CHAPTER 6

SUMMARY AND CONCLUSION

The present empirical research titled studied “The Effect of Perceived Loneliness on Achievement Motivation, Self-Esteem and Locus of Control Among Adolescents”. The study included four psychological tests namely, Perceived Loneliness Scale, Deo-Mohan Achievement Scale (n-Arch) Coopersmith Self-Esteem Inventory and Levenson’s Locus of Control Scale (Indian adaptation). The scales were administered on a sample of 300 school going adolescents comprising of 150 boys and 150 girls belonging to Delhi and National Capital Region.

The following objectives of study were made:

To assess the level of perceived loneliness in adolescents

To study the relationship between perceived loneliness and achievement motivation, self-esteem and locus of control of adolescents

To determine the relationship of gender on perceived loneliness, achievement motivation, self-esteem and locus of control of adolescents.

To compare the level achievement motivation, self-esteem and locus of control of adolescents.

The following hypotheses were made –

There will a significant relationship between perceived loneliness and achievement motivation, self-esteem, powerful others, chance control and individual control factors of locus of control among adolescents.

Adolescents with high perceived loneliness will have low level of achievement motivation and self-esteem as compared to adolescence with low perceived loneliness.

Adolescents with high perceived loneliness will be high on powerful others factor of locus of control as compared to adolescence with low perceived loneliness.

Adolescents with high perceived loneliness will be high on chance control factor of locus of control as compared to adolescence with low perceived loneliness.
Adolescents with high perceived loneliness will have low individual control as compared to adolescence with low perceived loneliness. There will be a significant effect of perceived loneliness on achievement motivation, self-esteem, powerful others, chance control and individual control factors of locus of control among adolescent boys and girls. There will be a significant effect of perceived loneliness on achievement motivation, self-esteem, powerful others, chance control and individual control factors of locus of control among adolescents belonging to nuclear and joint families. There will be a significant interaction effect of perceived loneliness, gender and family type on the achievement motivation, self-esteem, powerful others, chance control and individual control factors of locus of control among adolescents.

The findings of the present study can be epitomized as under –

- The analysis of the current research shows that boys have higher perceived loneliness as compared to girls, according to their mean scores.
- Finding also indicate that nuclear family adolescents have more perceived loneliness then joint family adolescent.
- The study also showed that adolescent girls have a higher self-esteem as compared to adolescent boys.
- It is also showed that adolescent belonging to nuclear and joint families did not differ in respect to their self-esteem.
- Results indicate that girls have a higher achievement motivation as compared to adolescent boys.
- It showed that achievement motivation in joint family adolescent was higher as compared to nuclear family adolescent.
- Research finding also showed that boys had a higher influence of powerful others and chance control on their outcomes as compared to girls who had higher belief that individual controlled their outcomes.
- The result also revealed that nuclear family boys had more powerful other and chance control than joint family girls who were high on individual control factor of locus of control.
• The result showed that perceived loneliness has significant negative correlation with self-esteem, achievement motivation and individual control factor of locus of control.

• It also showed that perceived loneliness has a significant positive correlation with powerful others and chance control factor of locus of control.

• The result shows that there is significant different in the values of self-esteem for adolescents with high and low perceived loneliness.

• The result shows that there is significant different in the values of Achievement motivation for adolescents with high and low perceived loneliness.

• Result also indicated that there is significant different in the values of powerful others factor of locus of control for adolescents with high and low perceived loneliness.

• It also revealed that there is significant different in the values of chance control factor of locus of control for adolescents with high and low perceived loneliness.

• The result shows that there is significant different in the values of individual control factor for adolescents with high and low perceived loneliness.

• The results also revealed that perceived loneliness predicted self-esteem, powerful others and change control factors of locus of control in boys.

• The results also revealed that perceived loneliness predicted self-esteem, achievement motivation, powerful others, change control and individual control factors of locus of control in girls.

• The results also revealed that perceived loneliness predicted self-esteem, achievement motivation, powerful others, change control and individual control factors of locus of control in adolescents belonging to nuclear families.

• The results also revealed that perceived loneliness predicted self-esteem, achievement motivation, powerful others, change control and individual control factors of locus of control adolescents belonging to joint families.

• Multivariate Analysis of Variance showed that main effects of perceived loneliness, gender and family type were found to be statistically significant.

• The finding also indicated that there is a statistically significant effect between perceived loneliness and self-esteem, achievement motivation, powerful others and individual control factor of locus of control.
• The results revealed that there is a statistically significant effect between gender and self-esteem, achievement motivation, powerful others and chance control factor of locus of control.

• The finding also indicated that there is a statistically significant effect between family type and chance control and individual control factor of locus of control.

• The research also showed that there was statistically significant interaction effect between family type and perceived loneliness was observed on chance control factor of locus of control.

• The analysis also illustrated that there is no significant interaction effect between gender and perceived loneliness on self-esteem, achievement motivation, powerful others, chance control and individual control factor of locus of control.

• The analysis also illustrated that there is no significant interaction effect between gender and family type on self-esteem, achievement motivation, powerful others, chance control and individual control factor of locus of control.

• The analysis also illustrated that there is no significant interaction effect between gender perceived loneliness and family type on self-esteem, achievement motivation, powerful others, chance control and individual control factor of locus of control.

The above stated results conclude that perceived loneliness is an important variable and its effect can be seen on the others variables of the study. The present empirical study also concluded that some of the findings are in accordance with some of the existing literature. For example, adolescents from nuclear families have higher perceived loneliness compared to adolescents from joint families. Another similar finding is regarding the negative correlation of perceived loneliness with self-esteem, achievement motivation and individual control factor of locus of control.

Some of the other results such as the finding that boys have higher perceived loneliness than girls are in contradiction to some of the existing literature while being similar to some other. Therefore, these findings suggest that more factors and variables might be important to consider along with the variables being studied in this work. There are also some new findings in this work such as there being no difference in the self-esteem levels of adolescents from joint and nuclear families.
There are certain findings corresponding to which very few related studies exist. For example, there is a significant difference in the value of achievement motivation for adolescents with high and low perceived loneliness. Similarly, not much literature was found regarding the finding that perceived loneliness can predict self-esteem, powerful others and chance control factors of locus of control. In future, similar studies can be conducted on samples from other demographics or age groups to conclude the generalizability of such findings. Similar suggestions and other suggestions for future work based on the current work are summarized below:

Recommendations for Further Research Work

1. Research may be extended to other sections of society other than adolescents such as young adults and old individuals.

2. Role of a teacher in reducing an adolescent’s loneliness can be investigated. It is worth exploring that how a teacher can modify and promote group involvement and help in development of social identity.

3. Modules for life skill and social skill training and positive parenting could be incorporated in the future research for reducing loneliness in adolescent’s.

4. The effect of single parenting can also be studied with the variables used in the study.

5. Different strategies can be planned for reducing loneliness. These strategies could include:
   1. Improving social skill and support
   2. Increasing opportunities of social interactions
   3. Addressing Maladaptive social cognition (Masi et al., 2011)

6. The importance of art and play activities can be studied in future for reducing the level of loneliness in adolescents (Edward, Gandini & Forma, 1993 and Bullock, 2003).
7. Importance of extracurricular activities in school setting can be studied and how it can help in reducing loneliness in adolescents can be investigated.

8. Loneliness reduction interventions (Jones, Hobbs & Hockenberry, 1982; Cattan, White, Bond & Learmouth, 2005) for adolescents in schools and colleges can be planned, which can help psychologists in developing early screening tools for targeting their loneliness.

9. Training modules can be planned for individual and group counselling which can be aimed at changing perceptions of loneliness and can be useful for mental professionals.

10. Availability of social support during adolescence and its effect on loneliness levels can be studied.

11. Mental health programs for schools and colleges can be started and stress management plan can be devised.

12. The relation between loneliness and suicide can be studied and how it impacts adolescents can be examined.

13. Other variable like socio-economic status, parental relation, and parent and child communication can also be studied.

14. According to World Health Organisation, depression would be a leading mental illness by 2020. Therefore, the link between loneliness and depression can be studied further.