Loneliness in College Students

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The Problem:

- "Felt very lonely" 60%
- "Felt so depressed it was difficult to function" 31%
- "Seriously considered suicide" 7%

Hypothesis: Activities that encourage direct collaboration & student interaction (such as study groups, club involvement, work on campus, etc.) will decrease student loneliness

The Study:

- 1,376 survey responses
- Survey originally sent via email to 10,000 random ISU undergraduates
- Questions regarding:
  - Demographics
  - Living arrangement
  - Study habits
  - Group work
  - Involvement on campus
  - Social media use
- UCLA Loneliness Scale

The Data:

|                | Coef  | Std. Err. | t     | P > |t|                  |
|----------------|-------|-----------|-------|-----|------------------|
| online         | 1.14  | .563      | 1.97  | 0.049|
| socialmedia    | 1.42  | .628      | 2.29  | 0.022|
| gaming         | 3.47  | .838      | 4.15  | 0.000|
| clubs          | -2.39 | .831      | 2.88  | 0.004|
| friends        | -2.51 | .497      | 5.04  | 0.000|
| studygroup     | -1.21 | .455      | 2.66  | 0.008|

Results:

Loneliness

- Decrease Loneliness:
  - Having several friends in dorm/apartment (-2.51)
  - Being involved in clubs on campus (-2.39)
  - Having a regular study group (-1.21)

- Increase Loneliness:
  - Spending 11+ hours/wk gaming (3.47)
  - Constantly using social media (1.44)
  - Gaming online, not in person (1.14)

Friendship

- Increase Friendships:
  - Participating in residence hall activities (.365)
  - Being Greek (.296)
  - Spending >25% of study time with a regular study group (.201)

Process:

- Conducted literature review
- Created survey based on lit review, including UCLA Loneliness Scale (Version 3)
- Distributed survey to 10,000 random ISU undergraduates through Qualtrics
- Received 1,376 responses over 2 weeks
- Created dummy variables for regressors
- Ran multiple linear regressions using Stata
- Conducted t-tests and adjusted models accordingly

Models:

\[ \Omega: \beta_1 + \beta_2 \text{friends} + \beta_3 \text{alcohol} + \beta_4 \text{greek} + \beta_5 \text{midwest} + \beta_6 \text{socialmedia} + \beta_7 \text{online} + \beta_8 \text{inperson} + \beta_9 \text{gaming} + \beta_{10} \text{job} + \beta_{11} \text{clubs} + \beta_{12} \text{gender} + \beta_{13} \text{residential} + \beta_{14} \text{active} + \beta_{15} \text{friends} + \beta_{16} \text{overachiever} + \beta_{17} \text{chaseengr} + \beta_{18} \text{regularstudygr} + \beta_{19} \text{chosengr} + \beta_{20} \text{job} \]

\[ R_{\text{adj}}^2 = .175 \]

Acknowledgements:

Project Advisor: Dr. Betsy Hoffman, Dept. of Economics
Funding: Dr. Peter Orazem & the Koch Foundation
Loneliness scale: Developed by Dr. Dan Russell