

LONELINESS AND COPING STRATEGIES IN FEMALE TECHNICAL COLLEGE STUDENTS

Katsuhide MOROI

This study examined a) the factor structure of coping strategies for loneliness and b) relationships among loneliness and coping strategies. Four scales were administered to the female technical college students ($N=159$). The scales were two versions of UCLA Loneliness Scale (short-term loneliness, long-term loneliness), Coping Strategies Scale and Self-Esteem Scale. Two versions of UCLA Loneliness Scale were rated with different criteria ("during the past two weeks" versus "during the past one year").

The results were as follows.

1) Short-term loneliness scores were highly correlated with long-term loneliness scores.

2) The factor analysis of coping strategies produced seven factors.

3) Results of the multiple regression analyses indicated that interpersonal coping strategy was effective in reducing long-term loneliness, while such strategies, as passive acceptance, amusing activity, and wreaking one's anger on friends, prolonged loneliness.

4) Based on the combined scores of short-term and long-term loneliness scores, subjects were divided into three groups of different levels of chronic loneliness. Results of the discriminant analysis indicated that high-chronic-lonely group used interpersonal coping strategy less than low-chronic-lonely group.