Title: Loneliness, Resilience and Psychological wellbeing among the elderly in Uganda

Abstract

The purpose of this study was to establish the relationship between loneliness, resilience, and psychological wellbeing and to assess whether resilience moderates loneliness with psychological among the elderly in Uganda. Three hundred participants were selected using simple random and snowball sampling techniques. Correlation and comparative research designs were used. To determine the relationship between loneliness, resilience, and psychological wellbeing, a Statistical Package for Social Sciences (SPPS) was used to compute the Pearson Product Moment Correlation Coefficient. ANOVA was used to determine the differences in loneliness, resilience and psychological wellbeing. Model 1 of PROCESS macro was used to determine the moderation of resilience on loneliness and psychological wellbeing. Results revealed loneliness and resilience had a negative significant relationship ($r = .-56$ $p < .01$), loneliness and psychological wellbeing had a negative significant relationship ($r = .-35$ $p < .01$), resilience and psychological wellbeing were significantly associated ($r = .49$ $p < .01$). Loneliness differed significantly in Rakai ($M = 34.01$), Kyankwanzi ($M = 27.09$), and Jinja ($M = 44.26$). There was a significant difference in resilience, Kyankwanzi ($M = 56.19$), Rakai ($M = 51.12$) and Jinja ($M = 50.03$). There was no significant difference in psychological wellbeing, Kyankwanzi ($M = 49.39$), Rakai ($M = 45.39$) and Jinja ($M = 46.11$). Results revealed that at all levels of resilience, psychological wellbeing decreases especially when loneliness increases. When psychological wellbeing is high, loneliness is low.

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