

生活事態変化に伴う孤独感

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Loneliness Induced by Life Transition

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The purpose of two studies was to examine the experience of loneliness among students encountering novel situations—transition to a senior high school or college.

In the first study, in which participated freshmen ($N=91$) in a senior high school, loneliness was assessed at two time points (April and July), using the revised UCLA Loneliness Scale (Russell *et al.*, 1980). Participants were all at home with parents. Loneliness only for females reduced in July. Males' loneliness remained relatively severe.

In the second study, freshmen and sophomores ($N=392$) in a university completed two versions of the revised UCLA Loneliness Scale with different criteria ("for the past two weeks" versus "for the past one year"), at five time points during a school year. More dramatic effects of living arrangements on loneliness were found for females than males in the first grade. Female students who lived in a dormitory showed more severe loneliness than students who lived at home or in apartment houses.