

Abstract

Solitude can be either beneficial or detrimental. When considering different motivational origins, preference for solitude may lead to different outcomes and effects. This study examined, when considering the approach–avoidance motivational origins, the effects of preference for solitude on one’s feeling of loneliness, and further one’s satisfaction with life in 213 Hong Kong university students (76 males, M age = 20.04 years). Results revealed that after controlling for variables such as personality traits and attachment styles, preference for solitude with approach motivation was negatively associated with loneliness, while preference for solitude with avoidance motivation was positively related with loneliness. Preference for solitude with avoidance motivation was found not related with life satisfaction. However, the study identified loneliness as a possible mediator between the link of preference for solitude with avoidance motivation and life satisfaction, while the link may be mediated by more than one factor.

*Keywords:* Solitude, Preference for Solitude, Approach motivation, Avoidance motivation, Loneliness, Life Satisfaction