

UNDERSTANDING LONELINESS THROUGH PERSONALITY: IMPLICATIONS FOR SOCIAL AND PSYCHOLOGICAL WELL-BEING

Saturday, September 13, 2025 12:00 PM (10 minutes)

Human beings are inherently social creatures whose psychological and physical well-being depends on the quality of their relationships. When these relationships are impaired, loneliness, characterized by a perceived discrepancy between desired and actual social ties, can emerge. Loneliness is a subjective and distressing feeling, whereas social isolation refers to the objective lack of relationships. Previous research has shown that both loneliness and social support are associated with personality traits, particularly higher neuroticism and lower extraversion.

This study explores the impact of personality traits on loneliness and social support. A sample of 226 participants completed the HEXACO-60, PID-5-SF, the UCLA Loneliness Scale and the Lubben Social Network Scale (LSNS). Linear regression analyses were conducted to assess predictive relationships.

The analysis of the impact of HEXACO personality dimensions on loneliness (UCLA score) (adjusted $R^2 = 0.442$; $p < .001$) shows a positive effect of Emotionality ($p < .001$) –i.e. vulnerability to emotional distress –and a negative effect of Extraversion ($p < .001$). The same dimensions also predicted social support (LSNS score). Similarly, the pathological personality dimensions (PID score) (adjusted $R^2 = 0.439$) of Negative Affectivity ($p = .001$), Detachment ($p < .001$), and Psychoticism ($p = .005$) appear to positively influence loneliness. In contrast, social support was significantly associated only with Detachment.

These findings suggest that individuals with greater emotional vulnerability and maladaptive traits are more likely to experience loneliness and social isolation. Further research should clarify the mediating mechanisms involved and inform interventions targeting loneliness and associated psychopathological risks.

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