

## INTRODUCTION

- Existential isolation (EI) is the sense that one is alone in their experience and others cannot understand their perspective
- Single adults might experience EI if their social circles are unsatisfactory
- We explored how various properties of single adults' social circles are linked to EI

## METHOD

1.  $N = 140$  single college students
2. Measured satisfaction with relationship status, social circle dependability, satisfaction with social circle, proportion of social circle that is single, & EI
3. Tested with simple linear regressions

## RESULTS

- Satisfaction & dependability of social circle negatively predicted EI
- Satisfaction with relationship status & number of single friends did not predict EI

## CONCLUSION

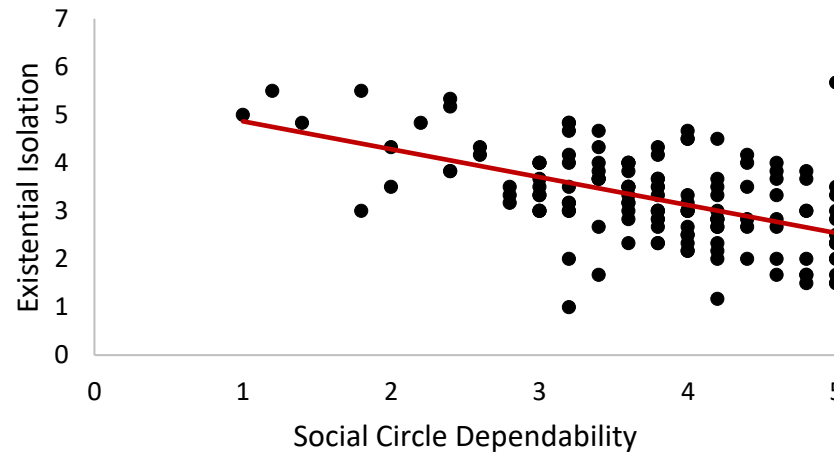
- Qualities about social circles, not relationship status, seem to be more predictive of single adults' EI

This study explores the relationship status of singlehood and how it affects existential isolation (EI), the sense that one is alone in their experience and perspective. To test this, we employed several self-report scales measuring relationship status satisfaction, social circle dependability, and EI. In comparing these results, we found that the more dependable singles perceived their social circle to be, the less they felt EI. We are looking forward to furthering these data and adding additional variables to explore existential isolation!

# Existential Isolation and Well-being among Single Persons

## Single young adults with more dependable social circles feel less existentially isolated

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### Social Circle Dependability

- "I find it difficult to allow myself to depend on [my close social network]."
- 1 = *strongly disagree*; 5 = *strongly agree*

### Satisfaction with Social Circle

- "I feel satisfied with my [social circle]."
- 1 = *do not agree at all*; 8 = *strongly agree*

### Satisfaction with Relationship Status

- "In general, how satisfied are you with being single?"
- 1 = *not at all*; 4 = *to a great extent*

### Proportion of Social Circle that is Single

- Relationship statuses of people in participants' close social network.

### Existential Isolation

- "I usually feel like people share my outlook on life."
- 1 = *strongly disagree*; 7 = *strongly agree*

### Regression Statistics

- Social circle dependability predicting EI:
  - $b = -.58$  ( $SE = .08$ ),  $p \leq .001$
- Social circle satisfaction predicting EI:
  - $b = -.45$  ( $SE = .05$ ),  $p \leq .001$
- Relationship status satisfaction predicting EI:
  - $b = -.10$  ( $SE = .10$ ),  $p = .305$
- Proportion of social circle that is single predicting EI:
  - $b = .27$  ( $SE = .38$ ),  $p = .477$

