An Evaluation of Loneliness

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Introduction: Description of Loneliness

• Loneliness is an unwanted and disturbing feeling. Loneliness is feeling alone in oneself or incomplete or not satisfied enough rather than being physically alone. Unlike loneliness, if being alone is the result of a preferred choice, it may not cause the feeling of loneliness.
Introduction: Description of Loneliness

- Loneliness is a common and distressing problem (Bradburn, 1969). Even though on different levels, most of the people experience loneliness at least once in their lives (Perlman and Peplau, 1981). Loneliness is described as the discrepancy between the desired relationships and the actual relationships by Peplau et. al (1979).
Introduction: Description of Loneliness

• So it is the inadequacy and deficit in the perceived social relationships. Loneliness is a state of emotion perceived subjectively rather than it is something that can be measured with the number and physical proximity of the people around. In forming of the feeling of loneliness, the level of satisfaction in social relationships rather than the number is important.
Introduction: Description of Loneliness

• Weiss (1973)

1) **Emotional loneliness** is the state that there is no close committing relationship, and social loneliness is the state that there is no a satisfying social circle.

2) **Social loneliness** is accompanied by the feelings of being rejected and boredom.
Possible Reasons of Loneliness

- **Personal Characteristics**
- **Childhood Experiences**
- Gender, Marital Status, and Level of Income
- **Age Groups: Adolescence versus Adulthood**
- **Other Reasons: Temporary Reasons and Psychological Disorders**
Possible Outcomes of Loneliness

• **Negative Feelings**
  Loneliness causes negative feelings such as dissatisfaction (Rubenstei
et. al, 1979), boredom (Weiss, 1973), inefficiency, deficiency, and unhappi
ness (Perlman and Papeleu, 1984)

• **The Negative Perception of People**
  Lonely people regard people around them more negatively than not lonely pe"
Possible Outcomes of Loneliness

• *Less Social Interaction*
Lonely people join social activities less and have less social relationships.

• *Inability to Cope with Problems*
Lonely people feel concern and threat about the problems they encounter rather than actively fighting against them.
Possible Outcomes of Loneliness

• *Psychosomatic Disorders*

Lonely people experience more psychosomatic disorders such as headache, fatigue and poor appetite. Their quality of sleep is lower (Caioppo et al., 2002).
Possible Outcomes of Loneliness

- **Risky Behaviours: Drinking Alcohol, Using Drugs, Suicide Attempts and Criminal Behaviours**

Other reactions against loneliness are drinking alcohol and using drugs. Sadava and Pak (1994) found out that drinking alcohol is observed more among unattached individuals than attached individuals. Unattached individuals showed a high rate of loneliness.
Coping with Loneliness

• Studies have shown that individuals who turn towards individual activities such as reading and painting while they are alone feel less lonely. Another research showed that the best way to suppress loneliness is to have a partner. Furthermore, when the diaries of the students were examined, it was found out that individuals who are in a close relationship with a female, no matter the individual is a female or male, feel less lonely.
Coping with Loneliness

• Individuals who are lonely are suggested to go out, come out of their shells, spending time with other people, make friends and joining social groups. Even though these suggestions can be applied successfully by individuals who experience temporary loneliness, individuals who feel lonely because of their communication skill problems or their personal characteristics, may not succeed in.
Coping with Loneliness

• Therapy is an efficient way to change negative thoughts that accompany loneliness and which makes loneliness chronic, negative self-concept and the perception about other people. Herd and Kubistant (1975 in Kubistant, 1981) suggested that accepting loneliness and telling about it is an important step to do further in order to change the situation.
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