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## Loneliness and Coping: Examining the Predictors of Social and Emotional Loneliness

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Poster Presentation 11

**LONELINESS AND COPING: EXAMINING THE  
PREDICTORS OF SOCIAL AND EMOTIONAL LONELINESS**

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This study sought to extend research on loneliness and coping. Emotional loneliness is a state that results from the lack of a personal, intimate attachment with another person, and social loneliness results from the lack of engaging in a social network, in which a person shares common interests with a group. Active coping involves making a plan and following it, while passive coping involves using passive techniques such as self-blame or distancing to solve the problem.

In addition to replicating the prior finding of Russell et al. (1984) that emotionally lonely individuals are more likely to actively cope with their loneliness than socially lonely individuals, who are more likely to passively cope with their loneliness, we examined potential mediators of this relationship: cognitive appraisal, self-concept clarity, and confidence in social skills. 42 college students involved in long distance relationships (a total of 50 is expected to participate in the study) were given questionnaires measuring emotional vs. social loneliness, coping styles, levels of self-esteem, confidence in social skills, self-concept clarity, and cognitive appraisal. Students in long distance relationships were chosen for the study because social and emotional loneliness were expected to be fulfilled by different sources and could be easily differentiated. Statistical analysis is in process to test the hypothesis that emotionally lonely people are more active copers than socially lonely people and whether cognitive appraisal, self-concept clarity, and confidence in social skills are mediators of this relationship.