LONELINESS AND LEARNING BURNOUT: A MEDIATING ROLE OF DESIRABILITY AND PHUBBING IN UNIVERSITY STUDENTS

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DEDICATION

To my beloved parents (Dildar Hussain & Bilqees Dildar) and siblings.

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Abstract

The present study aims to investigate the relationship between loneliness and learning burnout among university students, with a focus on the mediating roles of desirability (desire to use mobile phones) and phubbing. Given the increasing prevalence of loneliness and its potential impact on academic exhaustion, this study employs a quantitative, correlational research design to examine how these factors interact. A sample of 420 university students was selected using purposive sampling from both government and private universities. The sample consisted of (n=210) university students from a government university and sample consisted of (n=210) university students from a private university, male (n=174) and female (n=246), having an age range of 18-35 years. UCLA loneliness scale (Russell, 1996), Generic scale of Phubbing (Chotpitayasunondh and Douglas, 2018), Smartphone addiction scale (Kwon et al., 2013), and the indigenous Learning Burnout scale were used to measure the focal constructs of the present study, Loneliness and learning burnout in Participants. All scales demonstrated acceptable levels of internal consistency. SPSS 27.0 was used to analyze the data. Descriptive statistics summed up demographics. Pearson correlation investigated the relationships. Mediation analysis through SPSS macro tested the mediation of phubbing and Desirability on loneliness and learning burnout.

Keywords: Loneliness, Learning burnout, Desirability, Phubbing, students.

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Abbreviations

Abbreviations	Full Form
UCLA	University of California, Los Angeles
GPS	Generic scale for phubbing
SAS	Smartphone addiction scale
LBS	Learning burnout scale
NP	Nomophobia
IC	Interpersonal conflict
SI	Self-isolation
PA	Problem acknowledgement
AD	Academic depletion
PE	Physical Exhaustion
EFA	Exploratory factor analysis
CFA	Confirmatory factor analysis

List of Symbols

Symbol	Full Form
α	Cronbach's alpha
M	Mean
SD	Standard Deviation
≤	Less than or Equal to
≥	greater than or Equal to
SE	Standard error
P	Significance value
%	Percentage
f	Frequency
k	No. of items
df	Degree of freedom
Z	Standardized test statics in Wilcoxon table
r	Effect size
n	Sample size
N	Size of participants
α	Cronbach's alpha
M	Mean
β	Standardized Coefficient

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