

P12

[100]

RELATIONSHIPS AMONG ALONELINESS, STRESS RESPONSE, AND AGGRESSION

Jingxuan WU^{1*} and Murakami Y²

¹*Graduate School of Psychology, Kansai University, Japan*

²*Faculty of Letters, Kansai University, Japan*

**jingxuanwu820@gmail.com*

ABSTRACT

Aloneliness is defined as the negative emotions that arise from the perception of inadequate time spent alone, which has been demonstrated to increase aggression. However, the mechanism remains largely unknown. Furthermore, there are no aloneliness scales with a limited number of items. Therefore, the purpose of this study was (a) to create a scale for assessing aloneliness and (b) to examine the mediating and moderating effects of stress response on the relationship between aloneliness and aggression. Cross-sectional surveys were conducted for Study 1, 2 using an internet survey. The sample size was determined based on previous research findings. In both Study 1, 2 participants were recruited from general Japanese population. In Study 1, Aloneliness Scale demonstrated a certain degree of reliability and concurrent validity in 490 participants ($M_{age} = 42.63$, $SD = 6.52$; men = 239, women = 251). In Study 2, 625 participants ($M_{age} = 41.06$, $SD = 10.99$; men = 305, women = 320) completed an online questionnaire including the aloneliness Scale, the Japanese version of the Buss-Perry Aggression Questionnaire (BAQ), and the Public Health Research Foundation Stress Check List Short Form (PHRF-SCL (SF)). Although the moderating effect of stress response was not confirmed, models with tiredness/physical (body) responses and autonomic symptoms as mediating variables were significant when anger and hostility were dependent variables. In addition, only the model with autonomic symptoms as a mediating variable was significant when awkward self-presentation was the dependent variable. These results suggest that aloneliness leads to aggression such as anger, hostility, and awkward self-presentation through the stress response. As a future challenge, the need to clarify the mechanisms of aloneliness and aggression using a more rigorous research design was discussed.

Keywords: aloneliness, solitude, aggression, interpersonal behavior, mental health