

Examining the Relationship between Generation Alpha's Loneliness and Self Esteem

Nazrat Fatima¹ and Dr. Sandhya Bhatt²

BA (H) Applied Psychology¹ and Assistant Professor²

Amity Institute of Psychology and Allied Sciences, Amity University Uttar Pradesh, Noida, India

Abstract: *The study looks into the connection between loneliness and the self-esteem of Generation Alpha. The sample consisted of N (129) children enrolled in school of age 12 to 15. The sample included 70 male and 59 female participants which were taken from north Indian schools and coaching institutes. Data was gathered using a survey approach. UCLA loneliness scale measured loneliness and Rosenberg's Self-Esteem Scale (1965) was used for calculating self-esteem. The outcome of the Pearson correlation analysis indicated a positive link between loneliness and self-esteem, with a value of 0.01. The findings of an independent sample t-test showed that although there were notable variations in the group's experiences of loneliness, there was no significant difference in self-esteem. In comparison to men, the means were greater in women. These outcomes emphasize how crucial it is to comprehend how gender disparities, loneliness, and self-esteem interact in the context of Generation Alpha. In order to effectively support this generation's mental health and well-being, future research and interventions should take these dynamics into consideration.*

Keywords: Generation Alpha

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