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## The relationship between anxiety and loneliness among college students

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### Abstract

Anxiety in College is extremely normal. A recent study indicated that Anxiety levels have expanded in recent years, particularly among youth adults. Students at the college appear more depressed and nervous than ever before. To many college students the depression has become a common issue. Family life specialists are in a unique position to offer support to depressed students who otherwise would not be able to alter their unhealthy behaviors, circumstances or habits and achieve fulfilling lifestyles and interpersonal relationships. The aim of this paper to study the relationship between anxiety and loneliness among College Students.

**Keywords:** Loneliness, Anxiety, Attachments, social Support, Mental Health

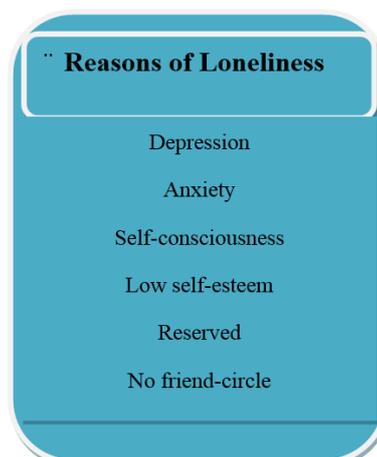
### Introduction

When we're alone we feel unfulfilled and very alone. Everyone experiences loneliness but high rates of isolation are associated with depression, low self-esteem, psychosomatic disorders and even suicide. There may be different explanations for isolation among college students. Some are going to college in another country may not be easy. Sometime College students don't feel comfortable in the new environment. Loneliness is a silent killer, since its symptoms are not readily apparent and seldom address the disease. This gradually but steadily wears people down. Several recent studies have related loneliness and social isolation to a number of health problems including heart attacks, alcoholism, anxiety and depression. Loneliness is an unusual condition that arises when either quality or quantity is substantially lacking in a person's network of social relationships <sup>[1]</sup>. It is vital that practitioners in mental health have come to recognize the state of loneliness. Of these reasons, researchers' isolation has gained popularity in the last three decades. Loneliness is a period wherein depression is a typical marvel. A great part of the examination demonstrates that depression is felt all the more seriously in youthfulness and late pre-adulthood as opposed to the next developmental phases of life <sup>[2, 3, 4]</sup>. Loneliness is the underlying psychological and emotional feeling. Loneliness is often seen as a natural experience that leads individuals to develop a deeper understanding of themselves, to be imaginative, and an opportunity to achieve self-fulfillment and to discover the meaning of life.

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**Fig 1.1:** Conceptual Framework of Loneliness

## Types of loneliness

### There are three types of loneliness

#### Situational loneliness

The different variables related to situational depression are ecological elements, movement of individuals, entomb individual clashes, mishaps and fiascos, and so forth.

#### Formative loneliness

The different variables related to formative forlornness are close to home insufficiencies, formative deficiencies, noteworthy partitions, neediness, living game plans, and physical/mental handicaps.

#### Internal loneliness

The different components related to inside forlornness are character factors, locus of control, mental trouble, low confidence, blame inclination, and poor adapting systems to circumstances. Loneliness and Anxiety impact on academic performance.

### Loneliness and anxiety impact on academic performance

The sentiment of being undesirable and dismissed has a serious effect on their scholarly advantages. Loneliness and anxiety are two of the most common challenges facing teenagers and young adults and start taking a serious toll in the classroom. It is difficult for teachers to recognize anxiety and Loneliness because these symptoms often present differently for different individuals, so understanding the types of behaviors to be looking for is important. Unpredictable behavior is also a fear or a symptom of depression.

### Mental health problems can be a symptom of poor academic performance

These conditions can also cause inconsistent academic outcomes. For instance, one day a student can produce amazing work and can barely complete a single task the next. This erratic behavior is a prevalent indication that there might be anxiety or depression. These disorders' incoherence can leave students feeling frustrated and teachers confused and uncertain how to approach the situation. If students feel stress or anxiety they are more likely to disengage in the classroom.

### Missing class can be a distressing sign

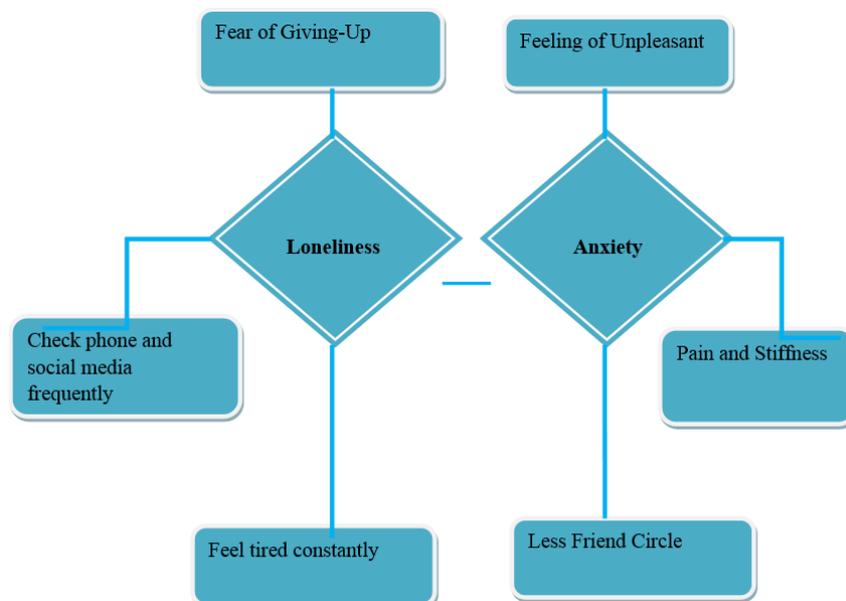
Such conditions can also lead to school rejection, or phobia in school. It is when the anxiety or depression of a student becomes so serious that they start avoiding schooling at all. It may start with missing classes, going home early and staying at home, but can ultimately lead to school dropouts.

## Connection between anxiety and loneliness

Anxiety is an inclination of disquiet and stress, typically summed up and unfocused as an eruption to a circumstance that is just emotionally observed as threatening <sup>[5]</sup>. Nervousness is firmly connected to fear, which is a response to a genuine or saw prompt risk; tension incorporates the expectation of future threat <sup>[4]</sup>. Anxiety-influenced individuals may pull back from conditions that have actuated uneasiness in the past <sup>[5]</sup>. Anxiety a nursing determination that impacts customers in all settings and attendants all through the calling, is explained through the procedure of idea investigation. Feelings of isolation are more prevalent among mentally ill people than in the general population <sup>[9]</sup>. Anxiety and Loneliness influence all zones of a person's prosperity including rest, diet, mental and physical wellbeing, confidence, social communication and scholastic execution. Anxiety may be helpful in recognizing this apparent Anxiety phenomenon. Some Facts shows loneliness can be a sign of anxiety.

- Turn down possibilities to make friends: You're more likely to turn down invitations to communicate and socialize with anxiety.
- Feel tired constantly : You are more likely to feel excessively exhausted and "spent" with anxiety, even though the routine and behaviors aren't extreme
- Fear of giving up: Anxiety in relationships can lead to a fear of loss, which can also lead to dependency.
- Feeling of Unpleasant: Anxiety can make anyone feel irritable or out of control
- Check phone and social media frequently: When you look at social media and see some people posing at events, you can sense depression, which is really exempt from experiencing anxiety
- Pain and stiffness: Whether you have headaches or muscle pain, it is typically anxiety that may be your frustration

Anxiety is the top problem for college students (41.6%), followed by depression (36.4%), and friendship concerns (35.8%). There are many factors contribute loneliness Relationship problems: loss of sense of identity, encouragement and affection due to inadequate contact causes isolation. Social isolation and divergence and exclusion lead to anxiety. While for many college students temporary feelings of stress and anxiety are common, when the symptoms intensify and start impacting the ability to work, get out of the house, socialize with friends, attend class, concentrate and learn, and complete assignments, it's time to seek professional assistance.



**Fig 1.2:** connection between loneliness and anxiety

### Things to combat loneliness at college

Anxiety is a word that we use for some forms of anxiety that are typically linked to worrying about a threat or something going wrong in the future, rather than right now<sup>[10]</sup>. The idea of coming in touch with the phobia's source makes you nervous or panicky<sup>[11]</sup>. Loneliness and anxiety can be overcome by the followings ways:

- Link or reconnect with family and friends.
- Involved in Social Activity.
- Volunteer.
- Get support from trusted Person.
- Make new contacts.
- Focuses on the Study.
- Explore new idea.

Diet is important to mental health although influences such as what you eat will affect stress, anxiety and depression. It is highly critical that students consistently consume nutritious meals and pay attention to the ingredients of their food. Research has consistently shown that what you eat has an impact on your mood.

### Conclusion

The study findings shows that there is a positive link between the isolation of students and academic anxiety, with students with higher rates of isolation experiencing greater academic anxiety. The Study also shows that academic anxiety also differ significantly with respect to gender, but shows no significant difference in their levels of loneliness. At the point when emotions that have been distinguished as forlornness incorporate physiological side effects, for example, trouble breathing, the impression of an irregularity in the throat, or weight in the chest, or they are joined by sentiments of fear or hyper-watchfulness, it might be that tension is really raising it's head. Loneliness is coming from anxiety. According to psychologists, loneliness can actually be a source of anxiety.

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