DOMINICAN UNIVERSITY of CALIFORNIA

Scholarly & Creative Works Conference

#10

Presenter: Alexander Kulin

Faculty Mentor: Afshin Gharib

Session & Time: Poster_III / 2:00 to 2:50pm

Room: Guzman Lecture Hall

Discipline: Psychology

Digital Portfolio URL:

Title: Loneliness & Life After Graduation: The Impact of Isolation on Postgraduate Well-being

Abstract:

Loneliness, a long-studied topic in psychology, has reached epidemic levels in the U.S., making it crucial to understand its impact across all ages. Loneliness arises when individuals sense a gap between their actual social connections and those they wish to have (Willis & Hickery, 2022). For young adults with mental health challenge, social support often boosts their academic performance, yet it may not fully equip them for the realities of post-graduation life (Lucas et al., 2018). As they step into new social roles like employment or advanced studies, many experience declines in mental well-being due to decreased social support, reporting heightened loneliness, stress, and isolation during these transitions(Zhang et al., 2023). This study will explore how the post graduation transition from university affects emerging adults in relation to loneliness, stress, and perceived support from friends and family. Participants will be recruited from a small liberal arts university and through social media like Instagram to assess loneliness, stress, and perceived support from friends and peers. The survey will be

distributed via email, social media, and flyers posted on campus and takes about 15 minutes to complete. Measures to be used include the Revised UCLA Loneliness Scale, the Perceived Stress Scale, and questions relating to perceived support from friends and family on a Likert scale(0-4). It is hypothesized that emerging young adults will experience increased levels of loneliness, stress, and lower levels of perceived support in their life transition post graduation compared to undergraduate students still in college. It is predicted that those students who score higher on the loneliness scale will also score high on the stress measure while scoring lower on the perceived support from friends and family. It is further expected that post recent college graduates will score higher on loneliness than young adults currently in school.This research could give us a better understanding of how the transition from college to life after graduation affects young adults' mental health and well-being. By learning more about these impacts we can find ways to support young adults such as mentorship programs for postgraduate preparation.