

Loneliness, Causal Attributions, and Coping Strategies in University Students

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The purpose of this study was to examine the relationships among loneliness, causal attributions, and coping strategies in university students. Freshmen and sophomores ($N=389$) 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. In addition, Coping Strategies Scale and two kinds of scales of causal attributions for loneliness (checklist of the causes of loneliness and Russell(1982)'s Causal Dimension Scale) were administered at the third and fourth points. Multiple regression analyses and canonical correlation analyses were used to examine the relationships among loneliness, attributions, and coping strategies.

The results were as follows.

1) For males, loneliness was precipitated by internal and stable attributions (interpersonal passivity and preference for isolation). Cognitive coping strategies(passivity and self - improvement) played important roles in moderating loneliness.

2) For females, loneliness was determined by the relationship attributions(disagreement in values and a lack of interdependence), as well as self - defeating attributions (self - inferiority and interpersonal passivity). A behavioral coping strategy(interactions with friends) significantly determined loneliness as well as a cognitive coping strategy(passivity).

3)Results of canonical correlation analyses indicated that the relationships among attributions and coping strategies were complicated for either males or females.