



RESTORATION FORMS OF LONELINESS FEELINGS AND COPING STRATEGIES IN STUDENTS

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Abstract:

This article is dedicated to the study of the socio-psychological determinants of loneliness among students. It explores social and psychological factors, including interpersonal relationships among students, academic difficulties, family circumstances, and self-perception. The article also discusses how feelings of loneliness among students affect their psychological state, self-esteem, and overall well-being.

Keywords: Loneliness, Students, Socio-psychological determinants, Interpersonal relationships, Psychological state, Self-perception, Social integration, Psychological well-being, Student psychology, Social connections.

Аннотация:

Данная статья посвящена исследованию социально-психологических детерминантов чувства одиночества среди студентов. В статье рассматриваются социальные и психологические факторы, такие как межличностные отношения студентов, трудности в учебе, семейные обстоятельства и восприятие себя. Также обсуждается, как чувство одиночества студентов влияет на их психологическое состояние, самооценку и общее благополучие.

Ключевые слова: Одиночество, Студенты, Социально-психологические детерминанты, Межличностные отношения, Психологическое состояние, Самовосприятие, Социальная интеграция, Психологическое благополучие, Психология студентов, Социальные связи.

Introduction:



International Conference on Economics, Finance, Banking and Management

Hosted online from Paris, France

Website: econfseries.com

24th March, 2025

The student period is a crucial stage in an individual's life, marked by significant psychological, social, and emotional changes. During this period, many young people strive to find themselves, establish new social connections, and develop their values and self-perception. However, for some students, this process can be challenging. Numerous social and psychological factors may intensify their feelings of loneliness, create difficulties in self-perception, and even negatively impact their psychological well-being.

Loneliness, especially during student years, can manifest as a serious psychological issue. It is not only linked to difficulties in establishing social relationships but also connected to academic failures, family problems, low self-esteem, and other social and psychological factors. Therefore, it is essential to deeply study the causes of loneliness among students and analyze its effects on their psychological state.

This article discusses students' feelings of loneliness and the socio-psychological determinants behind this condition. Additionally, the article explores how loneliness impacts students' psychological well-being and suggests strategies aimed at reducing loneliness and improving social integration.

Literature Review:

Many scientific studies have been conducted on the socio-psychological determinants of loneliness among students. The following analysis is based on several key studies, which reveal that loneliness is closely related to various social and psychological factors.

First and foremost, social factors play a significant role in the emergence of loneliness among students. Studies (T. Miller, 2017; N. Kuznetsova, 2018) highlight those difficulties in establishing social relationships and friendships among students, feelings of isolation within society, and loneliness can be exacerbated. Moreover, the lack of social support systems, such as student unions or communication between students and faculty members, also negatively influences this issue.

Many studies (A. Smirnova, 2019; L. Brown, 2017) emphasize that academic challenges, failures, and stress in education can amplify loneliness among students. Changes in academic requirements and new tasks increase psychological pressure,



which can be linked to loneliness. Many students associate their academic success with their place in society and social value, which can lead to lower self-esteem.

Family factors are another important determinant of loneliness among students. Research (O.N. Kuznetsova, 2018; T.V. Romanova, 2015) indicates that family issues, such as relationships with parents, economic difficulties, or separations, affect students' psychology and lead to increased feelings of loneliness. A lack of family support or limited communication with parents can also cause students to feel lonely.

Self-perception and self-esteem are also crucial psychological determinants of loneliness. Research by A. Brown and P. Green (2017) shows that low self-esteem and self-doubt are significant factors contributing to loneliness among students. Students who negatively assess their psychological state may avoid social interactions, fear forming new friendships, and thus deepen their feelings of loneliness.

The psychological effects of loneliness can significantly impact students' overall well-being. As demonstrated by numerous studies (I.I. Ivanov, 2020; N.K. Romanova, 2015), loneliness can lead to the development of psychological disorders, particularly depression, stress, and anxiety. Students who experience loneliness often lose self-confidence and encounter difficulties in social integration.

Discussion:

The analysis of the socio-psychological determinants of loneliness among students reveals that this phenomenon is linked to a variety of factors. Loneliness is not only related to a lack of social connections but also significantly affects students' internal psychological state, self-perception, and self-esteem. Based on the literature review and existing research, the key determinants of loneliness are as follows:

Weak social connections: Loneliness often arises from weak or limited social networks among students. For students entering new environments, social integration is often difficult. Sometimes, students feel isolated from society or struggle to adapt, which leads them to avoid social interactions, further intensifying their loneliness.



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Academic pressure: Academic difficulties and failures can increase loneliness. Many studies (e.g., A.P. Smirnova, 2019) indicate that stress from academic challenges, exam failures, or educational pressure psychologically drains students, leading to feelings of isolation. Loneliness, in turn, can reduce motivation for studies and worsen difficulties in establishing social connections.

Family issues: Family problems, lack of communication with parents, or self-doubt during adolescence exacerbate loneliness. A low level of self-perception and poor self-esteem hinder students' ability to establish social bonds. Loneliness is often associated with feelings of being undervalued or unimportant.

Psychological impact: Loneliness negatively affects the student's overall psychological state. Research (e.g., T.V. Romanova, 2015) demonstrates that loneliness can lead to depression, anxiety, and stress. Students who experience loneliness are at a higher risk of developing psychological disorders. Therefore, establishing psychological support and guidance systems is essential to addressing this issue.

Conclusion:

The socio-psychological determinants of loneliness among students are closely interconnected with multiple factors, such as social interactions, academic challenges, family circumstances, and self-perception. Loneliness, in turn, negatively impacts students' psychological state, self-esteem, and overall well-being.

Reducing loneliness among students requires strategies to improve social integration, strengthen social networks, and provide psychological support. Educational institutions should develop support systems, monitor students' psychological well-being, and offer timely assistance.

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