely distressing, and individualistic. Loneliness, or emotional isolation, was defined as the subjective, unwelcome feeling of lack or loss of companionship (Cattan et al., 2005). It refers to an individual's subjective perception that he/she lacks close interpersonal relationships (Jha, P.K., 1997). The students who are shy or introvert or have problematic family background or face some/big changes in cultural and situational environments often cannot establish positive relationship with others. For the reason they feel lonely and socially isolated.

Under Graduate (U.G.) level students are mainly college going students. The age group of Under Graduate level students' is almost from 19 years to 22 years. The U.G level is a crucial period of a student's life. After completing their school education, students' have to enter in colleges and that is totally new situation to them. To continue U.G. level study, many students' have to stay far away from home. Besides, as growing adult, they have to face many complexities of life. Many college going students become socially isolated and feel lonely.

Several research studies show a negative correlation between loneliness and academic achievement. When the level of loneliness is raised, the boy students' academic successes are seen to become less (Ponzetti, Gate, 1981).

Giirses et al., (2011) mentioned that adolescents with low academic achievement feel alone but adolescents with high academic achievement don't feel themselves alone. The low level of academic achievement triggers loneliness.

In this materialistic world, academic achievement is important to get success in life. Some studies revealed that there is a positive correlation between loneliness and academic achievement while many other studies showed a negative correlation between loneliness and academic achievement. In this context, few studies have been conducted in other countries. But in India, the number is very limited. That's why the researcher wanted to study the relationship between Loneliness and Academic Achievement of Under Graduate level students.

### **Objectives:**

1. To study the Academic Achievements of Under Graduate level students.
2. To study the level of loneliness of Under Graduate level students.
3. To study the correlation between Loneliness and Academic Achievement of Under Graduate level students.

### **Hypotheses:**

H<sub>01</sub>: There is no statistically significant difference between U.G level male students and U.G level female students with regard to their Academic Achievement.

H<sub>02</sub>: There is no statistically significant difference between U.G level male students and U.G level female students with regard to their Loneliness.

H<sub>03</sub>: There is no significant overall correlation between Loneliness and Academic Achievement of U.G. level students.

### **Delimitation of the study:**

Following are the delimitation of this study—

1. The study is delimited to only two variables namely Loneliness and Academic Achievement.
2. The study was conducted at the Under Graduate level.
3. Only 200 students were selected as sample, of whom 100 were boys and 100 were girls.
4. Samples were collected from three Government aided colleges of West Bengal.
5. Students' last examination marks percentages were taken as Academic Achievement.

### **Research Methods:**

Present study is a Descriptive Survey Type Research. Here the researcher tried to study the relationship between Loneliness and Academic Achievement of Under graduate level students.

### **Sample**

The sample of the study consisted of 100 Boys and 100 Girls from Under Graduate level. Samples were collected from three Government aided colleges of West Bengal.

### **Data collection tool**

As a tool of data collection the researcher used Perceived Loneliness Scale (PLS) developed by Dr. Praveen Kumar Jha. PLS consists of 36 statements to be answered in five point Likert Scale with options like Strongly Agree, Agree, Can't Say, Disagree and Strongly Disagree. In order to avoid monotony on the part of respondents due to repetition of response categories in words against each item and to shorten the length of the Questionnaire

five response categories in words have been given only on the top of right hand side and against each item five numbers from 5 to 1 for positively worded statements and 1 to 5 for negatively worded statements are provided. The encircled number indicated the subject's score on that particular item. The minimum and maximum scores range from 36 to 180. High score is to be interpreted as high loneliness and low score as low loneliness of the respondent.

### Data collection procedure

Simple random sampling was used in the selection of sample, which comprised 100 boys and 100 girls of U.G level students from three government aided colleges in West Bengal. Through personal interview, the researcher collected the percentage of marks of last semester result of students and used it as academic achievement.

### Analysis and interpretation

Descriptive and inferential statistics were used to analyse and interpret the hypotheses.

**H01: There is no statistically significant difference between U.G level male students and U.G level female students with regard to their Academic Achievement.**

**Table-1.**

T test for equality of Means								
Dependent variable	Gender	N	Mean	S.D	SED	D	T value	.05 level significance
Academic Achievement	Male	100	57.58	5.61	0.56	0.25	0.45	Not Significance
	Female	100	57.33	5.66				

Table 1 shows that the calculated t-value is 0.45 which is lower than critical t-value 1.96 at 0.05 level of significance. So the null hypothesis H<sub>01</sub> is accepted. The result shows that there is no statistically significant difference between U.G level male students and U.G level female students with regard to their Academic Achievement.

**H02: There is no statistically significant difference between U.G level male students and U.G level female students with regard to their Loneliness.**

**Table-2.**

T test for equality of Means								
Dependent variable	Gender	N	Mean	S.D	SED	D	T value	.05 level significance
Loneliness	Male	100	77.02	10.99	1.10	1.30	1.18	Not Significance
	Female	100	75.72	11.90				

Table 2 shows that the calculated t-value is 1.18 which is much lower than critical t-value 1.96 at 0.05 level of significance. So the null hypothesis H<sub>02</sub> is accepted. The result shows that U.G level male students' Loneliness does not significantly differ from U.G. level female students' Loneliness.

**H03: There is no significant overall correlation between Loneliness and Academic Achievement of U.G. level students.**

**Table-3.**

<b>Correlation between Loneliness and Academic Achievement of U.G level students</b>			
		Loneliness	Academic Achievement
<b>Loneliness</b>	Pearson Correlation	1	0.145**
	Sig. (2-tailed)		0.040
	N	200	200
<b>Academic Achievement</b>	Pearson Correlation	0.145**	1
	Sig. (2-tailed)	0.040	
	N	200	200

Table -3 indicates that the co-efficient of correlation is significant but low and positive. Hence the null hypothesis is rejected. Result leads to infer that there is a definite but low and positive overall correlation exists between Loneliness and Academic Achievement of Under graduate level students.

### **Discussion**

This study has great educational implications. As result revealed irrespective of class level and habitat, Under graduate level students showed positive correlation between loneliness and academic achievement. Loneliness gives them positive vibes to gain academic achievement. The result of the study can be implemented in broader aspect.

Further research work can be done on this topic by increasing variables (i.e. cast, religion, gender etc), increasing samples or surveying in different context. Further research work can be done by using alternative research methods.

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