



International Journal of Advanced Psychiatric Nursing

E-ISSN: 2664-1356
P-ISSN: 2664-1348
www.psychiatricjournal.net
IJAPN 2024; 6(1): 108-109
Received: 25-01-2024
Accepted: 12-03-2024

Adil Hussain
Nursing Tutor, School of
Nursing, Galgotias University,
Greater Noida, Uttar Pradesh,
India

Deeksha Pandey
Nursing Tutor, School of
Nursing, Galgotias University,
Greater Noida, Uttar Pradesh,
India

Social isolation and loneliness

Adil Hussain and Deeksha Pandey

DOI: <https://doi.org/10.33545/26641348.2024.v6.i1b.154>

Abstract

Social isolation and loneliness are common in the developed world and associated with ill health. High-quality social connections are essential to our mental and physical health and our well-being. Social isolation and loneliness are important, yet neglected, social determinants for people of all ages – including older people.

Social isolation and loneliness are widespread, with an estimated 1 in 4 older people experiencing social isolation and between 5 and 15 per cent of adolescents experiencing loneliness. A large body of research shows that social isolation and loneliness have a serious impact on physical and mental health, quality of life, and longevity. The effect of social isolation and loneliness on mortality is comparable to that of other well-established risk factors such as smoking, obesity, and physical inactivity [1].

Keywords: Social isolation, loneliness, public health

Introduction

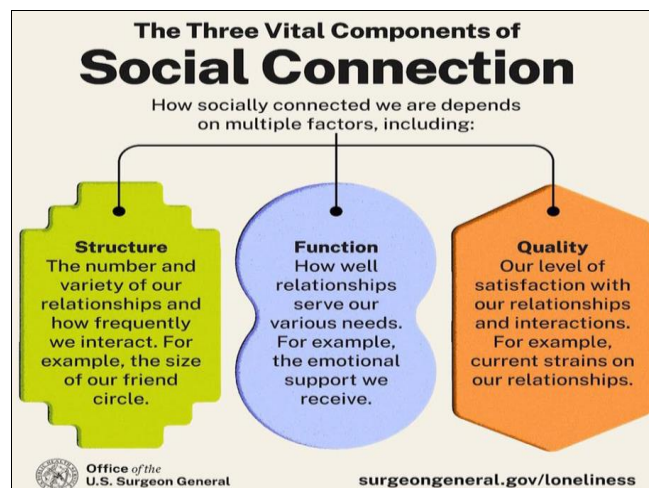
According to national institute of aging, everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to loneliness and social isolation, which can affect their health and well-being. Studies show that loneliness and social isolation are associated with higher risks for health problems such as heart disease, depression, and cognitive decline [2].

Loneliness and social isolation increase the risk for premature death by 26% and 29% respectively [3, 4]. A synthesis of data across 16 independent longitudinal studies shows poor social relationships (social isolation, poor social support, loneliness) were associated with a 29% increase in the risk of heart disease and a 32% increase in the risk of stroke [5].

Social isolation and loneliness have been linked to increased risk for Heart disease and stroke, Type 2 diabetes, Depression and anxiety, addictions, Suicidal tendency and self-harm, Dementia, Earlier death [6].

Definition

Social isolation: The objective absence or paucity of contacts and interactions between a person and a social network [7, 9].



Corresponding Author:
Adil Hussain
Nursing Tutor, School of
Nursing, Galgotias University,
Greater Noida, Uttar Pradesh,
India

Components of Social connection

According to National Health Service – Centre for Reviews and Dissemination, Loneliness: The feeling of being alone or isolated^[8,9].

Primary care for older aged people

Freedman A *et al* (2020) conducted a review on social isolation and Loneliness among older aged people and highlight the importance of several interventions addressing loneliness and social isolation have been studied: social facilitation (including technology), exercise, psychological therapies, health and social services, animal therapy, befriending, and leisure and skill development^[10].

SS helps in reducing the loneliness and social isolation in adults through socialization by giving psychological support by enhancing physical and mental health by field visit. Additionally, Group-based social activities, support groups with educational elements, recreational activities, and training or use of information and communication technologies and existing community services related to telehealth, recreational activities, and psychological therapy helpful in reducing the loneliness and social isolation.

Galvez-Hernandez P *et al* (2022) conducted a review to identify and address loneliness and social isolation in older adults.

Conflict of Interest

Not available

Financial Support

Not available

References

1. World Health Organization (WHO). Social Isolation and Loneliness [cited 2024 May 5]. Available from: <https://www.who.int/teams/social-determinants-of-health/demographic-change-and-healthy-ageing/social-isolation-and-loneliness>.
2. National Institute on Aging. Loneliness and Social Isolation — Tips for Staying Connected [cited 2024 May 5]. Available from: <https://www.nia.nih.gov/health/loneliness-and-social-isolation/loneliness-and-social-isolation-tips-staying-connected>.
3. Holt-Lunstad J, Robles TF, Sbarra DA. Advancing social connection as a public health priority in the United States. *Am Psychol*. 2017;72(6):517-30.
4. Holt-Lunstad J, Smith TB, Baker M, Harris T, Stephenson D. Loneliness and social isolation as risk factors for mortality: a meta-analytic review. *Perspect Psychol Sci*. 2015;10(2):227-37.
5. Valtorta NK, Kanaan M, Gilbody S, Ronzi S, Hanratty B. Loneliness and social isolation as risk factors for coronary heart disease and stroke: systematic review and meta-analysis of longitudinal observational studies. *Heart*. 2016;102(13):1009-16.
6. Centers for Disease Control and Prevention (CDC). Social isolation and loneliness [cited 2024 May 5]. Available from: <https://www.cdc.gov>.
7. Gardner I, Brooke E, Ozanne E, *et al*. Improving social networks, a research report: Improving health and social isolation in the Australian veteran community. Melbourne: Lincoln Gerontology Centre, La Trobe University; c1999.

8. University of York Centre for Reviews and Dissemination. Interventions for loneliness and social isolation. National Institute for Health Research; c2014.
9. Taylor HO. Social isolation's influence on loneliness among older adults. *Clin Soc Work J*. 2020;48(1):140-51.
10. Freedman A, Nicolle J. Social isolation and loneliness: The new geriatric giants: Approach for primary care. *Can Fam Physician*. 2020 Mar 1;66(3):176-82.

How to Cite This Article

Hussain A, Pandey D. Social isolation and loneliness. *International Journal of Advanced Psychiatric Nursing*. 2024;6(1):108-109.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.