



LONELINESS AND SELF-CONCEPT AMONG YOUNG TEENS IN PAGSANJAN, LAGUNA

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Abstract:

The main focus of this study was to determine the current levels of loneliness and self-concept and to identify a significant relationship between the two variables among the young teens in Pagsanjan, Laguna. The proposed action plan aimed to handle and deal with loneliness was the output of the study. This study utilized a quantitative research design with a causal approach. Through stratified random sampling, the respondents of the study were 492 young teens in Pagsanjan, Laguna. Adapted standard questionnaires such as de Jong Gierveld Loneliness Scale, UCLA Loneliness Scale (Version 3) and Personal Self-Concept Questionnaire (PSQ) were used as survey instruments for gathering of data. Using the four-point Likert Scale, the mean, the Pearson Product-Moment Correlation Coefficient, findings revealed that the levels of loneliness were high and self-concept specifically self-fulfillment was low among young teens in Pagsanjan, Laguna. Loneliness specifically Emotional Loneliness had a significant relationship with Self-Concept Specifically Self-fulfillment, Autonomy, and Emotional Adjustment. On the other hand, Loneliness specifically Social Loneliness had a significant relationship with Self-Concept Self-fulfillment, Autonomy, and Emotional Adjustment while both Emotional Loneliness and Social Loneliness had no significant relationship with Honesty.

Keywords: loneliness, self-concept, emotional loneliness, social loneliness, self-fulfillment, autonomy, honesty, emotional adjustment

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INTRODUCTION

Humans are sociable creatures who need social interaction. Acceptance, support, love, and fulfilment come from interacting with people. Any loss or change in interaction with people might make it difficult to sustain interpersonal contact and lead to relationship changes. In like manner, The COVID-19 pandemic led to many changes worldwide. Physical and social distancing limit and narrow down the interaction of a person to other people, which may lead to loneliness.

In fact, Hwang, Rabheru, Peisah, Reichman, Ikeda (2020) claimed that before the COVID-19 pandemic, loneliness was extremely common (10–40%) across Europe, the United States, and China and the situation has only become worse as a result of the limitations placed to stop viral propagation, also, it was referred to as a “relationship pandemic.”

In the Philippines, there is a heightened restriction of the age requirement of going outside and most teenagers are obligated to stay at home. For this reason, Labrague, Delos Santos and Falguera (2020) reiterated that when compared to older people, there was a greater frequency of loneliness felt by young teen Filipinos during the COVID-19 pandemic, as a matter of fact at least 38–50% of teenagers felt lonelier during the obligatory lockdown. Limited social interaction was faced by mostly teenagers since they did not meet the age requirement to go outside during lockdown. They had little to no peer interaction, and in some cases, even engagement with their family was prohibited owing to health restrictions.

On the other hand, Berger (2019) mentioned that teenage is the time when a person’s sensitivity to rapid learning and crucial acquisitions is at its peak, determining how they will live as adults. The crucial part of developing self-concept is found in this period. Furthermore, self-concepts are formed and maintained depending on the information obtained from social contexts and interactions. People view themselves through the eyes of others, and this has an impact on their self-concept.

In like manner, self-concept confusion is predicted by feelings of loneliness. Because they don’t have enough meaningful social engagement, lonely persons don’t have enough knowledge about themselves to authenticate and reinforce their self-concept. It may be that not having someone to verify one’s self frequently predicts self-concept uncertainty.

The researcher felt the need to conduct the study due to familiarity with the situations of how young teens were experiencing loneliness during this time of the pandemic. Also, the desire to look at how loneliness caused by the pandemic lockdown brought to young teens’ self-concept wherein the teenage stage was the crucial part of developing it. Thus, to determine the level of loneliness of young teens and its relationship with the level of self-concept. The study also aimed to have an eye for this situation and provide help to the community especially the young teens to draw on an approach to address this matter.

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MATERIALS AND METHODS

The study used the descriptive-correlational method. This is to determine the level of loneliness (IV) and level of self-concept (DV) of young teens in Pagsanjan, Laguna. Kabir (2016) defined Descriptive Correlational as used to measure and describe the relationship or association between two variables.

The population of the study consisted of young teens (ages 12-14) in Pagsanjan, Laguna. In the gathering of quantitative data, the sample size was determined upon obtaining the population of respondents. This study used Stratified Random Sampling. The sample size yielded achieved statistical power of 1.000 based on the 0.5 effect size ($\alpha = 0.05$), as per computation using G-Power.

When measured the level of loneliness among young teens in Pagsanjan, Laguna, the study adapted the de Jong Gierveld Loneliness Scale. Developed by de Jong Gierveld and van Tilburg (1999) and UCLA Loneliness Scale (Version 3) was developed by Russell (1996). Given these, the studies merged and adapted the two said questionnaires. Emotional loneliness consists of 13 items while social loneliness had 11 items. It also used a 4-point Likert Scale whereas option ranges from never to often. The reliability of the adapted questionnaire was .843 (Cronbach's alpha).

On the other hand, the level of self-concept among young teens in Pagsanjan, Laguna was measured by adapted the Personal Self-Concept Questionnaire (PSQ). It was developed by Goñi, Madriaga, Axpe and Goñi (2011). It measures how a person sees themselves as an individual or their self-concept. The questionnaire is divided into four categories to measure different indicators of self-concept: (a) Self-fulfillment (4 items); (b) Autonomy (4 items); (c) Emotional Adjustment (4 items); and (d) Honesty (3 items). The Cronbach's alpha reliability coefficient of the adapted questionnaire was .791. It also used a 4-point Likert scale whereas options ranges are from totally disagree to totally agree.

The following are the statistical treatments that were applied to the study by the statistician: the Percentage Formula and Frequency were used for figure representation among collected data, the Mean and the Four-Point Likert Scale were used to describe the level of loneliness and the level of self-concept among young teens in Pagsanjan, Laguna, on interpreting

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the results of the level of loneliness and level of self-concept, equivalent interpretation was employed based on the Likert Scale's Verbal Interpretation from the standard questionnaire and to determine the relationship between the level of loneliness and the level of self-concept among young teens in Pagsanjan, Laguna, the Pearson Product-Moment Correlation Coefficient was used.

RESULTS AND DISCUSSION

Table 1.1

Level of Loneliness among Young Teens in Pagsanjan, Laguna in terms of Emotional Loneliness

| Indicators in terms of Emotional Loneliness | \bar{X} | VI | EI |
|---|-----------|-----------|-----------|
| 1. I find it hard to be with someone I can lean on when I have problems. | 3.26 | Often | Very High |
| 2. I experience a sense of emptiness. | 3.25 | Often | Very High |
| 3. I find my circle of friends too limited. | 3.25 | Often | Very High |
| 4. There is no one I can talk to about my day-to-day problems. | 3.25 | Often | Very High |
| 5. I feel alone at home. | 3.25 | Often | Very High |
| 6. There is no one I can share my thoughts with. | 3.24 | Sometimes | High |
| 7. There is no one I can depend on. | 3.24 | Sometimes | High |
| 8. I am lacking in being connected with my loved ones. | 3.24 | Sometimes | High |
| 9. I often feel rejected. | 3.24 | Sometimes | High |
| 10. I feel that my family is around me but not with me. | 3.24 | Sometimes | High |
| 11. I find myself waiting for the significant persons in my life to message me. | 3.23 | Sometimes | High |

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| 12. I find it hard to call my closest friends whenever I need them. | 3.23 | Sometimes | High |
| 13. I miss having a really close friend. | 3.21 | Sometimes | High |

| | | | |
|---------------------------|-------------|------------------|-------------|
| GENERAL ASSESSMENT | 3.24 | Sometimes | High |
|---------------------------|-------------|------------------|-------------|

| | | |
|---------|-----------------------------------|----------------------------------|
| Legend: | 3.25 – 4.00 Often/ Very High (VH) | 1.75 – 2.49 Rarely / Low (L) |
| | 2.50 – 3.24 Sometimes/ High (H) | 1.00 – 1.74 Never/ Very Low (VL) |

Table 1.1 shows the level of loneliness among young teens in Pagsanjan, Laguna in terms of emotional loneliness. The general assessment was 3.24 which was verbally interpreted as Sometimes with an equivalent interpretation of High. The indicator “*I find it hard to be with someone I can lean on when I have problems*” had the highest computed mean of 3.26 which was verbally interpreted as Often with an equivalent interpretation of Very High, while the indicator “*I miss having a really close friend*” had the lowest computed mean of 3.21 and was verbally interpreted as Sometimes with an equivalent interpretation of High.

It implies that Emotional Loneliness contributes high to loneliness among young teens in Pagsanjan, Laguna. It is evident that the young teens find it hard to be with someone they can lean on when they have problem due to the situations brought by the COVID-19. That most of the time problems are better expressed when physically together. However, the indicator that has the lowest assessment according to the respondents is the indicator stating “*I miss having a really close friend*”. It depicts that the young teens may sometimes use alternative ways when they miss their closest friends (e.g., social media, text messages, phone calls, etc.).

To support this finding, Ishchanova (2018) stated that the findings indicated that young teenagers were more likely to experience emotional loneliness. Their target audience may be explained by the fact that the majority of young teenagers felt they had friends with similar interests, but they only sometimes spent time with them, such as by hanging out with friends or visiting their homes. These relationships lack an emotional component, which has a greater impact on feelings of emotional loneliness. With these, limited gatherings to keep in touch with friends are some of the common situations faced by the young teens nowadays. Also, living with

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their family yet physically disconnected due to health restrictions can be experienced by these young teens that can come up to a high level of loneliness.

Table 1.2

Level of Loneliness among Young Teens in Pagsanjan, Laguna in terms of Social Loneliness

| Indicators in terms of Social Loneliness | \bar{X} | VI | EI |
|---|-------------|--------------|------------------|
| 1. I see myself having a lack of social connections. | 3.34 | Often | Very High |
| 2. I miss the pleasure of the company of others. | 3.33 | Often | Very High |
| 3. I feel that I am away from others. | 3.32 | Often | Very High |
| 4. I feel detached from the environment. | 3.32 | Often | Very High |
| 5. I find my social relationships lacking. | 3.32 | Often | Very High |
| 6. My need for social relationships is still unsatisfied. | 3.31 | Often | Very High |
| 7. I feel that I don't have a meaningful social relationship. | 3.31 | Often | Very High |
| 8. I lack social interactions. | 3.31 | Often | Very High |
| 9. I feel that I am excluded from the community | 3.31 | Often | Very High |
| 10. I am unable to reach out to the social world | 3.31 | Often | Very High |
| 11. I feel that I am no longer close to anyone. | 3.29 | Often | Very High |
| GENERAL ASSESSMENT | 3.32 | Often | Very High |

Legend: 3.25 – 4.00 Often/ Very High (VH) 1.75 – 2.49 Rarely / Low (L)
2.50 – 3.24 Sometimes/ High (H) 1.00 – 1.74 Never/ Very Low (VL)

Table 1.2 shows the level of loneliness among young teens in Pagsanjan, Laguna in terms of social loneliness. The general assessment was 3.32 which was verbally interpreted as Often

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with an equivalent interpretation of Very High. Furthermore, the indicator “*I see myself having a lack of social connections.*” had the highest computed mean of 3.34 which was verbally interpreted as Often with an equivalent interpretation of Very High, while the indicator “*I feel that I am no longer close to anyone*” had the lowest computed mean of 3.29 and was verbally interpreted as Often with an equivalent interpretation of Very High.

It implies that the young teens have a high level of Social Loneliness. Since the pandemic started, the young teens were advised to stay in their homes. The indicator “*I see myself having a lack of social connections.*” That had the highest assessment according to the respondents shows that they had little to no social connections considering their safety from COVID-19. Some schools are already implementing limited face-to-face classes yet some are still advised to stay at home and stick to online learning. Some young teens are still advised not to go to malls or any social gatherings due to the spread of COVID-19. However, the feeling of how they are no longer close to anyone may imply that there are few or some relationships that are well established whether what situation may happen.

In support to this, Dahlberg (2021) stated according to a study carried out during the pandemic, those who had lost social contacts and activities experienced greater social loneliness. The resource-based approach may be able to further explain the social separation that existed throughout the pandemic. This idea holds that a person's access to resources directly causes social loneliness by denying them social interactions and social activities. Likewise, Nault, Rogers, Sezer, & Klein (2020) stated social distancing can exacerbate social loneliness and hat people who have lack of social connections tend to have weaker sense of meaning in life and are experiencing social loneliness. In connection to the study, social loneliness was characterized by the absence of a large group of contacts or of membership to a social group, such as friends, colleagues or neighbours, which is commonly experienced by the young teenagers.

Table 2.1

Level of Self-concept among Young Teens in Pagsanjan, Laguna in terms of Self-fulfillment

| Indicators in terms of Self-fulfillment | \bar{X} | VI | EI |
|---|-----------|----------|-----|
| 1. So far, I have achieved every important goal I have set myself. | 1.94 | Disagree | Low |
| 2. I have always overcome any difficulties I have encountered in my life. | 1.90 | Disagree | Low |

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| 3. If I could start my life over again, I would not change very much | 1.87 | Disagree | Low |
| 4. I feel proud of how I am managing my life. | 1.84 | Disagree | Low |

GENERAL ASSESSMENT

1.89 **Disagree** **Low**

Legend: 3.25 – 4.00 Totally Agree/ Very High (VH) 1.75 – 2.49 Disagree / Low (L)
2.50 – 3.24 Agree/ High (H) 1.00 – 1.74 Totally Disagree/ Very Low (VL)

Table 2.1 shows the level of Self-Concept among young teens in Pagsanjan, Laguna in terms of Self-Fulfillment. The general assessment was 1.89 which was verbally interpreted as Disagree with an equivalent interpretation of Low. Furthermore, the indicator "*So far, I have achieved every important goal I have set myself.*" had the highest computed mean of 1.94 which was verbally interpreted as Disagree with an equivalent interpretation of Low, while the indicator "*I feel proud of how I am managing my life.*" had the lowest computed mean of 1.84 and was verbally interpreted as Disagree with an equivalent interpretation of Low.

It implies that young teens in Pagsanjan, Laguna have a low level of self-fulfillment. That may be due to the limited movements of the young teens. There are instances wherein the goals they have set for themselves are still unmet. That when challenges comes; difficulties in overcoming these are felt. However, the indicator that has the lowest assessment according to the young teens stating "*I feel proud of how I am managing my life.*" It depicts that there might be something lacking or unsuccessful based on how they managed their life. And this difficulty in overcoming challenges may influence on how young teens manage their lives.

This can be explained when Sandu, Pânișoară, & Pânișoară (2015) cited that the teenagers with low self-concept are generally avoid or having difficulties on facing responsibilities and new tasks which can be refer to their level of self-fulfillment; they feel worthless; they have low tolerance to frustration and having difficulty on managing their own life; and refuse to accept consequences of their own actions. Additionally, Palenzuela-Luis, Duarte, Gómez-Salgado, Rodríguez-Gómez, Sánchez-Gómez (2022) mentioned that as a result, 53% of young teenagers have low self-concept as a result. The fact that young kids can't figure things out on their own has also raised a lot of debate. Self-concept caused concern. Also we have revealed a high level of controversy that these children are unable to solve problems on their own. Due to the situation

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wherein these young teens facing right now, they experienced difficulty on handling tasks and problems.

Table 2.2

Level of Self-concept among Young Teens in Pagsanjan, Laguna in terms of Autonomy

| Indicators in terms of Autonomy | \bar{X} | VI | EI |
|---|-------------|-----------------|-------------|
| 1. I find it difficult to make decisions on my own. | 3.24 | Disagree | High |
| 2. When taking a decision, I depend too much on other people's opinions | 3.19 | Disagree | High |
| 3. I find it hard to start on anything without other people's support | 3.17 | Disagree | High |
| 4. In order to do anything, I first need other people's approval. | 3.13 | Disagree | High |
| GENERAL ASSESSMENT | 3.18 | Disagree | High |

Legend: 3.25 – 4.00 Totally Disagree/ Very High (VH) 1.75 – 2.49 Agree / Low (L)
2.50 – 3.24 Disagree/ High (H) 1.00 – 1.74 Totally Agree/ Very Low (VL)

Table 2.2 presents the level of Self-Concept among young teens in Pagsanjan, Laguna in terms of Autonomy. The above statements were negative statements, meaning, the scale runs in the opposing direction. So, if the respondents disagreed to the said statement, they had high autonomy. The general assessment was 3.18 which were verbally interpreted as Disagree with an equivalent interpretation of High. The indicator "I find it difficult to make decisions on my own." Atained the highest computed mean of 3.24 which was verbally interpreted as Disagree with an equivalent interpretation of High, while the indicator "In order to do anything, I first need other people's approval." obtained the lowest computed mean of 3.13 and was verbally interpreted as Disagree with an equivalent interpretation of High.

Due to the situations that most of them are experiencing being away from people they tend to develop independence wherein making a decision can be easier for them. However, the indicator "In order to do anything, I first need other people's approval." Implies the lowest

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assessment; this can depicts that the young teens still consider other people’s opinions before making a decision. Especially those people who are significant in their lives.

In support to this, Fraguela, Varela, Carretero, & Peralbo (2020) mentioned that the only factor that was statistically significant was autonomy, which was higher in the sample of young teenagers. Considering that earlier studies have demonstrated that being "independent" helps people achieve beneficial results like a positive self-concept. With relation to this, considering the fact that beliefs about autonomy depend on teens’ views about their state of being independent, a reason for the relatively high autonomy could be the fact that they have to adjust to the situation.

Table 2.3

Level of Self-concept among Young Teens in Pagsanjan, Laguna in terms of Honesty

| Indicators in terms of Honesty | \bar{X} | VI | EI |
|--------------------------------|-----------|--------------|-------------|
| 1. My promises are sacred | 3.15 | Agree | High |
| 2. I am a man/woman of my word | 3.14 | Agree | High |
| 3. I am a trustworthy person. | 3.11 | Agree | High |
| GENERAL ASSESSMENT | 3.13 | Agree | High |

Legend: 3.25 – 4.00 Totally Agree/ Very High (VH) 1.75 – 2.49 Disagree / Low (L)
2.50 – 3.24 Agree/ High (H) 1.00 – 1.74 Totally Disagree/ Very Low (VL)

Table 2.3 illustrates the level of Self-Concept among young teens in Pagsanjan, Laguna in terms of Honesty. The general assessment was 3.13 which was verbally interpreted as Agree with an equivalent interpretation of High. Furthermore, the indicator "My promises are sacred" had the highest computed mean of 3.15 which was verbally interpreted as Agree with an equivalent interpretation of High, while the indicator "I am a trustworthy person." had the lowest computed mean of 3.11 and which was verbally interpreted as Agree with an equivalent interpretation of High.

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It shows that the young teens in Pagsanjan, Laguna has a high level of Honesty. Wherein keeping promises is well attained by the young teenagers. Likewise, young teens tend to know and differentiate right and wrong. However, the indicator that has the lowest assessment according to the respondents is the indicator stating "I am a trustworthy person." It depicts that there are still other factors contributing to being trustworthy such as, lack or poor self-concept.

In support to this, Waleed (2017) claimed that the significant correlations between self-concept and honesty revealed that the young teens in the study had a sufficiently mature moral framework to distinguish between good and wrong. The percentage of students who rate their honesty and dependability as above average is high. It should be noted that they are reportedly devoted and trustworthy to the other people in their peer network and family.

Table 2.4

Level of Self-concept among Young Teens in Pagsanjan, Laguna in terms of Emotional Adjustment

| Indicators in terms of Emotional Adjustment | \bar{X} | VI | EI |
|--|-------------|------------------|-------------|
| 1. I think too much when something goes wrong. | 3.39 | Totally Disagree | Very High |
| 2. If I'm feeling down, I find it hard to get out of it. | 3.16 | Disagree | High |
| 3. I am more sensitive than the majority of people. | 3.15 | Disagree | High |
| 4. I am not an emotionally strong person. | 3.14 | Disagree | High |
| GENERAL ASSESSMENT | 3.21 | Disagree | High |

Legend: 3.25 – 4.00 Totally Disagree/ Very High (VH) 1.75 – 2.49 Agree / Low (L)
2.50 – 3.24 Disagree/ High (H) 1.00 – 1.74 Totally Agree/ Very Low (VL)

Table 2.4 shows the level of Self-Concept among young teens in Pagsanjan, Laguna in terms of Emotional Adjustment. The above statements were negative, meaning, if the

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respondents disagreed to the said statement, they had high Emotional Adjustment. The general assessment was 3.21 which was verbally interpreted as Disagree with an equivalent interpretation of High. Furthermore, the indicator *"I think too much when something goes wrong."* gained the highest computed mean of 3.39 which was verbally interpreted as Totally Disagree with an equivalent interpretation of Very High, while the indicator *"I am not an emotionally strong person."* Has the lowest computed mean of 3.14 and which were verbally interpreted as Disagree with an equivalent interpretation of High

Since the pandemic begun, most of the young teens are staying at home having little to no interaction with other people. By this means, they'll be able to recognize one's self emotions and sensitivity. Being aware of one's emotions and sensitivity are significant on how a person does not think too much when something goes wrong and accepting one's own actions. However, the indicator that has the lowest assessment according to the respondents is the indicator stating *"I am not an emotionally strong person."* It shows that young teens tend to have difficulty on adapting to change.

To support this, Muntaser and Hiremath (2020) mentioned that the findings of the quantitative study revealed that the emotional adjustment was high. It was observed that teenagers are marked by heightened emotions. It involves the impulse to action and awareness of the outcome. Concerning this, young teenagers have better emotional adjustment. The investigator also found a positive significant relationship between emotional adjustment and self-concept during the adolescence period.

Table 3
Test of Significant Relationship Between the level of loneliness and the level of self-concept among the young teens in Pagsanjan, Laguna

| Level of Loneliness | Level of Self-concept | r value | P value | Remarks | Decision |
|----------------------|-----------------------|---------|---------|-----------------|-----------------------|
| Emotional Loneliness | Self-fulfillment | -.220** | .000 | Significant | Reject H ₀ |
| | Autonomy | .145** | .001 | Significant | Reject H ₀ |
| | Honesty | .047 | .300 | Not Significant | Accept H ₀ |

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| | | | | | |
|-------------------|----------------------|---------|------|-----------------|-----------------------|
| | Emotional Adjustment | .096* | .034 | Significant | Reject H ₀ |
| Social Loneliness | Self-fulfillment | -.163** | .000 | Significant | Reject H ₀ |
| | Autonomy | .154** | .001 | Significant | Reject H ₀ |
| | Honesty | .036 | .423 | Not Significant | Accept H ₀ |
| | Emotional Adjustment | .133** | .001 | Significant | Reject H ₀ |

**Correlational at the level 0.01

*Correlational at the level 0.05(Two-tailed)

Table 3 shows the significant relationship between the level of loneliness and the level of self-concept among the young teens in Pagsanjan, Laguna. The r values -.220 and -.163 were interpreted as with negligible negative correlation as to correlate Level of Loneliness and Level of Self-concept in terms of Self-fulfillment. The computed probability values (.000) were lesser than the level of significance ($P < 0.05$); thus, the null hypothesis was rejected. The result showed that there was a significant relationship between the dependent and independent variables.

It can be concluded that the Level of Loneliness has an inverse significant relationship with Level of Self-concept in terms of Self-fulfillment. The higher the Level of Loneliness, the lower the Self-fulfillment. This can imply in which when the young teens experienced loneliness he or she encounter difficulties on viewing themselves conquering challenges and achieving their goals.

In support to this, Gazo, Mahasneh, Abood, & Muhediat (2020) cited that because compared to others who don't feel lonely, individuals who experience significant levels of loneliness are less effective at solving problems or finding fulfillment in their own lives. Numerous research' findings indicate a conflict between loneliness and self-fulfillment. High levels of loneliness are correlated with low levels of self-fulfillment. Loneliness can result from a variety of factors, including changes in social networks, shifts in personal connections, or even personality traits like a lack of social skills, a fear of being rejected, or anxiety.

Furthermore, the r values .143, .096, .154, and .133 were interpreted as with a negligible positive correlation as to correlate Level of Loneliness and Level of Self-concept in terms of Autonomy and Emotional Adjustment. The computed probability values .001 and .034 were lesser

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than the level of significance ($P < 0.05$); thus, the null hypothesis is rejected. The result showed that there was significant relationship between the dependent and independent variables.

It can be concluded that the Level of Loneliness has significant relationship with Level of Self-concept in terms of Autonomy and Emotional Adjustment. The higher the Level of Loneliness, the higher the Autonomy and Emotional Adjustment. The time wherein the young teens feel lack of connection to people tends to develop independence since they lack someone to lean on. Additionally, increasing awareness of one's sensitivity and emotions happened during the time wherein these young teens experienced lack of interaction to people.

In support to this, O'Sullivan, Burns, Leavey, Leroi, Burholt, Lubben, Holt-Lunstad, Victor, Lawlor, Vilar-Compte, Perissinotto, Tully, Sullivan, Rosato, Power, Tiilikainen, Prohaska (2021) stated that it was noted an increased risk of severe loneliness during the pandemic. During COVID-19, suggesting perhaps that the impact of the loneliness had a perceived increased relation on people's autonomy or independence. Due to the time these young teens shared their time mostly by themselves and lacking connection with other people.

Additionally, Miller (2020) cited that as a result of this pandemic, psychological theory, practice, and research must try to solve what is expected to be an ever-growing loneliness dilemma in the years to come. But there is a link between loneliness and better emotional adjustment. Several of the typical causes for it to happen (such as distance from close others or feeling alienated).

Loneliness has been a typical occurrence since the outbreak began. Loneliness stems from a lack of social connection. Due to limited access to support, this adds to the difficulty of dealing with problems. On the other hand, this limited engagement allows people to become more conscious of them. It was also discovered that independence developed. The effect of having less engagement with individuals may result in different outcomes.

On the other hand, the r values .047 and .036 were greater than the level of significant ($P < 0.05$); thus, the null hypothesis was accepted, as to correlate Level of Loneliness and Level of Self-concept in terms of Honesty. The result presented that there was no significant relationship between the dependent and independent variables.

In support to this, Landmann and Rohmann (2021) mentioned that honesty has no significant relationship with emotional and social loneliness. This implies that social and emotional

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loneliness can change independently over time and that honesty cannot. Thus, honesty has been an established trait of a person. With this, it showed that no matter what situation or where a person is, if the person is honest, it can't be persuaded or changed.

An action plan was proposed to handle and deal with loneliness and self-concept among young teens in Pagsanjan, Laguna. Both emotional and social loneliness are high in young teens in Pagsanjan, Laguna due to staying at home and having limited to no interaction with people. Given this, activities can be given while staying at home as alternative way to lessen loneliness. Additionally, due to lack of interaction to people, help may be not that accessible to the young teens which caused them having difficulty on handling and dealing problems, which can be interpreted as low in self-fulfillment. Webinar can be of help as to enlighten the young teens about this aspect and to help them on improving this. Providing activities that can help of how young teens increase on viewing themselves achieving goals and challenges. The situation wherein everyone is facing is still unknown when to end. Adapting to the situation can be the best way to people can do. Activities to build and strengthen support and relationship with family, friends and community considering still the safety from the virus. Family members are mostly involved since they are the most immediate interaction the young teens have. Mental health professionals and DSWD are also always involved since they are the most competent person who can help the young teens. Barangay officials are there to assist the program.

CONCLUSIONS

Based on the above-mentioned findings of the study, the following conclusions have been obtained:

1. That Emotional Loneliness causes High Loneliness and Social Loneliness causes very high loneliness among young teens in Pagsanjan, Laguna. It is evident that the lockdown caused by the COVID-19 brings loneliness to these young teens.
2. That Self-fulfillment causes Low Self-Concept. It is evident that young teens have low views on themselves conquering challenges and achieving goals. Meanwhile, Autonomy and Emotional Adjustment cause high self-concept among young teens in Pagsanjan, Laguna. It is evident that they have high recognition on their own emotions and sensitivity as well as being independent and different from others. Likewise, Honesty causes high self-concept. It is evident that young teens have high on viewing themselves as honest upright and trustworthy.

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3. That Loneliness Specifically Emotional Loneliness has a significant relationship with Self-Concept Specifically Self-fulfillment, Autonomy and Emotional Adjustment while Emotional Loneliness has no significant relationship with Honesty. On the other hand, loneliness specifically Social Loneliness has a significant relationship with Self-Concept Specifically Self-fulfillment, Autonomy and Emotional Adjustment while Social Loneliness has no significant relationship with Honesty.

4. That the Proposed Action Plan can be a helpful program on handling and dealing loneliness and self-concept of the young teens.

RECOMMENDATIONS

It is recommended that the family and community may work together to help young teens adapt to the situation and build support group to decrease loneliness. Additionally, self-fulfillment or how the person views himself conquering challenges and achieving goals may be addressed and emphasized to develop. Also, the relationship between loneliness and self-concept may serve as a basis in formulating strategies addressing on manage loneliness linking to self-concept of the young teens. In addition, the community may use the intervention program or action plan to address loneliness and its possible links to mental health. Lastly, future researchers may consider pursuing the study involving other age group of adolescents given that they are also experiencing loneliness and affected by the pandemic lockdown.

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