

The relations among loneliness, social support and life satisfaction in adolescence

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ABSTRACT

The purpose of this study was to investigate the statistical discrepancy among loneliness, social support and life satisfaction of adolescents from different backgrounds. The correlations among loneliness, social support and life satisfaction were also discussed, and the predictability of life satisfaction based on loneliness and social support was further analyzed. There were 620 students (288 boys and 267 girls) from ten junior high schools and ten elementary schools. Materials were used including (a) The UCLA Loneliness Scale, Version (Russell, D., 1996), (b) Child and Adolescent Social Support Scale (Malecki, Demaray and Elliott, 2000) (c) Multidimensional Student's Life Satisfaction Scale, MSLSS (Diener, 1994). The reliability and validity for the instruments was checked and was satisfactory. The research results were summarized as follows: 1. There were significant gender differences in adolescents' loneliness, but there were no significant gender differences in social support and life satisfaction. 2. There were significant grade differences in loneliness, social support, and life satisfaction. 3. There were significant family differences in loneliness and social support, but there was not in life satisfaction. 4. Loneliness predicted life satisfaction: Loneliness and life satisfaction were associated. Linear regression analyses indicated that loneliness negatively predicted life satisfaction. 5. Social support predicted life satisfaction: Social support and life satisfaction were associated. Linear regression analyses showed that social support positively predicted life satisfaction. 6. Social support predicted loneliness: Social support and loneliness were associated. Linear regression analyses showed that social support negatively predicted loneliness. 7. Loneliness as a mediator between social support and life satisfaction.

Keywords : Adolescence、Loneliness、Social Support、Life Satisfaction

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