

## **Dispositional Loneliness and Mental Health of the Elderly in Cross River State, Nigeria**

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**Abstract :** The study is predicated on the current trend of the rate of dispositional loneliness experienced by the elderly in society today as a result of the breakdown in the family attachment patterns, loss of close associates, and interpersonal conflicts. The research adopted the ex-post facto research design through a survey data collected from a total of 500 elderly comprising of both retirees and community-based elders. Both the stratified and simple sampling techniques were used to select the sample. Based on the findings, it was recommended that the elderly should be trained in acquiring specific attachment styles as well as be trained in developing appropriate social skills to counter loneliness.

**Keywords :** dispositional loneliness, mental health, elderly, cross river state

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