

### **Abstract**

Self-consciousness, which refers to the consistent tendency of a person to direct attention inward or outward, has long been overlooked in the study of solitude. Given a lot of time we are free to choose to go solitude by ourselves (we can choose either to be alone or with others), the likelihood for an individual attending to their “self” should fundamentally affect their motivation to go solitude. Because of this missing link in the study of solitude, this research aimed to establish the relationship between self-consciousness and motivation for solitude. After conducting two studies, this paper confirmed the two constructs are positively related. In particular, the subscales of self-consciousness, private and public self-consciousness were also found to be positively related to motivation for solitude. The findings suggested those people who are more conscious about themselves, are more motivated to go solitude, whereas in another way round, for people who are more motivated to go solitude because of various reasons, they usually have a higher consciousness about themselves.

*Keywords:* Self-consciousness, Solitude, Self-determination Theory, Motivation