

Study Of Relationship Between Anxiety, Loneliness, And Emotional Intelligence Among University Students

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Abstract

Introduction: Regarding university student's lifetime, it is important to be aware of psychological issues that can affect their life during their education at university. This study aims to investigate the relationship between anxiety, loneliness, and emotional intelligence among university students. **Methodology:** The current research used a quantitative survey study with these three questionnaires; UCLA Loneliness Scale, Hamilton Anxiety Rating Scale (HAM-A), and Wong and Law Emotional Intelligence Scale (WLEIS) that applied to 314 participants who are students at Near East University in North Cyprus. Data analysis was done based on a t-test, for sociodemographic variables and dependent variables, and for correlation and regression, researchers used Pearson. **Result:** This study found that there is a significant relationship between emotional intelligence, loneliness, and anxiety. Loneliness and anxiety have a substantial positive connection, suggesting that loneliness leads to increased anxiety. Also, Emotional intelligence has a substantial negative correlation with anxiety. On the other hand, this research revealed the relationship between dependent variables and socio-demographic variables; gender, level of education, accommodation, and nationality. The findings show that there is no significant relationship between gender, nationality, and relationship status in loneliness, anxiety, and emotional intelligence among the participants. In comparison of emotional intelligence, loneliness, and anxiety among undergraduates and graduates yields significant findings. Also, regarding accommodation, there is a significant relationship between loneliness and anxiety and students who live in a dormitory and out of the dorm. **Conclusion:** related to the results, university lifetime students have some psychological issues, in this study, loneliness and emotional intelligence have a significant relationship, and also they can predict the level of anxiety in students at university. Universities need to be aware of this important issue and provide an environment for students to feel less lonely and develop their emotional intelligence which helps them to cope with anxiety.

Keywords: Anxiety, loneliness, emotional intelligence, university students