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Gamophobia, Loneliness and Social Adjustment in Students

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ABSTRACT

The present study examined gamophobia, loneliness, and social adjustment among students. Gamophobia, defined as an excessive fear or avoidance of marriage or long-term commitment; loneliness, defined as a subjective feeling of social isolation or lack of meaningful interpersonal relationships; and social adjustment, defined as an individual's ability to adapt effectively to social environments and interpersonal demands, were treated as the dependent variables of the study. The sample consisted of 120 students, including 60 males and 60 females. Each gender group was further divided into 30 students from rural areas and 30 students from urban areas. A 2 × 2 factorial research design was employed. Gamophobia was assessed using the Gamophobia Scale developed by Doshi and Jogsan, loneliness was measured using the Loneliness Scale developed by Gadara, Vyas, Rathod, Doshi, and Jogsan, and social adjustment was assessed using the Adjustment Scale developed by Bell. Data were analyzed using analysis of variance (ANOVA) and Pearson's product–moment correlation coefficient. The results revealed a significant main effect of gender on gamophobia and social adjustment. Additionally, significant negative correlations were found among the dependent variables, indicating that higher levels of gamophobia and loneliness were associated with poorer social adjustment among students.

Keywords: gamophobia, loneliness, social adjustment, gender differences, students

Introduction:

In today's rapidly changing social context, attitudes toward marriage and intimate relationships are undergoing noticeable transformation. While marriage is considered a normal life event by many individuals, others experience fear and anxiety related to long-term commitment. This fear, known as gamophobia, often develops due to negative past experiences, fear of rejection, or maladaptive beliefs about commitment. Although gamophobia is not formally classified as a psychological disorder, it can significantly affect emotional well-being and interpersonal relationships.

Loneliness is another growing psychological concern, particularly among students and young adults. It is a subjective emotional experience that arises when there is a gap between an individual's need for social connection and the quality of relationships they have. Prolonged loneliness has been associated with mental health issues such as depression, anxiety, sleep disturbances, and reduced quality of life, making it an important area of psychological study.

Social adjustment refers to an individual's ability to adapt effectively to social environments, norms, and expectations. It involves developing appropriate social skills, attitudes, and behaviors that help maintain harmonious relationships. Good social adjustment contributes to emotional well-being and life satisfaction, whereas poor adjustment may lead to social isolation, conflict, and psychological stress.

Therefore, understanding gamophobia, loneliness, and social adjustment is essential for promoting mental health in contemporary society.

Review of literature:

Several studies have explored emotional, social, and relational aspects across different populations. Obeid, Jarwan, and Al-Debei (2025) examined gamophobia among 255 unmarried undergraduate students at Yarmouk University, finding moderate levels overall, with higher fear of commitment among females and unemployed students. Apostolou and Tekeş (2023) reported that lower agreeableness, openness, and relationship quality were linked to greater fear of relationship commitment, which in turn increased the likelihood of remaining single. Maehler (2023) reviewed 1,089 studies on loneliness, highlighting that loneliness moderately increases with age, is slightly higher among females, and is significantly associated with lower social support, while social connectedness, self-esteem, and mental health serve as important predictors. Core and Samarth (1992) found that elderly individuals, whether living with family or in institutions, experienced high levels of loneliness, hopelessness, and despair, with women being more affected, though residence and gender did not significantly impact these emotional states. Mondal (2021) compared social adjustment among rural and urban adolescents and observed significant differences based on social decision-making, while D. J. and Swarpa R. T. (2021) found gender differences in social adjustment but not in social maturity among adolescents, with an inverse relationship observed between social adjustment and social maturity. Collectively, these studies underscore the influence of demographic factors, personality traits, and social support on emotional well-being, relationship attitudes, and social functioning across age groups.

Important Of Research:

The Study of Gamophobia, Loneliness, And Social Adjustment Among Students Is Highly Significant in The Contemporary Context, As Rapid Changes in Lifestyle, Values, And Interpersonal Relationships Influence Students' Psychological and Social Functioning. Gamophobia And Loneliness Adversely Affect Emotional Well-Being, Academic Performance, And Social Adjustment, Making It Essential to Understand Their Underlying Causes and Psychological Impact. The Findings of The Present Study Provide a Scientific Basis for Identifying Students' Social and Emotional Needs and Contribute to the Development of Effective Guidance, Counseling, And Intervention Programs Aimed at Enhancing Social Skills, Psychological Well-Being, And Overall Personality Development.

Objectives:

- To examine the main impact of gender on gamophobia in students.
- To examine the main impact of types of area (urban, rural) on gamophobia in students.
- To examine the internal impact of gender and types of area on gamophobia in students.
- To examine the main impact of gender on loneliness in students.
- To examine the main impact of types of area on loneliness in students.
- To examine the internal impact of gender and types of area on loneliness in students.
- To examine the main impact of gender on social adjustment in students.
- To examine the main impact of types of area (urban, rural) on social adjustment in students.
- To examine the internal impact of gender and types of area on social adjustment in students.
- To examine correlation between loneliness and social adjustment.

- To examine correlation between loneliness and social adjustment.
- To examine correlation between social and gamophobia.

Null Hypothesis:

- There will be no significant main impact of gender on gamophobia in students.
- There will be no significant main impact of types of area on gamophobia in students.
- There will be no significant main impact of gender and types of area on gamophobia in students.
- There will be no significant main impact of gender on loneliness in students.
- There will be no significant main impact of types of area on loneliness in students.
- There will be no significant main impact of gender and types of area on loneliness in students.
- There will be no significant main impact of gender on social adjustment in students.
- There will be no significant main impact of types of area on social adjustment in students.
- There will be no significant main impact of gender and types of area on social adjustment in students.
- There will be no significant correlation between gamophobia and loneliness.
- There will be no significant correlation between loneliness and social adjustment.
- There will be no significant correlation between social adjustment and gamophobia.

Methodology:

- **Sample:**

In the present study, a total of 140 students were considered as the population. Out of these, 120 students were selected as the sample using the random sampling method. Among the 120 students, 60 students were from rural areas (30 male and 30 female) and 60 students were from urban areas (30 male and 30 female).

- **Research Tools:**

Gamophobia: This test was developed by jogsan & Doshi. The scale consists of 14 statements. It is a five-point scale, meaning that five response options are provided for each item. The response categories include Strongly Agree, Agree, Neutral, Disagree, and Strongly Disagree. Each item is scored accordingly. The scoring values assigned are 1, 2, 3, 4, and 5. The minimum score on the scale is 14, while the maximum score is 70. 0.93, indicating high reliability.

Loneliness: This test was developed by Gadara, Vyas, Rathod, Doshi, and Jogsan. The present scale is a three-point scale consisting of three response options for each item: Yes, No, and Undecided. Responses are scored as follows: a score of 2 is assigned for "Yes," 1 for "Undecided," and 0 for "No." The total score on the scale ranges from a minimum of 0 to a maximum of 100. Scores are interpreted as follows: scores between 0 and 16 indicate very high loneliness, scores between 17 and 36 reflect an average experience of loneliness, scores between 37 and 70 indicate an occasional feeling of loneliness, and scores of 71 and above suggest an absence of loneliness. The reliability of the scale is found to be 0.68, and the validity is observed to be high.

Social adjustment: This test was developed by Bell. There are a total 32 statements. The Gujarati translation has been done by D. J. Bhatt. In which there are 15 positive statements and 17 negative statements. As the score is high, social adjustment is better. The reliability of the social adjustment was found to be 0.85 and 0.89 by the semi-division method and the test method. While the test-retest reliability score is 0.70.

Data collection:

According to the purpose of the present research, a null hypothesis was formulated, and appropriate statistical techniques were selected to obtain reliable data. The primary objective of the study was to examine gamophobia, loneliness, and social adjustment among students. For this purpose, the gamophobia scale developed by doshi and jogsan was utilized. The loneliness scale developed by gadara, vyas, rathod, doshi, and jogsan was also utilized. In addition, bell's social adjustment scale was utilized for data collection, and its gujarati translation prepared by dr. D. J. Bhatt was utilized.

Research Design:

The purpose of the present research was to measure gamophobia, loneliness, and social adjustment among students. A total sample of 120 students (male and female) was selected using the random sampling method. Two-way anova was employed to examine the main effects and interaction effects of the independent variables, namely gender and area (rural and urban), on gamophobia, loneliness, and social adjustment. In addition, the karl pearson correlation method was used to assess the relationship among gamophobia, loneliness, and social adjustment.

Discussion Of The Result:

Table – 1 F- Value of the Gamophobia

Source	Sum of Squares	df	Mean Square	F	Sig.
ASS (Gender)	46256.13	1	46256.13	61.97	0.01
BSS (Types of Area)	2150.53	1	2150.53	2.88	NS
ABSS	790.53	1	790.53	1.05	NS
WSS	86574.000	116	746.32		
TSS	135771.20	119			

Sig.Level 0.01= 6.90.
0.05= 3.94

The analysis indicates that gender (ASS) has a significant effect on gamophobia, as reflected by an F-value of 61.97 and a p-value of 0.01. In contrast, type of area (BSS) does not show a significant effect on gamophobia (F = 2.88). Similarly, the interaction between gender and area type (ABSS) is also not significant (F = 1.05). Thus, gender emerges as the primary factor influencing gamophobia, while area type and their combined effect are not significant.

Table – 2 Mean and f Value of the Gender (Gamophobia)

Sr. No.	Variable	N	Mean	F	Sig.
1	Male A_1	60	100.67	61.98	0.01
2	Female A_2	60	139.93		

Sig.Level 0.01= 6.90 0.05= 3.94

The analysis reveals that gender has a significant effect on gamophobia. Males (A_1) have a mean gamophobia score of 100.67, while females (A_2) have a significantly higher mean of 139.93. The F-value for this comparison is 61.98, which is higher than the critical F-value of 6.90 at the 0.01 significance level, indicating that gender significantly influences gamophobia. The p-value is 0.01, confirming this significance.

Table -3 Mean and f of Types of Area (Gamophobia)

Sr. No.	Variable	Mean	N	F	Sig.
1	B_1(Rural)	124.53	60	2.881	NS
2	B_2(Urban)	116.08	60		

Sig.Level 0.01= 6.90
0.05= 3.94

The type of area (rural vs. urban) does not significantly impact gamophobia. For rural areas (B_1), the mean score is 124.53, and for urban areas (B_2), the mean score is 116.08. However, the F-value is 2.88, which is lower than the critical F-value of 3.94 at the 0.05 significance level, suggesting that area type (rural vs. urban) does not have a significant effect on gamophobia. The p-value is marked as NS (Not Significant), confirming no significant difference between rural and urban areas.

Table-4 Mean and f value of Gender and Types of Area Variable (Gamophobia)

Sr. No	Variable	Mean		N	F	Sig.
		A_1 (Male)	A_2 (Female)			
1	B_1 (Rural)	102.33	146.73	30	1.059	NS
2	B_2 (Urban)	99.00	133.13	30		

Sig.Level 0.01= 6.90
0.05= 3.94

The interaction between gender and area type does not significantly affect gamophobia. Mean scores vary across groups—Male–Rural (102.33), Male–Urban (99.00), Female–Rural (146.73), and Female–Urban (133.13)—but these differences are not statistically significant. The interaction F-value (1.059) is lower than the critical value (3.94), and all p-values are not significant, indicating no meaningful combined effect of gender and area type on gamophobia.

Table 5 F- Value of the Loneliness

Source	Sum of Squares	df	Mean Square	F	Sig.
ASS (Gender)	1074.00	1	1024.00	5.80	0.05
BSS (types of area)	567.67	1	567.675	3.06	NS

ABSS	516.67	1	516.675	2.790	NS
WSS	21480.57	116	185.177		
TSS	23638.92	119			

Sig.Level 0.01= 6.90
0.05= 3.94

The findings indicate that gender (ASS) has a significant effect on loneliness, as shown by an F-value of 5.80 and a p-value of 0.05, suggesting differences between males and females. However, type of area (BSS) and the interaction between gender and area type (ABSS) are not significant, indicating that urban–rural residence and their combined effect with gender do not meaningfully influence loneliness.

Table 6 mean and f value of the gender (Loneliness)

Sr. No.	Variable	N	Mean	F	Sig.
1	Male A_1	60	65.02	5.80	0.05
2	Female A_2	60	59.03		

Sig.Level 0.01= 6.90
0.05= 3.94

The analysis reveals that gender has a significant effect on loneliness. Males (A_1) have a mean loneliness score of 65.02, while females (A_2) have a slightly lower mean score of 59.03. The F-value for gender is 5.80, which is higher than the critical F-value of 3.94 at the 0.05 significance level, and the p-value is 0.05. This indicates that gender significantly affects loneliness, with males reporting higher levels of loneliness compared to females.

Table 7 Mean and f value of types of area (Loneliness)

Sr. No.	Variable	Mean	N	F	Sig.
1	B_1 (Urban)	59.850	60	3.066	NS
2	B_2 (Rural)	64.200	60		

Sig.Level 0.01= 6.90
0.05= 3.94

The analysis shows that the type of area (urban vs. rural) does not significantly affect loneliness. For urban areas (B_1), the mean score is 59.85, while for rural areas (B_2), the mean score is 64.20. The F-value is 3.066, which is below the critical value of 3.94 for significance at the 0.05 level, and the p-value is NS (Not Significant). This suggests that whether an individual lives in an urban or rural area does not significantly influence their level of loneliness.

Table 8 Mean and f value of Gender and types of area (Loneliness)

Sr. No.	Variable	Mean		N	F	Sig.
		A_1 (Male)	A_2 (Female)			
1	B_1 (rural)	60.77	58.93	30	2.790	NS
2	B_2 (Urban)	69.27	59.13	30		

Sig.Level 0.01= 6.90
0.05= 3.94

The interaction between gender and area type (rural vs. urban) also does not significantly affect loneliness. For Male (A_1) and Rural (B_1), the mean score is 60.77, while for Female (A_2) and Rural (B_1), the mean score is 58.93. For Male (A_1) and Urban (B_2), the mean score is 69.27, while for Female (A_2) and Urban (B_2), the mean score is 59.13. The F-value for these interactions is 2.790, which is below the critical value of 3.94, and the p-value is NS. This indicates that the interaction between gender and area type does not significantly affect loneliness in this sample.

Table 9 F- Value of the Social Adjustment

Source	Sum of Squares	Df	Mean Square	F	Sig.
ASS(Gender)	2253.333	1	2253.333	26.89	0.01
BSS (types of area)	14.700	1	14.700	0.17	NS
ABSS	32.033	1	32.033	0.38	NS
WSS	9718.600	116	83.781		
TSS	12018.667	119			

Sig.Level 0.01= 6.90
0.05= 3.94

The results show that gender (ASS) has a significant effect on social adjustment, as indicated by an F-value of 26.89 and a p-value of 0.01. However, type of area (BSS) and the interaction between gender and area type (ABSS) are not significant, indicating that urban–rural residence, either alone or combined with gender, does not significantly affect social adjustment.

Table 10 mean and f value of the gender (Social Adjustment)

Sr. No.	Variable	N	Mean	F	Sig.
1	Male A_1	60	46.000	26.896	0.01
2	Female A_2	60	37.333		

Sig.Level 0.01= 6.90
0.05= 3.94

The F-value for gender (ASS) is 26.896, which is significantly greater than the critical value of 6.90 at the 0.01 significance level, and the p-value is 0.01. This indicates that gender has a significant effect on social adjustment. Males have a mean score of 46.00, which is significantly higher than females, indicating that males tend to have better social adjustment compared to females in this sample. The female (A_2) group has a mean score of 37.333, which is notably lower than that of males. The difference in scores is significant, further confirming that gender significantly influences social adjustment, with males showing higher social adjustment levels compared to females.

Table 11 Mean and f value of Types of gender (Social Adjustment)

Sr. No.	Variable	Mean	N	F	Sig.
1	B_1 (rural)	41.32	60	.175	NS
2	B_2 (Urban)	42.02	60		

Sig.Level 0.01= 6.90
0.05= 3.94

The F-value for rural areas (B_1) is 0.175, which is far below the critical F-value of 3.94 at the 0.05 significance level, and the result is marked as NS (Not Significant). This indicates that the type of area (rural vs. urban) does not significantly affect social adjustment in this sample. Whether an individual lives in a rural or urban area does not appear to have a meaningful impact on their level of social adjustment. Similarly, for urban areas (B_2), the mean score is 42.02, but the F-value remains 0.175, which is lower than the critical F-value of 3.94, indicating that the type of area does not have a significant effect on social adjustment.

Table 12 Mean and F value of Gender and types of area (Social Adjustment)

Sr. No.	Variable	Mean		N	F	Sig.
		A_1 (Male)	A_2(Female)			
1	B_1 (rural)	46.17	36.47	30	.382	NS
2	B_2 (Urban)	45.83	38.20	30		

Sig.Level 0.01= 6.90
0.05= 3.94

For the interaction between Male (A_1) and Rural (B_1), the mean score is 46.17, and the F-value is 0.382, which is lower than the critical value of 3.94. This indicates that the combination of gender and area type (rural) does not significantly affect social adjustment. Similarly, for Male (A_1) and Urban (B_2), the mean score is 45.83, and the F-value remains 0.382, which is not significant. This suggests that the combination of gender and urban living also does not have a significant impact on social adjustment. For Female (A_2) and Rural (B_1), the mean score is 36.47, with an F-value of 0.382, which is not significant, showing that the interaction between female gender and rural living does not significantly affect social adjustment. Finally, for Female (A_2) and Urban (B_2), the mean score is 38.20, and the F-value is 0.382, also indicating

no significant effect. This confirms that gender and area type interaction does not significantly affect social adjustment.

The analysis indicates that gender significantly affects social adjustment, with males showing better social adjustment compared to females. However, the type of area (rural vs. urban) and the interaction between gender and area type do not significantly affect social adjustment. These findings suggest that gender plays a key role in social adjustment, while the physical environment (urban or rural) does not seem to have a major influence. Further research could explore the psychological or social factors influencing gender differences in social adjustment.

Table 13 Correlation Between Gamophobia and Loneliness

Sr. No.	Variables	N	Mean	r
1	Gamophobia	120	120.30	0.16
2	Loneliness	120	62.26	

The results presented in Table 13 indicate a positive correlation between gamophobia and loneliness (r = 0.16) among students. This finding suggests that higher levels of gamophobia are associated with higher levels of loneliness. However, the magnitude of the correlation is low, indicating a weak relationship between the two variables. This implies that although students who experience fear of commitment may also report slightly higher loneliness, gamophobia alone does not strongly predict loneliness. Other psychological, social, or environmental factors may play a more substantial role in influencing loneliness among students.

Table 14 Correlation between Gamophobia and Social Adjustment

Sr. No.	Variables	N	Mean	r
1	Gamophobia	120	120.30	-0.40
2	Social Adjustment	120	41.67	

The results presented in Table 14 show a negative correlation between gamophobia and social adjustment (r = −40) among students. This finding indicates that higher levels of gamophobia are associated with lower levels of social adjustment. The magnitude of the correlation suggests a moderate negative relationship, implying that fear of commitment may meaningfully interfere with students' ability to adjust socially. Students experiencing greater gamophobia may have difficulty forming stable relationships, participating in social interactions, or adapting effectively to social environments. Thus, gamophobia appears to be an important psychological factor related to social adjustment, although additional variables may also contribute to this relationship.

Table 15 Correlation between Social Adjustment and Loneliness

Sr. No.	Variables	N	Mean	r
1	Social Adjustment	120	41.67	

2	Loneliness	120	62.26	-0.24

The results presented in Table 15 indicate a negative correlation between loneliness and social adjustment ($r = -0.24$) among students. This finding suggests that higher levels of loneliness are associated with lower levels of social adjustment. The magnitude of the correlation reflects a moderate negative relationship, implying that students who experience greater feelings of loneliness may face difficulties in adjusting to social situations, forming relationships, and maintaining effective social interactions. Although loneliness does not solely determine social adjustment, it appears to be an important psychological factor influencing students' social functioning. Other individual and environmental variables may also contribute to this relationship.

Conclusion:

- There was significant impact of Gender on Gamophobia.
- There was no significant impact of Arya on Gamophobia.
- There was no significant impact of Gender and Arya on Gamophobia.
- There was significant impact of Gender on Loneliness.
- There was no significant impact of Arya on Loneliness.
- There was no significant impact of Gender and Arya on Loneliness.
- There was significant impact of Gender on Social Adjustment.
- There was no significant impact of Arya on Social Adjustment
- There was no significant impact of Gender and Arya on Social Adjustment.
- There was a significant positive correlation between Gamophobia and Loneliness.
- There was a significant negative correlation between Gamophobia and Social Adjustment.
- There was a significant negative correlation between social Adjustment and Loneliness.

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