

## **SOCIO-PSYCHOLOGICAL FEATURES OF FEELING LONELINESS AMONG STUDENTS**

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### **ABSTRACT**

Loneliness is a complex and usually unpleasant emotional response to isolation. Loneliness typically includes anxious feelings about a lack of connection or communication with other beings, both in the present and extending into the future. In this article is explained the causes of loneliness are varied and include social, mental, emotional, and physical factors. The purpose of the article was in statistical data analysis to identify significant differences in the degree of experience of loneliness in students' group and its structure. The obtained data were processed using methods of mathematical statistics and multivariate analysis.

**Keywords:** Loneliness, inner world of the person, person, daily life, isolation, solitude.

### **INTRODUCTION**

Currently, the problem of loneliness is actualized in the environment student youth in the context of transformations of key indicators socio-psychological interaction. During the formation student group young people resolve the distribution problem social roles, on which their circles may depend at the stage of study at the university communication, the quality of interaction with groupmates, and therefore degree, nature of such a universal state as loneliness. Another relevant factor of the issue under study is the most a multimedia form of communication popular with young people, which is characterized by an increase in the number of contacts during mass communication and a reduction in the share of comfortable, emotive interaction, which leads to isolation and loneliness. If several years ago when the technocratic level of communication was developing, its destructive socio-psychological consequences were not assessed either by the state or society, then the development of a system of measures to neutralize these consequences can now help smooth out the problem of loneliness in the next decade. An emerging circumstance that affects the level of development of loneliness can be considered the emerging new ideology of the profit of thinking, affirming such value concepts as egocentrism, individualism, and careerism. These attributes of the new Monetarist-oriented consciousness leads to weakening of social ties, family, friendship, kindred ties, which ultimately strengthens the state of alienation, loss, loneliness. In addition, students, as the youngest, most active part of society, are aimed at the establishment of self-identity, the development of self-awareness, self-determination, which also strengthens the tendency for loneliness to manifest in this age group of the population. It is noteworthy that it is precisely in the context of the formation of the ego position of a young person that loneliness is an intensively flowing and widespread given. In the context of the psycho-ontogenetic features of student activity, the study of the problem of socio-psychological loneliness gives rise to a stereotype that young people are not aware of the phenomenological complexity of this phenomenon. The phenomenology of socio-psychological loneliness of students is considered as a set of knowledge that determines the relationship between loneliness and young people. The need for a theoretical understanding of this problem and the development of

practical recommendations is intensified by the inability of young people to independently find a way out of the situation of loneliness. The relevance of the topic of the dissertation research is due to the fact that the phenomenon of loneliness negatively affects the spiritual and mental state of students, which is expressed in violation of the socio-psychological processes of interaction, communication, cooperation in the framework of a small group. The situation of socio-psychological loneliness among students is an obstacle to social stability, productive interpersonal (group) intergroup interaction, and in general, the harmonious development of society. The problem of loneliness acts as an object of study for a number of human sciences, such as sociology, philosophy, psychology, cultural studies, pedagogy and even medicine and theology. Each of them considers loneliness from the standpoint of its specificity, enriching it with new conceptual aspects. At the same time, the study of this phenomenon can be a promising and timely scientific direction in the framework of social psychology. The relevance of addressing this problem is caused by the need to resolve a number of contradictions that have accumulated in the theory and methodology of social psychology. The degree of knowledge: The problem of loneliness aroused interest in all historical periods and it is a topic of discussion for philosophers, cultural scientists, psychologists, sociologists, social psychologists.

### **Literature review**

Loneliness as a specific experience of an individual is studied with psychological point of view in the works of R. Weiss, C. Horney, D. Meyers, Z. Freud, C. Jung and others. Based on the analysis of empirical data, the phenomenon of loneliness is described in the works of D. Russell, C. Rogers, J. Young and others. Through the prism of social processes, loneliness is comprehended by K. Bowman, E. Durkheim, R. Merton, A. Maslow, D. Rismen, A. D. Elyakov, A. Camus, J. Lipovecki, E. Fromm. Questions related to the study of student loneliness are considered in the studies of W. Weiss, K. Solano, J. Young, R. Friedman, and Yu. D. Babaev, S. Grof, E. Kleinenberg. In most of the works of these authors, the problem of loneliness is outlined in the context of the lack of necessary social skills in young people. In the framework of the neo-Freudian model, the question of loneliness is being studied by G. Zilburg, F. Fromm-Reichman, Harry S. Sullivan, F. Fromm; from the point of view of the sociological model - K. Bowman, D. Riesman, R. Slater. The cognitive model is represented by Leticia E. Ashes and W. Sadler. Robert S. Weiss is a strong believer in the interactionist model. The private model in their works is considered by V. Derleg and S. Margulis. From the point of view of the existential model, the question is being studied by K. Mustakas and B. Miyuskovich. The humanistic model is close to A. Maslow, S. N. Soloviev, N. A. Berdyayev, E. N. Trubetskoy, I. A. Ilyin. A system-wide / public model was reviewed by J. Flanders. C. Rogers, D. Bernstein, and E. Roy studied the phenomenon of loneliness from the point of view of the phenomenological model. For a long time, domestic scientists did not pay due attention to the problem of loneliness, since collectivism as a spiritual pillar of a socialist society was opposed to individualism capitalist social order - the basis of loneliness and alienation. Currently, in connection with global transformations in the economic, sociocultural, political and other spheres of society, the attitude towards the problem of loneliness has changed. Since the 90s of the XX century in Russia scientific works devoted to understanding the phenomenon of loneliness appear. Of interest are the works of A. A. Artamonova, S. A. Vetrova, T. I. Golman, O. B. Dolginova, S. V. Kurtiyan, D. A. Mateeva, E. V. Neumovoy, A. V. Nechaev, J. V. Puzanova, V. A. Sakutina, S. G. Trubnikova, G. R. Shagivaleeva, L. A. Pyankova, E. N. Zavorotny and others.

The research problem is that loneliness as a subject interdisciplinary analysis is examined in the context of various scientific paradigms. Since the essential features of loneliness are

considered by scientists in ontological, existential, psychological, social and other aspects, a lot of conceptual definitions of loneliness are presented in the scientific literature. Interpreted as a social phenomenon (violation / breaking of social / communicative connections, social mobility, lack of formation of value guidelines, etc.), loneliness has a psychologically determined essence (awareness / emotional feeling / state of dissatisfaction with a social situation). Existing contradictions weaken holistic understanding phenomenology of loneliness within the framework of only sociology or psychology. At the same time, its study from the point of view of social psychology is possible on the basis for creating a specific concept (models), revealing signs of a measured phenomenon in a specific (student) environment.

### **Research methods**

Object of study: student youth. Subject: socio-psychological loneliness of students. The purpose of the study is to develop the phenomenology of socio-psychological loneliness. In accordance with the goal, the objectives of the study are:

1. To clarify the content and specifics of the definition of socio-psychological loneliness in the framework of the study of this concept in student environment.
2. To consider the causes of socio-psychological loneliness in the student community.
3. To identify the typology of socio-psychological loneliness in the student community.
4. To develop a methodology for the study of socio-psychological loneliness in the student community.

Research hypothesis: types of socio-psychological loneliness of students depend on their value orientations and modality of experiences. The methodological basis of the study is to use the phenomenological approach in the framework of social psychology. During studies of socio-psychological loneliness used: historical method, analysis-synthesis method, the method of complex use of structurally functional analysis, in-depth interviews, focus group, research, survey, methodology of subjective feelings of loneliness. Methods of theoretical research are analysis and synthesis, empirical methods are polling methods, which include in-depth interviews, focus groups, questionnaires, and testing. An in-depth interview and focus group were conducted, a questionnaire consisting of 25 questions was developed, and a technique was used to diagnose the subjective feeling of loneliness of D. Russell and M. Fergusson. Mathematical and statistical methods include data processing. We used mathematical statistics (correlation, factor analysis), and used Microsoft Office Excel 2010 and SPSS Statistics. The theoretical basis of the study was social and psychological theories of the phenomenon of loneliness (K.A. Abulkhanova-Slavskaya, L.I. Starovoitova, S.G. Korchagina, G.M. Tikhonov, S.G. Trubnikova, J.V. Puzanova and others); concepts of communication and the formation of interpersonal relationships between people (G.M. Andreeva, E. Bern, A.A. Bodalev, V.N. Kunitsyna, B.D. Parygin, L. Festinger, R.Kh. Shakurov, W. Schutz and others); models interactions with people around P. Berger and D. Buigental; provisions of research of a small group V.G. Krysko, A.V. Petrovsky, M.G. Yaroshevsky, G.M. Andreeva, L.I. Umansky, M. Beer; empirical evidence by D. Russell, C. Rogers, J. Young; conceptual circumstances of loneliness of student youth revealed by G.R. Shagivaleeva, T.I. Golman, L.A. Pyankova, E.N. Zavorotny; problems of loneliness from the point of view of the phenomenological models of C. Rogers, D. Bernstein, E. Roy.

The empirical basis of the dissertation research was: empirical material obtained by the author during a student survey, students at Ferghana State University, the second-year students of the direction "Methodology of Teaching Biology" aged 17 to 25 years. In total, there were 148 respondents, of which 65 were boys and 83 were girls. The study was carried out in three stages:

Stage I - analysis of the research problem, the study of conceptual approaches to the consideration of socio-psychological loneliness of students.

Stage II - selection of a research base, conducting a deep interviews, focus groups and organization of research. On this stage, the goals, objectives and research hypothesis were formulated, the questionnaire was tested.

Stage III - conducting an empirical study, aimed at the study of socio-psychological loneliness Uzbek students, analysis and synthesis of results research. The most significant scientific research results obtained by the applicant and their scientific novelty:

- in the framework of the theoretical part, approaches to studying socio-psychological loneliness, the definition is formulated concepts of socio-psychological loneliness of student youth;

- the causes of the phenomenon of socio-psychological loneliness of student youth in the framework of the model of their interaction with surrounding;

- a set of methods for the study of socio-psychological loneliness in the student environment;

- developed a typology of socio-psychological loneliness on based on the results of an empirical study;

- suggested ways to overcome the manifestations of socio-psychological combination of loneliness among students and public forms of organization of the main types activities of youth leading to an active life position. A new definition is given to the concept of socio-psychological loneliness, the causes of its occurrence in the youth environment are revealed. The results of the study make it possible to identify the interaction model students and bring new scientific ideas about the typology of socio-psychological loneliness of youth.

The practical significance of the results of the study is:

- in recognizing the need to build an organizational system value-oriented social work of state and public institutions and self-government in order to adapt youth in various spheres of life and overcoming feelings socio-psychological loneliness;

- in the use of theoretical principles in the educational process at the study of the following disciplines: leadership psychology, social psychology, general psychology and psychology of management.

## CONCLUSION

1. Loneliness is multidimensional in content, a phenomenon inherent in all social systems that has existential, social, and personality determinants. The complexity of the interpretation of loneliness is due to the binary, contradictory (individual and social) essence of man, the diversity of forms and reflection of loneliness. The divergence of views is that at present, phenomenology, social and psychological mechanisms of loneliness have not been studied enough. In the interpretation of the phenomenon of loneliness, two main trends are identified, due to the negative and positive orientation. This allows us to consider loneliness in an antinomic: destructive and creative sense. Loneliness is correlated with the concepts of “unity” and “isolation”, which have an etymological identity, but differ in semantics and context. Positions of voluntary or forced loneliness have a diametrical social orientation and are antinomic in content. Voluntary loneliness, bearing a positive orientation, correlates with the concept of “solitude” and means an individual's choice of a life strategy due to subjective reasons of an existential and cognitive nature.

2. Socio-psychological loneliness is a complex phenomenon that reflects the characteristics of interpersonal interaction in small groups, and is accompanied by positive and negative experiences in subject of communication.

3. A certain series of theoretical models of the phenomenon of loneliness has been developed: the neo-Freudian model, the sociological, cognitive, interactionist, private, existential, humanistic, system-wide and phenomenological.
4. Having examined the range of approaches to the study of socio - psychological loneliness, it was determined that further research will be based on a phenomenological approach. This approach establishes the discrepancy between the desired and the actual and makes it possible to realize the problem of socio-psychological loneliness in the context of social and personal determinants, determines their interaction, and shows the dependence of experience on the situation.
5. A model for the interaction of student youth in a small group has been identified, includes 6 circles of communication: family, loved one, classmates, friends outside the group, work colleagues, strangers / strangers people.
6. The reasons for the socio-psychological loneliness of young people are deficient in emotional bonds; lack of identification of awareness among members of the group of themselves as “we”, and others as “they”; lack of comprehension of common norms acceptable to all members of the group and values, rules of conduct; lack of time mutual existence of people. Component System Violation interpersonal communication (communicative, behavioral and emotional) in the student environment leads to the development of a mediated style of interaction between young people, which is perceived by them as a way overcoming socio-psychological loneliness. Indirect communication is considered as the main cause of occurrence socio-psychological loneliness among students.
7. The typology of socio-psychological loneliness includes four types of loneliness: unconscious avoidance of interpersonal contacts, personal development, emotional and communicative isolation, emotional alienation. 11-14% of respondents belong to type I of socio-psychological loneliness - unconscious avoidance of interpersonal contacts, type II - personal development - 54-61% of respondents, type III - emotional and communicative isolation - 57-66% of respondents, to IV type - emotional estrangement - 13-21% of respondents. The types of socio-psychological loneliness of students depend on their value orientations and modality of experiences.
8. The results obtained in this research should be used in the preparation of lectures and seminars at universities in the disciplines of “Social psychology”, “Educational psychology”, “Pedagogy psychology”. The proposed approach to the study of the socio-psychological loneliness of students can be used by practicing professional psychologists, trainers and moderators in the development of training exercises and programs for the formation of effective teams.

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