

## Abstract

Over the past several decades, there has been a substantial interest in research on loneliness. Concerning the outcomes of loneliness, it is recognized as a socially prevalent phenomenon that has been described consistently as very painful, distressing, and disturbing. However, several researchers found that there are surprising positive outcomes of loneliness like many other stressful and traumatic life events. So the current study examined self-reflection as a mediator between loneliness and personal growth. A total of 150 undergraduates from the Chinese University of Hong Kong participated in the study. Results from regression analysis indicated that self-reflection partially mediated the relationship between loneliness and personal growth.