

## **BEATING THE FORLORNNESS: UNDERSTANDING**

### **LONELINESS DURING ADOLESCENCE**

**PRACHI SHUKLA<sup>1</sup> & TEJPREET KAUR KANG<sup>2</sup>**

<sup>1</sup>Research Scholar, Department of Human Development, College of Home Science, PAU, Ludhiana, Punjab, India

<sup>2</sup>Professor and Head, Department of Human Development, College of Home Science, PAU, Ludhiana, Punjab, India

#### **ABSTRACT**

Adolescence is a period of extreme confusion as in popular portrayals, adolescence is still considered an important transition period, because of the cognitive, biological and social changes that occur during this time period. Loneliness is a significant problem that can predispose adolescence to immediate and long- term negative consequences. Loneliness is a painful awareness that you are not feeling connected to the others and important needs are not being met, such is the need to develop a circle of friends or a special relationship. Adolescent live through loneliness experienced in different ways, at time loneliness may be painted by feeling of boredom, futility and loss of meaningfulness and the meaning of emptiness may be so heavy as to be totally overpowering. Adolescent who feel lonely often experience poor peer relationships and therefore expresses more loneliness than peers with friends. They may experience feeling of sadness, malaise, boredom & alienation. The best form of protection from loneliness among adolescent is to prevent them. We need to design youth programs that encourage youth to be honest and open about their feelings of loneliness. We also need to educate parents and families about contributing factors and negative consequences of loneliness during adolescence.

**KEYWORDS:** Adolescence, Loneliness, Peer, Negative Consequences