

LONELINESS AND COPING STRATEGIES OF ASIAN INTERNATIONAL
STUDENTS AT ASSUMPTION UNIVERSITY, BANGKOK

Sr.Anjali Vaniyampurayidathil

ABSTRACT

80 pages

November 2006

The main intention of the study was to explore the level of loneliness and various coping strategies among international students at Assumption University. The significant differences in the level of loneliness and coping strategies of AU international students as a function of their demographic characteristics, in relation to age, gender, faculty, nationality, and living arrangement were examined.

A total of 312 respondents were used for this study. The research instrument to be used in this study consisted of a set of three questionnaires, namely: Personal Data Questionnaire, UCLA Loneliness Scale (Revised), and Coping Strategies Questionnaire. The data were analyzed by T- test, One-way ANOVA with Post Hoc Multiple Comparisons, and Pearson's Product- Moment Correlation Coefficient.

The major findings were:

Level of loneliness: findings showed that higher than normal was experienced by 65.7%, normal loneliness was experienced by 33.7%, and symptomatic depression type of loneliness was experienced by only 6%.

Age: Loneliness was found in high level in the age group 18-21 years old compared to other age groups. Whereas, coping strategies are more used by aged between 26-29 years old and 30 years old and above.

Gender: A slightly higher level of loneliness was found in females compared to males; but the coping strategies were used more by the males than females.

Faculty: There was a higher level of loneliness among students of the MBA faculty followed by 'others;' at the same time the faculty of MBA used more coping strategies.

Nationality: The study showed that the Chinese students experienced more loneliness compared to other groups; whereas coping was used more by the Chinese and Indians compared to other groups..

Living Arrangement: Those living alone experienced 'higher than normal loneliness' compared to those living with friends and others; the same group and those who are living with friends used more coping strategies.

In terms of relationship, there is a significant correlation between loneliness and coping strategies. This indicates that the greater the experience of loneliness, the more amounts of coping strategies is used by the respondents.

International students must come to realize beforehand that being in a new situation is entirely different from their homeland and culture and are likely to encounter various types of problems like loneliness, depression, etc. At the same time, many coping strategies can be used to alleviate the problem of loneliness.