

Abstract

The Relationship Between Family Functioning and Loneliness Among University Students

Tran Ha Thu & Le Minh Hien

The University of Social Sciences and Humanities, Vietnam National

Background / Rationale and Objectives:

Loneliness is a prevalent psychological concern among university students and has been linked to various aspects of social relationships. Family functioning, as conceptualized in Olson's Circumplex Model, plays a critical role in individuals' emotional development. This study aimed to examine the relationship between family functioning (cohesion, adaptability, and communication) and loneliness among university students.

Methodology:

A total of 209 university students participated in this cross-sectional study. Family functioning was assessed using the Family Adaptability and Cohesion Evaluation Scales III (FACES III) to measure cohesion and adaptability, and the Family Communication Scale (FCS) to evaluate communication. Loneliness was measured using the UCLA Loneliness Scale. Data were analyzed using statistical techniques in IBM SPSS Statistics.

Results / Main Findings:

The findings revealed significant associations between family functioning and loneliness. Higher levels of cohesion, adaptability, and communication were associated with lower levels of loneliness. Among these variables, cohesion emerged as the strongest predictor of loneliness reduction.

Conclusion / Interpretations and Implications:

The results highlight the importance of family emotional bonding in mitigating loneliness among university students. Enhancing family cohesion and communication may serve as effective targets for interventions aimed at improving students' psychological well-being.

Keywords: family functioning; loneliness; cohesion; communication; university students;