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Loneliness and its Relation to Nostalgic Dreams in Some University Students

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Abstract:
Loneliness has a negative impact on one's mental and physical health, thus avoiding loneliness sometimes is a must for the individual's well-being. The researcher wondered if those who feel loneliness were more liable to use nostalgic dreams. This study investigated the relation between loneliness and nostalgic dreams in a group of university students. The data were collected from 160 students ranging from the age of 18 to 21 of different colleges from Cairo university, using the scale of loneliness and the scale of nostalgic dreams. The findings indicated that the students who experienced loneliness were liable to nostalgic dreams; there were no significant differences between males and females in the study (loneliness or nostalgic dreams).

Keywords: Loneliness, Nostalgia, Day Dreams, Nostalgic Dreams

1. Introduction

Young people (such as university students) are considered the pillars of any society. They are the source of new ideas and vitality that help in building the future. They work to come up with discoveries and developments. Progress of any nation is measured by its youth; therefore, they are considered the key factor of change. (Role of youth in society, 2013).

Due to the instable social and economic conditions in Egypt (Abdel Ghafar, 2016) most of youth suffer from alienation and loneliness (Lyons, 2004) which has a negative impact on their mental and physical health (Seginer, 2004; Fesher,2011; Arpin, 2013; Ebesutani, 2015...etc.) thus loneliness become one of the pressing psychological issues that affects young people today.

As key figures in shaping the future, great attention is given to their psychological needs; therefore, this research aimed at addressing one of the current psychological issues that affects young people today which is loneliness.

2. Loneliness

Daley (2013) presented the definition of loneliness as "a complex and usually unpleasant emotional response to isolation or lack of companionship."

According to Daley feeling lonely includes worried feelings about not having people surrounding you at the moment or later. He also explained that "loneliness can be felt even when surrounded by other people. The causes of loneliness are varied and include social, mental or emotional factors."

Daley highlights the fact that loneliness manifests itself in a sense of isolation even if surrounded by people. Hence, it is considered as a common and distressing problem for many people (Coşan, 2014). In addition, other researchers such as Peplau, L. & Perlman, D. (1982) thought that loneliness has three main aspects: "affective, cognitive (and\or motivational) and behavioral." While others indicated that loneliness has also emotional aspect, and to be more determined, loneliness has been linked to many emotions for example "dissatisfaction, unhappiness, depression, anxiety, emptiness, boredom, restlessness and marginality" (Peplau, L., & Perlman, D., 1982).However, some researchers have surmised that loneliness not only connected to some negative emotions but also causes those negative feelings such as (depression, anxiety), and this will reflect in one's physical health (psychosomatic disorder) including many symptoms such as (headaches, tiredness), (Newall, N. E. G., Chipperfield, J. G., Bailis, D. S., & Stewart, T. L., 2013).

Like most psychological diseases, loneliness has no specific age to happen at, thus it may occur in university students those who face a lot of challenges in their unstable lives are liable to suffer from psychological diseases such as loneliness. (Adams, 2007).

Loneliness (2015) presented the results of psychological surveys:

Surveys show that friends and family are the real prize. Even though our need to connect is innate, some of us always go home alone. You could have people around you throughout the day and still experience a deep, pervasive loneliness. Unsurprisingly, isolation can have a serious detrimental effect on one's mental and physical health.

Therefore, those who feel lonely even when they are in a group of people prefer to stay away from social activities and keep themselves away from people, consequently, they also suffer from isolation.

Some studies revealed the negative impacts of loneliness on the individual's mental health. A study by Ebesutani, Chad; et al. (2015)showed that loneliness can be a median stage leading to depression subsequent to anxiety. Another study emphasized the connection between loneliness and depression as they affect each other reciprocally (Vanhalst, Janne et al., 2012). While other study indicated that the impacts of loneliness as a result for post traumatic stress disorder could have some fatal behaviors in adolescents connected with suicide and parasuicide (Blossom, Paige; Apsche, Jack., 2013). In addition, researches proved that loneliness is positively articulated with hostile attitudes as well as death anxiety (Fesher, Melody Joy Blass, 2011).

Other studies showed that loneliness differs from one person to another. However, most of the studies agreed that anyone could suffer from loneliness at any time. Furthermore, long exposure to loneliness or social isolation has a negative impact on individual's health (physically, mentally and socially). As reported in Loneliness & Isolation (2010) signs include:

Physical symptoms: aches and pains, headaches, illness or worsening of medical conditions.
Mental health conditions: increased risk of depression, anxiety, paranoia or panic attacks.
Low energy: tiredness or lack of motivation.
Sleep problems: difficulty getting to sleep, waking frequently or sleeping too much.
Substance use: Increased consumption of alcohol, smoking, medications, drugs.
Negative feelings: feelings of worthlessness, hopelessness or thoughts about suicide.
Diet problems: loss of appetite, sudden weight gain or loss.

An important study by John Cacioppo found a direct relation between feeling lonely and the nucleus accumbens region which is a reward system in the brain. This study highlights that college-aged women who suffered from loneliness showed reduced activity in nucleus accumbens region compared to their non - lonely counterparts when they saw pictures of social gathering. (Shah, 2013). This reflects the importance of staying in contact with others which eventually leads the person to become healthier, more positive and active.

Moreover, Seginer, Rachel; Lilach, Efrat (2004) proved that "Loneliness affected the motivational variables of the future orientation."

Due to the seriousness of the symptoms of loneliness that was described above, studies tried to combat those negative impacts of loneliness by suggesting the promotion of prosocial friendship which can result in a more positive outcome for youth (Benner, Aprile D., 2011).

Thus, we have to fight loneliness to avoid its negative impact. Some of the ways that help is to connect or reconnect with friends and family – staying in contact with loved ones can prevent loneliness and isolation. (Loneliness & Isolation, 2010).

As (Newall, 2011) stated in his study about loneliness and the power of positive emotions "being happy may indeed offset the negative consequence of being lonely."

In an experimental study by Wildschut et al. (2006) which investigated the correlation between loneliness and nostalgia in some children and undergraduate students, the results revealed that "(a) loneliness decreases perceptions of social support, (b) loneliness increases nostalgia, and (c) nostalgia, in turn, increases perceptions of social support ". So, the idea that loneliness increases nostalgia were reinforced.

The researcher thought that those who suffers from loneliness feeling nostalgic to the good old days where loneliness was not exists yet, and assume that those who feel lonely might use nostalgic dreams to have a break from loneliness even for a short period of time, definitely it will not cure loneliness but it could be used as a coping technique to avoid the pain that rises from loneliness. Seeking the answer of this question, the researcher started to investigate nostalgia and its function and the nostalgic dreams.

3. Nostalgia

The origin of the word nostalgia returns to the late 18th century as it was used "in the sense 'acute homesickness" (English Oxford Living Dictionaries, 2017). Although this definition was widely used but, it doesn't meet our concept in this research. Some other define it as "a wistful or excessively sentimental yearning for return to or of some past period or irrecoverable condition; also: something that evokes nostalgia" (Merriam-Webster Dictionary). This definition comes closer to the intended meaning of nostalgia that is used in this research.

Later on, the definition of nostalgia has been developed to be "a feeling of pleasure and also slight sadness when you think about things that happened in the past" (Cambridge Dictionary, 2016). The previous definition reflect that nostalgia has both positive and negative emotions (pleasure and sadness), pleasure of remembering the good things or feelings that happened in the past, slight sadness because of the past might not return. Others like Burton, Neel (2014) thinks of nostalgia positively "nostalgia is sentimentality for the past, typically for a particular period or place with positive associations, but sometimes also for the past in general, 'the good old days' of yours."

The above definitions agreed that nostalgia is a reminder of happiness, so it might have positive impact on the individual's health mentally or physically, due to the positive emotions it gives.

Studies revealed the positive effects of nostalgia as Baldwin, Matthew W. (2011) proved that nostalgia reinforce the identity and help in recovering. Moreover Cordaro, Filippo. (2011) stated that nostalgia might act as a coping response to social exclusion, and could help in stopping the negative impact on the individual's emotions due to exclusion. In addition, Bhuyan, Monish P. (2011) revealed that nostalgia help in marketing, because it linked people to the brands that they had history with. Another study by Xinyue Zhou et al. (2008) proved that "Nostalgia is a psychological resource that protects and fosters mental health." Also, Wildschut et al. (2006) found that based on the assumption that nostalgia foster the social bonds and due to its cognitive aspect, nostalgia found to be helping in the "positive relational knowledge structures," and also found that those who liable to nostalgia were more psychologically safe than others who do not liable to nostalgia.

4. Nostalgic

Nostalgic means "feeling happy and also slightly sad when you think about things that happened in the past: Talking about our old family holidays has made me feel all nostalgic. We'll take a nostalgic look at the musical hits of the 60s." (Cambridge Dictionary, 2016).

The previous definition reflects that there is no difference between both nostalgia or nostalgic as both of them combines two conflicting emotions, happiness and sadness, which reflects the positive and negative effects, positive when remembering the good things that happened in the past or the people you miss, sad when you realize that the past will not return, but despite of having slight sadness, the happiness you perceive from being nostalgic is greater.

So, being nostalgic is a positive experience in general, as described in the research of Wildschut, T., Sedikides, C., Arndt, J., & Routledge, C. (2006):

> The nostalgic experience is infused with imputations of past beauty, pleasure, joy, satisfaction, goodness, happiness, love. Nostalgic feeling is almost never infused with those sentiments we commonly think of as negative—for example, unhappiness, frustration, despair, hate, shame, and abuse.

Consequently, the researcher thought that connecting directly or indirectly by dreaming, thinking of the people you miss or the things that happened and made you happy creates a sense of nostalgia, that acts as a relief from loneliness even for a short period, (time out of loneliness) that is what the researcher technically called- in this research- nostalgic dreams.

Although some see nostalgic dreams as night dreams such as Richard, Rose (1978), explained:

> It could be something that is just a bunch of geometric figures. But somehow it sets you, when you waken, with a longing for college, the old college spirit. It awakens something in you – you remember twenty years ago that you had been in such a class, maybe you dropped out, and you wish you had stayed in – and it sets up a nostalgia in you. Incidentally, the reason dreams are much easier and better to observe than daytime moods, is that there's less sensory factoring allowed. For instance, when you're awake you're confused: If we're talking now, the lights might confuse, the colored rug, the people's faces. In a dream this is all shut out; you're only dealing with stuff from the memory bank.

This perspective is inaccurate, so we cannot adopt in this study because:

1- The idea of symbolism that he suggests that it creates the status of nostalgia is different from this research's aim because loneliness here is what causes nostalgia not symbols.
2- Thinking that "dreams are much easier and better to observe than daytime moods" will not help while collecting data from subjects, you need to take accurate information for your research asking students to tell their dreams will not give much information because dreams might be forgotten or distorted. On the contrary, asking them about their wishes and what they miss will be easier to document.
3- Being afraid of the confusion that might happen from being awake is not a problem because those who suffer from loneliness tend to be alone even in groups.

There are many defense mechanism or coping techniques that reduce anxiety arising from unacceptable or potentially harmful feelings such as loneliness, one of those techniques is fantasy (daydreaming) (Dombeck, 2006). Freud (1955) clarified daydreaming as: "Expression of the repressed instincts similarly to those revealing themselves in nighttime dreams. Like nighttime dreams, daydreams, also, are an example of wish-fulfillment and are allowed to surface because of relaxed censorship." According to Freud both dreams and daydreaming are similar in expressing the individual's desires and functioning the same in revealing the hidden or suppressed feelings. Contrary to what Rose has suggested 1978 daydreaming was easier to observe and expressed, because it works with lower degrees of anxiety and easier to be remembered.

Thus, the researcher aimed to discover if those who were suffering from loneliness were more liable to use nostalgic dreams.

5. Technical Terms

5.1. Loneliness

"Loneliness is a feeling of emptiness or hollowness inside you. You feel isolated or separated from the world, cut off from those you would like to have contact with" (University of Florida, 2015).

5.2. Nostalgic Dreams

It is a type of daydream concerning memories of things happened in the past or people you miss that make you happy and feel comfortable, thus it creates a pleasant moment for the person who experience it. (by the researcher).

6. Research Questions

In an effort to address some of the unanswered questions about loneliness and its relation to nostalgic dreams, this study has been designed to check the correlation between loneliness and nostalgic dreams. The following questions served as the focal points for this research.

1. What is the relation between loneliness and nostalgic dreams?
2. Are there any differences between those who have the (highest - lowest) degree in the sense of loneliness in their use of nostalgic dreams?
3. Are there any gender differences in the sense of loneliness?
4. Are there any gender differences in experiencing nostalgic dreams?
5. Could we predict the degree of nostalgic dreams from loneliness degree?

7. Methods and Procedures

7.1. Methodology

This research is based on Freud's theory of psychoanalysis, that explains the individual behavior through desires and dreams. "Freud considered all dreams to be meaningful." (Schaverien, 2002). Freud declared that the ego uses several defense mechanisms. These mechanisms work unconsciously and help the individual to cope with upsetting feelings such as (anxiety, loneliness, frustration) and make the ego feel more comfortable. (Mcleod, 2009). Daydream is considered one of those defense mechanisms that is used by the individuals to reduce the state of tension that arises from the conflict between id and superego. Furthermore, daydream could be considered as a psychological behavior (mental activity) that could be explained as fulfillment of a wish and reflect the individual's desires same as night dreams, because both (night, day) dreams have a lot in common; both are mainly based on childhood memories. They are also good indicators of the individuals' psychological health as they are an escape from censorship. However, daydreams are better in their examination because they are more consistent. (Laplanche, J. & Pontalis, J. Bertrand, 2006). Daydream might be the shortest and best approach to an understanding of night-dreams, and lead to individual's feelings and desires.

7.2. Participants

Subjects were 160 junior and senior university students ranging in age from 18 to 21 years who attended faculty of (Commerce and Arts) at Cairo university. Eighty males and eighty females participated in this study.

7.3. Procedures

Subjects completed the following instruments (Loneliness Scale, Nostalgic Dreams Scale) during a group administration. Afterwards, the students' marks were calculated. Furthermore, the upper and lower quartile of the participants marks on the Loneliness Scale were taken to compare with their marks on Nostalgic Dreams Scale to establish the relation between loneliness and nostalgic dreams.

7.4. Measures

7.4.1. Loneliness

The loneliness scale was developed by the researcher in 2015. The scale is a 20 items self-report measure that assesses loneliness in everyday life and feelings of social isolation. It has 15 positive and 5 negative items ranging from 1 (never) 2 (sometimes) to 3 (always). The total score ranging from 20 to 60 and the greater the mark the more loneliness.
Validity: In order to validate the scale content, expert professors in psychology were consulted with 90% of agreement on each item, which enabled us to review and modify the scale and apply the experts' suggestions.

The researcher also calculated the validity of the internal consistency, the structural validate, and the predictive validity of the loneliness scale - with a sample of 50 students equivalent to the main sample– as shown in table 1. Another method was used to confirm the structure validity of the scale which is the confirmatory factor analysis as shown in table 2.

Item N.	Corr. Coeff. after deleting the Item	Pearson Corr. Coeff. R	Square of Pearson Corr. Coeff. R2	General factor saturation	Sign.
1	0.631	0.671	0.45	0.67	0.000*
2	0.776	0.802	0.64	0.80	0.000*
3	0.795	0.819	0.67	0.82	0.000*
4	0.785	0.811	0.66	0.79	0.000*
5	0.555	0. 599	0.36	0.57	0.000*
6	0.783	0.808	0.65	0.80	0.000*
7	0.792	0.818	0.67	0.80	0.000*
8	0.742	0.772	0.60	0.76	0.000*
9	0.59	0.634	0.40	0.60	0.000*
10	0.681	0.717	0.51	0.69	0.000*
11	0.685	0.721	0.52	0.70	0.000*
12	0.751	0.783	0.61	0.78	0.000*
13	0.545	0.549	0.35	0.59	0.000*
14	0.789	0.815	0.66	0.80	0.000*
15	0.43	0.482	0.23	0.45	0.000*
16	0.779	0.805	0.65	0.78	0.000*
17	0.821	0.845	0.71	0.84	0.000*
18	0.56	0.604	0.36	0.57	0.000*
19	0.61	0.653	0.43	0.63	0.000*
20	0.756	0.785	0.62	0.77	0.000*

Table 1: Correlation coefficients between each item of the loneliness scale and the total score of the scale
*All correlations were statistically significant, $p < 0.01$

Goodness of fit indicators	Indicator value
The value of Chi square	887.081
Degrees of freedom	170
Sign.	0.000 *

Table 2: Indicators of goodness of fit for the model of the empirical analysis of the measure of loneliness scale

Goodness of fit indicators were statistically significant, $p < 0.01$
    The above tables declare that the loneliness scale was valid to be applied in the present research.
Reliability: The reliability of the scale measure was high (coefficient alpha of 0.95) also (split-half 0.87).

7.4.2. Nostalgic Dreams
        The nostalgic dreams scale was developed by the researcher in 2015. The scale is a 20 items self-report measure that assesses nostalgic dreams in everyday life, ranging from 1 (rare) 2 (sometimes) to 3 (often). The total score ranging from 20 to 60 and the greater the mark the more use of nostalgic dreams.
Validity: The researcher offered the scale to expert professors in psychology, in order to check the scale content validity, and received a 90% of agreement on each item, which enabled her to apply the changes that was suggested by the experts.
    The researcher also applied statistic methods for the nostalgic dreams scale validity (the internal consistency, the structural validate, and the predictive validity) with a sample of 50 students equivalent to the main sample, the results is shown in table 3. Another method was used to confirm the structure validity of the scale which is the confirmatory factor analysis as shown in table 4.

Item N.	Corr. Coeff. after deleting the Item	Pearson Corr. Coeff. R	Square of Pearson Corr. Coeff. R2	General factor saturation	Sign.
1	0.633	0.672	0.45	0.66	0.000*
2	0.696	0.729	0.53	0.71	0.000*
3	0.69	0.719	0.52	0.70	0.000*
4	0.763	0.79	0.62	0.78	0.000*
5	0.728	0.758	0.57	0.75	0.000
6	0.86	0.879	0.77	0.87	0.000*
7	0.677	0.715	0.51	0.70	0.000*
8	0.68	0.713	0.51	0.70	0.000*
9	0.811	0.835	0.70	0.83	0.000*
10	0.767	0.793	0.63	0.79	0.000*
11	0.575	0.621	0.39	0.60	0.000*
12	0.788	0.812	0.66	0.81	0.000*
13	0.746	0.778	0.61	0.76	0.000*
14	0.723	0.755	0.57	0.74	0.000*
15	0.567	0.608	0.37	0.59	0.000*
16	0.713	0.744	0.55	0.73	0.000*
17	0.761	0.792	0.63	0.77	0.000*
18	0.573	0.621	0.39	0.59	0.000*
19	0.691	0.725	0.53	0.71	0.000*
20	0.681	0.717	0.51	0.70	0.000*

Table 3: Correlation coefficients between each item of the nostalgic dreams scale and the total score of the scale
*All correlations were statistically significant, p < 0.01

Goodness of fit indicators	Indicator value
The value of Chi square	719.206
Degrees of freedom	170
Sign.	0.000 *

Table 4: Indicators of goodness of fit for the model of the empirical analysis of the measure of nostalgic dreams scale

Goodness of fit indicators were statistically significant, p < 0.01

The previous tables indicate that the nostalgic dreams scale was valid to be used for the present research.

Reliability: The reliability of the scale measure was high (coefficient alpha 0.95) and (split-half of 0.92).

8. Data Analysis

The researcher used an appropriate program (SPSS) to address the research questions and investigate the relation between loneliness and nostalgic dreams by measuring the differences between those who experienced more loneliness than others who experienced less loneliness in their use of nostalgic dreams. Also, the differences between males and females in loneliness and nostalgic dreams. In addition, the predicting of nostalgic dreams degree throws loneliness degree. The techniques that were used (Pearson Correlation Coefficient, T- Test, and Linear Regression Analysis).

9. Results

According to the result of Pearson correlation linear coefficient that was used to investigate the relation between loneliness and nostalgic dreams, the researcher found a positive direct correlation between both variables and the value of correlation was 0.918 and that was statistically significant, p < 0.01.

With respect to the second research question that investigated the differences between those who have the (highest - lowest) degree in the sense of loneliness in their use of nostalgic dreams; results of the t-test analysis (as shown in table 5) revealed that those who had the highest degree of loneliness had (X= 50.11) mean scores of nostalgic dreams, while those who had the lowest degree on the loneliness scale got (X= 26.9) mean scores of nostalgic dreams, with standard diversion (SD.= 6.57) for the highest and (SD.= 4.49) for the lowest in loneliness, and that was Statistically significant (t = -20.45, p < 0.01).

Table 5. The differences between those who have the highest degree and those who has lowest degree on loneliness scale in their use of nostalgic dreams

Variable	Loneliness						T value	Sign.
	High			Low				
	N.	*M*	*SD*	*N.*	*M*	*SD*		
Nostalgic Dreams	42	50.11	6.57	53	26.9	4.49	-20.45	*0.000

Table 5
* Statistically significant, p < 0.01

With respect to the third research question, that investigate the gender differences in the sense of loneliness. Results of the t-test analysis (as shown in table 6) to loneliness scale in both males and females showed that loneliness mean scores for males (X=38.7) was lower than that of females (X=39.2); however, these differences were not significant, (t = 0.298, p > 0.05). Table 6. The differences between males and females on the loneliness scale:

Variable	Gender						T value	Sign.
	Males			Females				
	N.	*M*	*SD*	*N.*	*M*	*SD*		
Loneliness	80	38.7	12.1	80	39.2	11.8	0.298	0.766*

Table 6
* Not significant, p > 0.05

With respect to the fourth research question which examined the gender differences in experiencing nostalgic dreams, results of the t-test analysis (as shown in table 7) showed that the mean scores for females (X=38.7) was higher than that of males (X=37.3); however, these differences in experiencing nostalgic dreams were not significant, (t = 0.759, p > 0.05).

Variable	Gender						T value	Sign.
	Males			Females				
	N.	*M*	*SD*	*N.*	*M*	*SD*		
Nostalgic Dreams	80	37.3	12.1	80	38.7	11.4	0.759	0.449*

Table 7: The differences between males and females on the nostalgic dreams scale
* Not significant, p > 0.05

With respect to the fifth research question about predicting the degree of nostalgic dreams from loneliness degree, linear regression analysis – figure1 - was performed in order to examine to what extent loneliness predict nostalgic dreams. The result revealed that there was a direct positive correlation, as the square of the correlation coefficient was 0.843 and that was statistically significant, p < 0.01, and loneliness explain 84% of nostalgic dreams, and the equation of predicting the degree of nostalgic dreams from the loneliness degree is:
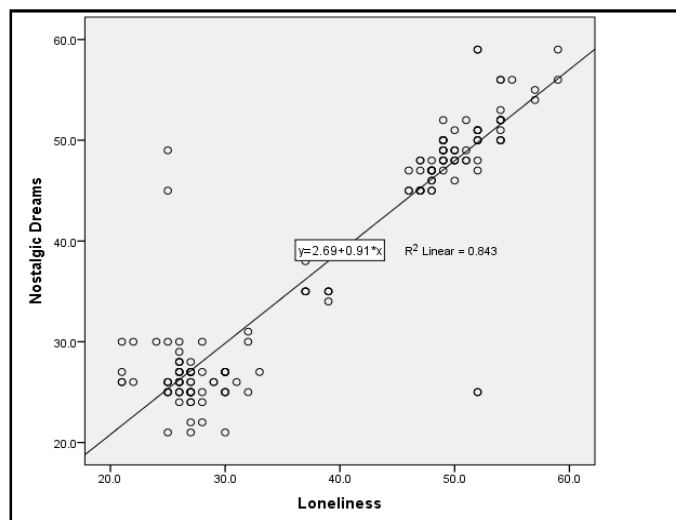Nostalgic dreams degree = 2.69 + [(.91) * loneliness degree].

Figure 1: Linear Regression Analysis of both variables loneliness and nostalgic dreams

10. Discussion

The present research examined the relation between loneliness and nostalgic dreams, according to the result of Pearson correlation linear coefficient loneliness and nostalgic dreams in this study were strongly correlated. The researcher explained

this result due to feeling lonely, individuals recalled some happy moments in their previous experiences (nostalgic dreams) - to reduce the pain that arise from feeling lonely, thus, when the nostalgic dream scale was applied the individuals gave high response to it. This was found to be significant and could be statistically proven. Cordaro, Filippo (2011), found that social exclusion (which could be one of the causes of loneliness) is associated with risen of nostalgia. That reinforce the idea that nostalgic dreams might be used to seek help as a mechanism by which the loners escape their loneliness. The researcher thought that loneliness imposed a barrier of isolation and created a sense of nostalgia for the happy moments of the past; that is why students who experienced loneliness resort to nostalgic dream as a mechanism to avoid the painful thoughts and feelings that were caused by the former.

According to the results of t-test analysis, the more loneliness you fell the more nostalgic dreams you get. As Herbert, Wary (2011) clarified that in spite of age or marital status, the person who feels lonely has the ability to protect himself/ herself from pain by recalling the happy memories of the past. This agrees with what Wildschut, T.; Sedikides, C.; Routledge, C.; Arndt, j. & Cordaro, F. (2010) have found that those who suffers more from social avoidance rely on nostalgia more than those who suffers less from social avoidance. Consequently, whenever you suffer from loneliness you seek a coping technique to reduce anxiety, in this study the coping technique based on nostalgia, Sedikides, Wildschut and Baden (2004) "think of nostalgia as a positive emotional and experiential reservoir that people delve into to deal with existential threat."

The results of the t-test analysis concerning gender differences on loneliness scale reflect that feeling lonely were not correlated to certain gender and the differences between males and females were not significant, this means that loneliness could happen to any person, this feeling is normal to human being. According to Wei, Russell and Zakalik (2005),Coşan, Deniz (2014) loneliness is a very painful experience and a common and distressing problem for many people. It could be encountered in all periods of life and has no certain age to happen at (Adams, 2007). We can conclude that regardless of age and gender, loneliness is a common psychological feeling innate to all people.

According to the results of t-test analysis for checking the gender differences on the nostalgic dreams scale, the results reflect that human beings are the same in feelings, no differences per gender; they both have the same emotions and give as much responds to the painful stressful situations such as loneliness. They both feel the same and act the same. Batcho (1995) worked on a study around the world to estimate nostalgia, this study included 684 participants ages 4–80 (M. 20 = years) and found that nostalgia did not differ by age or gender. (Sedikides, C., Wildschut, T.,& Baden,D., 2004).

According to the last results of the linear regression analysis, the score of nostalgic dreams can be predicted through the score of loneliness which emphasizes the results of the first research question that indicates the direct relation between the feeling of loneliness that will eventually lead to nostalgic dreams. In conclusion, anyone who suffers from loneliness is more liable to have nostalgic dreams.

11. Conclusion

Loneliness is a danger feeling and have many negative impacts on individual's mental and physical health, and has the same damage on both men or women, it's not about gender it's about human being. No matter the cause of loneliness the damage of it can't be ignored. Youth are the potential energy for changes in communities and upcoming discoveries in any society, so they must have healthy mind and soul, and this couldn't be existing while they are suffering from loneliness, thus fighting loneliness or any try to escape from, is a must. Loneliness and nostalgic dreams (happy memories) were correlated, nostalgic experiences could help and reinforce the individual's mental health due to the positive feelings it gives, thus we have encouraged the positive emotions and use it to fight loneliness.

Finally, it's our need to be in groups or to connect with others following our instinct, following our dreams, trying to make things better, positive emotions, the need to be loved and feeling wanted, that's what it makes us happier, and help in continuing in our lives with the faith that everything is going to be better. Loneliness could disappear if we fight it with work, hope, dreams that come true and happiness.

Further studies about loneliness among youth, nostalgia, nostalgic dreams and its function in the Arab countries are recommended.

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