

Daydreaming in Relation with Loneliness and Perceived Social Support among University Undergraduates

Anam Yousaf, Saba Ghayas, and Syeda Tooba Akhtar
University of Sargodha, Pakistan

The aim of present research was to investigate the relationship among daydreaming, loneliness and perceived social support. The current study was conducted on a random sample of undergraduates taken from University of Sargodha (N = 177). The sample comprised of boys (n = 74) and girls (n = 103). In order to measure daydreaming, perceived social support and loneliness, Urdu translated Short Imaginal Processes Inventory, Interpersonal Support Evaluation List and Urdu translated UCLA Loneliness scale were used respectively. Linear regression analysis portrayed that loneliness was a significant and positive predictor of daydreaming while perceived social support appeared as a non-significant correlate of daydreaming. Data analysis also revealed that perceived social support is a significantly negative predictor of loneliness. Moreover, the analysis revealed that girls scored significantly higher on daydreaming while non-significant gender differences were found in loneliness and perceived social support.

Keywords: Daydreaming, Perceived social support, Loneliness, relationship, University Students.

Daydreaming is a universal phenomenon, which is considered as the diversion of attention from the present physical or cognitive task toward those patterns, which are not a part of present state, or it can be an engagement in the external environment in response to internal stimuli. There are three styles of daydreaming: positive constructive daydreaming, which is characterized by enjoyment and acceptance of daydreaming, positive thoughts, positive emotions and realistic problem solving. The guilt and fear of failure accompanied by negative-depressive character and anxieties adds to it. These individuals try to strive for achievement through heroic activities, yet they also have considerable fear of failure and anger for others. Also, poor attentional control reflects an inability to maintain a prolonged inner-orientation without distraction from the external environment (Singer, 1975).

Daydreaming represents the activities of routine life furthermore it depicts the living style of individuals that is why it can be a culturally relevant experience. Sound body of researches speculated daydreaming as a negative activity and associated it with poor concentration

abilities (Riby, Smallwood, & Gunn, 2008); and depressive and lonely feelings (Nolen-Hoeksema et al., 2008; Watkins, 2008).

According to De Jong-Gierveld (1998), loneliness is characterized by a situation experienced by the individual as one where there is an unpleasant or inadmissible lack in quality of certain relationships. This includes situations, in which the number of existing relationships is smaller than is considered desirable or admissible, as well as situations where the intimacy one wishes for has not been realized). Franklin and colleagues (2013) did collective work on a sample of adults regarding the relation between frequency of daydreaming and its relation with daily patterns of life. Findings presented that imagination or off task thinking is more likely linked with more undesirable feelings (loneliness) than positive ones. Moreover, many researches demonstrated that daydreaming is linked with higher level of lonely feelings and with deprivation of social support group (Killingsworth & Gilbert 2010, 2013; Smith & Alloy, 2009; Smallwood et al., 2009).

The influential work of Mar and his colleagues (2012) on a sample of undergraduates suggested