

Abstract

This study explores the relationship between friendship intimacy and health in young adulthood. Correlations between friendship intimacy and psychosocial adjustments like self-esteem, loneliness, friendship satisfaction and family functioning are examined and how they contribute to one's mental health in a sample of 307 undergraduate students. Results indicate that same-sex friendship intimacy is found to be significantly correlated with all the measures of psychosocial adjustments. Gender differences analysis shows that women are more intimate to same-sex friends than men do, even though both men and women experience higher intimacy in same-sex friendships than cross-sex friendships. Loneliness and self-esteem are found to be the significant predictors of mental health.