

Junior Research Paper Convention: Abstract Form
CCIII/Spring 2024

Chen, Gemma. Section C. “Loneliness Matters: What Does Loneliness Do to College Students?”

Loneliness has long been viewed as something to be avoided and is often associated with negative impressions due to its potential impact on mental health and interpersonal relationships. However, what if this perception is not entirely accurate? What if loneliness is something that we should value and learn from throughout our lives? This research paper suggests that, among college students in Taiwan, the ideal daily duration for solitude ranges from 2 to 4 hours. Additionally, the study finds no strong correlation between personality traits and the preference for solitude. Lastly, the study indicated that solitude tends to have more positive than negative impacts on college students such as increased productivity, autonomy, emotional self-awareness, independence, and inner peace, outweighing other negative impacts such as strained interpersonal relationships and mental health issues. Yet, it still reveals that excessive solitude beyond this ideal duration might cause feelings of loneliness among students. In conclusion, solitude plays a crucial role in the mental and personal development of college students; also, finding the balance between solitude and seeking social support is essential for future investigation.

Notes:

1. My RP belongs to the category of: ☐ Literary Studies or ☒ Social Studies
2. Related websites: <https://link.springer.com/article/10.1007/s11031-019-09759-9>
<https://doi.org/10.1111/1468-5914.00204>