The main purpose of this study is to acquire a deeper understanding of positive loneliness in adolescence. The research questions are: 1. What is positive loneliness according to young people? 2. How does an adolescent find the way to positive loneliness?

The study is based on a caring science tradition at the University of Åbo Akademi at the Department of Caring Science. The epistemological and ontological assumptions are based on an axiom, a thesis and the ontological health model. The methodological approach and method is hermeneutical. The material was interpreted with a method inspired by Gadamer’s philosophical hermeneutical model. The data is interpreted from 22 essays written by adolescents aged 16-18.

The results show that the positive loneliness implies a freedom, to do what feels like a good loneliness. The positive loneliness is also a break where the adolescent has time for her or his own thoughts, which support the adolescent to learn about herself or himself. This could be an advantage in life. The positive loneliness also assumes community. The positive loneliness is a movement between the inner and the outer self, a meeting with oneself and with others. The positive loneliness is considered to be a source for coping in life and is also a part of health. As the loneliness is multifaceted, the other part of loneliness cannot be excluded. This is the difficult part of loneliness; to face oneself can be difficult. Loneliness has both a good part and a bad part, the bad part being unhealthy.

The adolescence is an important part of the development of a human being. This is when the adolescent practices to be an adult. The positive loneliness can help find a balance and harmony in life.