

RELATIONSHIP BETWEEN LONELINESS AND DEPRESSION AMONG YOUNG ADULTS

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Abstract

Loneliness and depression are significant psychological concerns among young adults. The present study examined the relationship between loneliness and depression among young adults and explored differences based on gender, age, marital status, and occupation. A quantitative cross-sectional research design was adopted. Data were collected from 100 participants aged 18–35 years using the UCLA Loneliness Scale (Version 3) and the Beck Depression Inventory (BDI). Statistical analyses included descriptive statistics, independent samples t-tests, one-way ANOVA, and Pearson's correlation. The findings revealed a significant positive correlation between loneliness and depression ($r = 0.583$, $p < .01$). No significant differences were observed across gender or age groups. However, occupational status and marital status showed significant differences in loneliness. These results highlight the importance of addressing loneliness in order to improve mental health among young adults.

Keywords - Loneliness, Depression, Young Adults, Mental Health

INTRODUCTION

Loneliness

Loneliness and depression are two closely related psychological conditions that have received increasing attention in mental health research, particularly among young adults. The transition from adolescence to adulthood is often marked by significant academic, social, and emotional changes that can increase vulnerability to psychological distress. During this period, individuals face numerous challenges such as pursuing higher education, establishing careers, and developing meaningful interpersonal relationships. These transitional demands can sometimes lead to feelings of social disconnection and emotional isolation. In contemporary society, technological advancement and increased reliance on digital communication have significantly transformed the nature of human interactions. Although social media platforms allow individuals to remain constantly connected, they may not always provide meaningful emotional support. As a result, many young adults experience feelings of loneliness despite being socially active online. This paradox highlights the importance of understanding loneliness as a subjective psychological experience rather than merely the absence of social contact.

Loneliness is commonly defined as a distressing emotional state that arises when individuals perceive a discrepancy between their desired and actual social relationships. According to Peplau and Perlman (1982), loneliness occurs when a person's social needs are not adequately satisfied by the quality or quantity of their social interactions. Unlike objective social isolation, which refers to the lack of social contacts, loneliness reflects the subjective perception of social disconnection. For research purposes, loneliness in this study is operationally defined as the score obtained on the UCLA Loneliness Scale (Version 3), which measures subjective feelings of social isolation and dissatisfaction with social relationships. Higher scores on the scale indicate higher levels of perceived loneliness.

Researchers have identified different forms of loneliness that help explain the diverse ways in which individuals experience social disconnection. Emotional loneliness occurs when individuals lack a close emotional attachment or intimate relationship with another person. This type of loneliness arises when a person does not have a trusted companion such as a close friend, partner, or family member with whom they can share personal thoughts and emotions. In contrast, social loneliness refers to the absence of a broader social network or community connections. Individuals experiencing social loneliness may feel excluded from social groups or lack opportunities for meaningful interaction with others. Loneliness can also be categorized based on its duration as transient or chronic loneliness. Transient loneliness is temporary and occurs due to situational factors such as relocation, life transitions, or changes in relationships, whereas chronic loneliness is persistent and long-lasting, often associated with significant psychological distress. Several psychological theories explain the mechanisms underlying loneliness. Attachment Theory proposed by Bowlby (1969) suggests that early childhood relationships influence an individual's ability to form secure and meaningful relationships in adulthood, and insecure attachment patterns may increase vulnerability to loneliness. Similarly, the Cognitive Discrepancy Model proposed by Peplau and Perlman (1982) explains loneliness as the perceived gap between the social relationships individuals desire and the relationships they actually experience. Social Needs Theory developed by Weiss (1973) further emphasizes that human beings require both emotional attachment and social integration, and when these needs are not fulfilled, individuals may experience feelings of loneliness. Loneliness can affect multiple aspects of human functioning and well-being. It is strongly associated with mental health problems such as depression, anxiety, and low self-esteem, which may negatively influence an individual's emotional stability. In addition to psychological consequences, chronic loneliness may also affect physical health by contributing to cardiovascular problems, weakened immune functioning, and sleep disturbances. Furthermore, persistent loneliness can impair cognitive functioning by affecting concentration, memory, and decision-making abilities. Young adulthood, typically ranging from 18 to 35 years, is considered a critical developmental stage characterized by identity formation, career development, and evolving social relationships. Despite frequent social interactions in educational institutions and workplaces, many young adults experience loneliness due to academic pressures, career uncertainty, and increasing social comparison through digital platforms. Studies indicate that loneliness among young adults is associated with reduced life satisfaction, poor academic or occupational performance, and difficulties in forming and maintaining stable interpersonal relationships.

Depression

Depression is one of the most common psychological disorders affecting individuals across the world. It is characterized by persistent sadness, loss of interest in daily activities, and a decrease in emotional well-being. According to the American Psychiatric Association (2013), depression includes symptoms such as depressed mood, sleep disturbances, fatigue, difficulty concentrating, and feelings of worthlessness. Depression is distinct from normal sadness because it persists for a longer duration and significantly affects daily functioning. In this study, depression is operationally defined as the score obtained on the Beck Depression Inventory (BDI), a widely used instrument that measures the severity of depressive symptoms.

Depression may appear in various forms depending on the severity, duration, and nature of symptoms experienced by individuals. One of the most common forms is Major Depressive Disorder, which involves severe depressive symptoms that significantly interfere with daily functioning and overall well-being. Another form is Persistent Depressive Disorder, also known as dysthymia, which refers to long-term depressive symptoms that last for at least two years and are generally less severe but more chronic in nature. Bipolar depression occurs as part of bipolar disorder, where depressive episodes alternate with periods of mania or hypomania. Situational depression develops as a reaction to stressful life events such as personal loss, relationship conflicts, financial difficulties, or major life transitions. Atypical depression represents another variation of depressive disorder and includes symptoms such as increased appetite, excessive sleep, and heightened emotional sensitivity to interpersonal situations. Several theoretical perspectives have been proposed to explain the development of depression. Beck's Cognitive Theory (1967) suggests that depression arises from negative cognitive patterns, maladaptive beliefs, and distorted thinking processes that influence how individuals interpret themselves, their environment, and their future. Similarly, the Learned Helplessness Theory proposed by Seligman (1975) explains

depression as a result of repeated exposure to uncontrollable and stressful events, which may lead individuals to develop feelings of helplessness and lack of control over their lives. Another important explanation is the Biopsychosocial Model, which suggests that depression results from the interaction of biological factors such as genetics and neurochemical imbalances, psychological factors including personality traits and coping styles, and social influences such as life stressors and environmental conditions. Depression can significantly affect multiple aspects of an individual's life and functioning. Emotionally, it may lead to persistent sadness, irritability, feelings of hopelessness, and emotional distress. Cognitively, individuals with depression often experience difficulty concentrating, impaired decision-making, and negative thinking patterns that affect their perception of themselves and their environment. Physically, depression may manifest through symptoms such as fatigue, sleep disturbances, appetite changes, and reduced energy levels. Socially, depression often results in withdrawal from interpersonal interactions, reduced participation in social activities, and difficulties maintaining relationships. Young adults are particularly vulnerable to depression due to various life challenges including academic pressures, career uncertainties, financial stress, and relationship difficulties. During this developmental stage, individuals are required to make significant life decisions while simultaneously adjusting to new social roles and responsibilities. As a result, depression during young adulthood can negatively affect productivity, emotional stability, and social relationships. Therefore, early identification and timely psychological intervention are essential to prevent the development of severe and long-term psychological consequences associated with depression.

Relationship Between Loneliness and Depression

Loneliness and depression are strongly interconnected psychological conditions. Loneliness can contribute to the development of depressive symptoms by reducing emotional support and increasing feelings of isolation. Conversely, depression may lead to social withdrawal and reduced motivation to engage in social relationships, thereby intensifying loneliness.

Research indicates that loneliness can act both as a predictor and consequence of depression. Individuals experiencing persistent loneliness are more likely to develop depressive symptoms over time. Understanding this relationship is essential for designing effective mental health interventions aimed at improving psychological well-being among young adults.

Need for the Study

In recent years, loneliness and depression have emerged as significant mental health concerns, particularly among young adults. The transition to adulthood often involves major life changes such as pursuing higher education, entering the workforce, and forming new relationships. These developmental challenges can contribute to increased vulnerability to psychological distress. Research indicates that loneliness, defined as the subjective feeling of social isolation or a lack of meaningful connections, is not merely a social problem but a critical mental health risk factor closely linked to depression, anxiety, and even suicidal ideation. Depression, on the other hand, is one of the most prevalent psychological disorders globally, characterized by persistent sadness, loss of interest, and negative thought patterns. Understanding the interplay between these two variables is therefore essential for promoting psychological well-being among young adults.

Although numerous studies have explored loneliness and depression independently, limited research has examined their relationship within the context of Indian young adults. Cultural, social, and economic factors play an important role in shaping how individuals experience and express loneliness and depression. In the Indian context, rapid urbanization, increased use of technology, and shifting social structures have transformed interpersonal relationships, often leading to a paradoxical increase in social disconnection despite greater connectivity. Young adults, in particular, are at a stage where social belonging and emotional support are crucial for identity development and self-esteem. When these needs remain unfulfilled, feelings of loneliness can intensify, potentially contributing to depressive symptoms.

Therefore, this study is needed to investigate the association between loneliness and depression among young adults and to understand how demographic variables such as gender, age, marital status, and occupation influence these experiences. The findings of this research can offer valuable insights for mental health professionals, educators, and policymakers to design targeted intervention strategies that address loneliness and reduce depressive symptoms. By focusing on this vulnerable age group, the study aims to contribute to early detection and prevention efforts, fostering resilience and promoting overall mental health and well-being.

RESEARCH METHODOLOGY

Objectives of the Study

To examine the relationship between loneliness and depression among young adults.

To determine whether there is a significant difference in loneliness among young adults based on gender.

To determine whether there is a significant difference in depression among young adults based on gender.

To examine whether there is a significant difference in loneliness among young adults based on age.

To examine whether there is a significant difference in depression among young adults based on age.

To determine whether there is a significant difference in loneliness among young adults based on marital status.

To determine whether there is a significant difference in depression among young adults based on marital status.

To examine whether there is a significant difference in loneliness among young adults based on occupation.

To examine whether there is a significant difference in depression among young adults based on occupation.

Hypotheses

H1: There will be a significant relationship between loneliness and depression among young adults.

H2: There will be a significant difference in loneliness among young adults based on age.

H3: There will be a significant difference in depression among young adults based on age.

H01: There will be no significant difference in loneliness among young adults based on gender.

H02: There will be no significant difference in depression among young adults based on gender.

H4: There will be a significant difference in loneliness among young adults based on occupation.

H5: There will be a significant difference in depression among young adults based on occupation.

H6: There will be a significant difference in loneliness among young adults based on marital status.

H7: There will be a significant difference in depression among young adults based on marital status.

Operational Definitions for the purpose of the present study, the following operational definitions are used:

Loneliness refers to the subjective feeling of social isolation or dissatisfaction with social relationships. In this study, loneliness is operationally defined as the score obtained on the UCLA Loneliness Scale (Version 3). Depression refers to the presence and severity of depressive symptoms experienced by an individual. In this study, depression is operationally defined as the score obtained on the Beck Depression Inventory (BDI). Young adults refer to individuals between the ages of 18 and 35 years who are in a transitional stage between adolescence and full adulthood. Gender refers to the biological classification of participants as male or female. Occupation refers to the employment status of participants, categorized as student, working, business, or not working. Marital status refers to whether the participant is married or unmarried.

Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults.

RESULTS AND DISCUSSION

Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults.

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Table 1 shows the Mean, Median, mode and Standard deviation of Socio – demographic variables (N=100)

| | M | Mdn | Mo | SD |
|----------------|------|-----|----|-------|
| Age | 1.54 | 1 | 1 | 0.626 |
| Gender | 1.48 | 1 | 1 | 0.502 |
| Occupation | 1.87 | 2 | 2 | 0.906 |
| Marital Status | 1.82 | 2 | 2 | 0.386 |

The table 1 presents the Mean, Median, Mode, and standard deviation for the sociodemographic variables of the study sample. The mean age score was 1.54 (SD = 0.626), while the gender variable had a mean of 1.48 (SD = 0.502). Occupation had a mean of 1.87 (SD = 0.906), and marital status had a mean of 1.82 (SD = 0.386). These descriptive statistics reflect the central tendency and dispersion of demographic variables within the sample. The sociodemographic profile indicated a young adult sample with a balanced gender distribution and varied occupational statuses. These descriptive data provide essential context for interpreting subsequent inferential analyses and validate the sample’s diversity in key demographic characteristics.

Table 2 shows the Frequency and Percentage of the Socio demographic variable(N=100)

| | Criterion | F | Percentage (%) |
|------------|-----------|----|----------------|
| Age | 18–25 | 53 | 53.0 |
| | 26–30 | 40 | 40.0 |
| | 31–35 | 7 | 7.0 |
| Gender | Male | 52 | 52.0 |
| | Female | 48 | 48.0 |
| Occupation | Students | 39 | 28.5 |
| | Working | 44 | 44.0 |

| | | | |
|----------------|-------------|----|------|
| | Business | 8 | 8.0 |
| | Not working | 9 | 9.0 |
| Marital status | Married | 18 | 18.0 |
| | Unmarried | 82 | 82.0 |

The table 2 presents a detailed distribution of socio-demographic characteristics among the 100 young adult participants in the study. The age distribution shows that the majority of the sample (53%) are aged between 18 to 25 years, which reflects a youthful population segment. The next largest group is aged 26 to 30 years, making up 40% of the sample, followed by a smaller portion (7%) aged 31 to 35 years. This concentration in the younger age brackets is typical in studies focusing on young adults as a target population. Gender representation in the sample is nearly balanced, with males constituting 52% and females 48%, ensuring gender diversity for comparative analysis. Regarding occupation, the largest group consists of working individuals at 44%, followed by students at 39%. The business category accounts for 8%, while those not working comprise 9% of the sample. This spread illustrates varied occupational statuses that may influence psychological variables such as loneliness or depression. Marital status indicates that the vast majority of participants are unmarried (82%), with only 18% married. This uneven distribution aligns with the young age composition of the sample, as it is common for younger adults to be predominantly unmarried. Overall, Table 2 provides a comprehensive overview of the demographic makeup of the study participants, highlighting a predominantly young, unmarried, and occupationally diverse sample. This demographic context is essential for interpreting the psychological findings within the study and for considering the applicability of results across similar populations.

Table 3 shows the Pearson's correlation between Loneliness and Depression among young adults (N=100)

| | Correlation | | | |
|------------|-------------|-------|---------|----------------|
| | M | SD | r | Sig (2 tailed) |
| Loneliness | 45.20 | 9.68 | 0.583** | 0.01** |
| Depression | 13.49 | 12.26 | | |

**Correlation is significant at the 0.01 level (2-tailed).

The table 3 shows the Pearson correlation analysis was conducted to examine the relationship between loneliness and depression among young adults (N = 100). The results revealed a significant positive correlation between loneliness and depression, $r = 0.583$, $p < .01$, indicating that higher levels of loneliness were strongly associated with higher levels of depression. The positive and significant correlation between loneliness and depression suggests that these two variables are closely linked among young adults. This finding aligns with existing literature that highlights loneliness as a contributing factor to depressive symptoms. The results underscore the importance of addressing loneliness in mental health interventions aimed at reducing depression in this population.

Table 4 shows one-way ANOVA on loneliness among young adults based on Age (N=100)

| | Age | N | M | SD | f | Sig. |
|------------|-------|----|-------|-------|-------|-------|
| Loneliness | 18-25 | 53 | 44.51 | 08.66 | 0.475 | 0.624 |
| | 26-30 | 40 | 46.33 | 10,92 | | |
| | 31-35 | 7 | 44.00 | 06.19 | | |

There is no significant difference at the > 0.05 level

The table 4 presents a one-way ANOVA tested loneliness differences among age groups (18-25, 26-30, 31-35 years). No significant differences in loneliness were found, $F(2, 97) = 0.475$, $p = .624$. The absence of significant differences in loneliness across age groups suggests that loneliness is relatively consistent during early adulthood. This aligns with research indicating that loneliness may not vary substantially within narrow age ranges in young adulthood.

Table 5 shows one-way ANOVA on depression among young adults based on Age (N=100)

| | Age | N | M | SD | f | Sig. |
|------------|-------|----|-------|-------|-------|-------|
| Depression | 18-25 | 53 | 13.75 | 11.53 | 1.762 | 0.177 |
| | 26-30 | 40 | 14.58 | 13.61 | | |
| | 31-35 | 7 | 05.29 | 06.07 | | |

There is no significant difference at the > 0.05 level

The table 5 shows one-way ANOVA tested depression, scores were analyzed by age groups, and no significant differences were observed, $F(2, 97) = 1.762, p = .177$. Similar to loneliness, depression levels did not differ significantly across age groups. This suggests a relative stability of depressive symptoms in this age range, though individual variation remains likely.

Table 6 shows the Independent samples t-test on loneliness among the young adults on their gender (N=100)

| | Gender | N | M | SD | t | Sig. |
|------------|--------|----|-------|-------|--------|-------|
| Loneliness | Male | 52 | 44.92 | 10.05 | -0.303 | 0.763 |
| | Female | 48 | 45.50 | 08.88 | | |

There is no significant difference at the > 0.05 level

The table 6 shows independent samples t-test was performed to assess the difference in loneliness levels between male (n = 52) and female (n = 48) young adults. The analysis indicated no significant difference in loneliness scores between males (M = 44.92, SD = 10.05) and females (M = 45.50, SD = 8.88), $t(98) = -0.303, p = .763$. The results suggest that gender does not significantly influence loneliness levels in the sample of young adults. This finding contributes to the mixed evidence in the literature regarding gender differences in loneliness, indicating that other factors beyond gender may play a more critical role in loneliness experiences.

Table 7 shows the Independent samples t-test on depression among the young adults on their gender (N=100)

| | Gender | N | M | SD | t | Sig. |
|------------|--------|----|-------|-------|--------|-------|
| Depression | Male | 52 | 12.38 | 11.11 | -0.938 | 0.351 |
| | Female | 48 | 14.69 | 13.41 | | |

There is no significant difference at the > 0.05 level

The table 7 shows independent samples t-test was conducted to examine gender differences in depression scores. No significant difference was found between males ($M = 12.38, SD = 11.11$) and females ($M = 14.69, SD = 13.41$), $t(98) = -0.938, p = .351$. These results indicate that depression levels do not differ significantly between male and female young adults in this sample. This may suggest that depressive symptoms are experienced similarly across genders or that other demographic or psychological factors are more influential in determining depression levels.

Table 8 shows the one-way ANOVA on loneliness among young adults based on occupation ($N=100$)

| | Occupation | N | M | SD | f | Sig. |
|------------|-------------|----|-------|-------|-------|--------|
| Loneliness | Student | 39 | 42.72 | 8.59 | 2.975 | 0.03** |
| | Working | 44 | 46.09 | 9.52 | | |
| | Business | 8 | 44.25 | 8.87 | | |
| | Not working | 9 | 52.44 | 10.33 | | |

**There is significant difference at the < 0.05 level

The table 8 shows a one-way ANOVA was conducted to examine differences in loneliness scores across occupational groups (students, working, business, not working). The results showed a significant effect of occupation on loneliness, $F(3, 96) = 2.975, p < .05$. Post hoc comparisons indicated that individuals not working reported the highest loneliness scores ($M = 52.44, SD = 10.33$). The significant differences in loneliness by occupation suggest that employment status plays a role in feelings of loneliness among young adults. Higher loneliness among those not working may reflect reduced social interaction and support inherent to employment. This finding informs the need for targeted support for unemployed young adults.

Table 9 shows the one-way ANOVA on depression among young adults based on occupation ($N=100$)

| | Occupation | N | M | SD | f | Sig. |
|------------|-------------|----|-------|-------|------|-------|
| Depression | Student | 39 | 13.56 | 12.49 | 0.91 | 0.435 |
| | Working | 44 | 12.11 | 11.21 | | |
| | Business | 8 | 13.88 | 14.38 | | |
| | Not working | 9 | 19.56 | 14.52 | | |

There is no significant difference at the > 0.05 level

The table 9 shows one-way ANOVA a differences in depression scores across occupational groups were analyzed using ANOVA. This analysis revealed no significant differences, $F(3, 96) = 0.91, p = .435$, indicating similar depression levels regardless of occupational status. The lack of significant differences in depression across occupations suggests that depression among young adults may be influenced by factors other than employment status. This finding highlights the multifactorial nature of depression and the importance of considering a broader range of predictors.

Table 10 shows the Independent samples t-test on loneliness among young adults based on marital status (N=100)

| | Marital Status | N | M | SD | t | Sig. |
|------------|----------------|----|-------|-------|-------|--------|
| Loneliness | Married | 18 | 49.11 | 09.00 | 1.963 | 0.05** |
| | Unmarried | 82 | 44.34 | 09.40 | | |

**There is significant difference at the < 0.05 level

The table 10 shows t-test was performed to investigate differences in loneliness by marital status among young adults. Married participants (n = 18) reported higher loneliness scores (M = 49.11, SD = 9.00) compared to unmarried participants (n = 82; M = 44.34, SD = 9.40). The difference was significant, $t(98) = 1.963, p < .05$. The significant difference in loneliness between married and unmarried young adults suggests that marital status influences loneliness levels. Contrary to expectations, married individuals reported higher loneliness, possibly reflecting relational challenges or unmet emotional needs. This highlights the complexity of loneliness beyond social status.

Table 11 shows the Independent samples t-test on depression among young adults based on marital status (N=100)

| | Marital Status | N | M | SD | t | Sig. |
|------------|----------------|----|-------|-------|-------|-------|
| Depression | Married | 18 | 13.89 | 13.02 | 0.152 | 0.637 |
| | Unmarried | 82 | 13.40 | 12.17 | | |

There is no significant difference at the > 0.05 level

The table 11 shows t-test of depression scores were compared based on marital status. There was no significant difference between married (M = 13.89, SD = 13.02) and unmarried (M = 13.40, SD = 12.17) young adults, $t(98) = 0.152, p = .637$. Depression levels did not differ significantly by marital status in this sample. This may indicate that marital status alone is not a differentiating factor for depression among young adults, or that other mediating variables may influence this relationship.

Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational

transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults.

LIMITATIONS AND IMPLICATIONS

Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults. Loneliness and depression are closely interconnected psychological experiences that have received increasing attention in mental health research. Young adulthood is a developmental stage characterized by academic, social, and occupational transitions that may increase vulnerability to emotional distress. Research has demonstrated that loneliness may act as a precursor to depressive symptoms. Understanding the relationship between these variables is important for developing effective psychological interventions and improving mental well-being among young adults.

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