



Lonely country Lonely campus

The epidemic of loneliness & it's impact

Scale of the problem



The State of Loneliness in America -- Cigna Survey of 20,000

1:2

NEARLY HALF of Americans report sometimes or always **feeling alone (46%)** or **left out (47%)**.

1:2

ONLY AROUND HALF OF AMERICANS (53%) have meaningful in-person social interactions, such as having an extended conversation with a friend or spending quality time with family, on a daily basis.



More living alone
More lonely

Z

GENERATION Z IS THE LONELIEST GENERATION AND CLAIMS TO BE IN WORSE HEALTH THAN OLDER GENERATIONS.

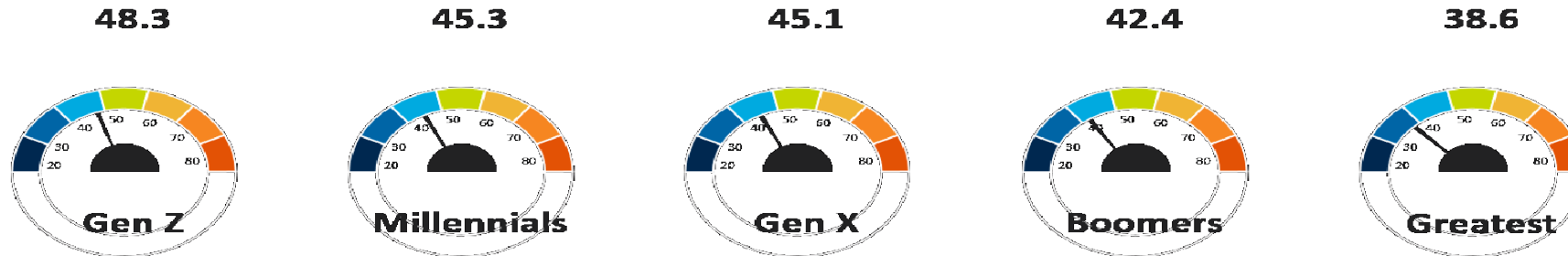
- Gen Z (adults ages 18-22) has the highest loneliness score (**48.3**), and the Greatest Generation (adults ages 72+) are the least lonely (**38.6**).

60% GenZ
feel
isolated &
alone

100 million
adults often or
always lonely

NATIONAL RESULTS

YOUNGER GENERATIONS ARE LONELIER THAN OLDER GENERATIONS

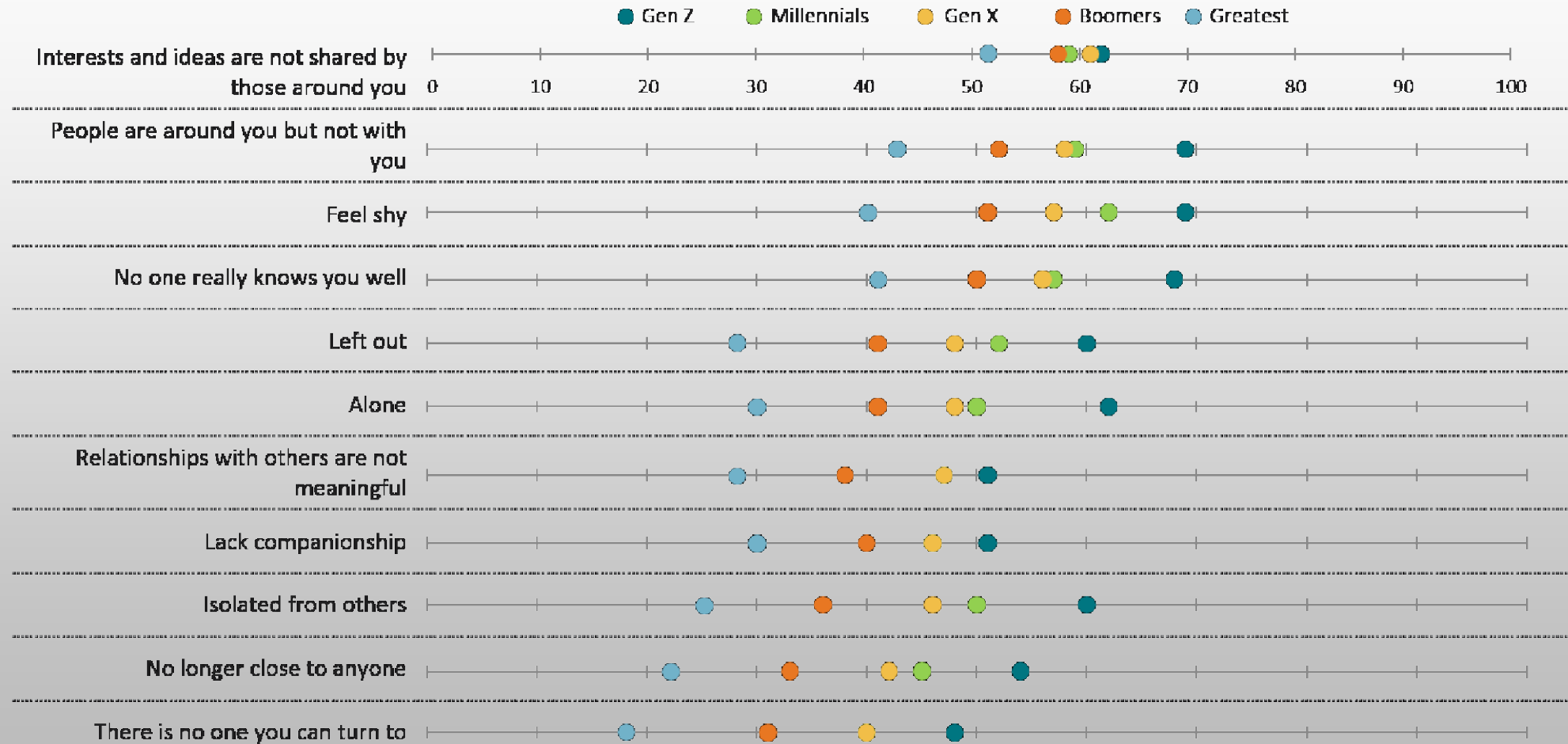


In fact, **more than half** of Gen Zers (adults ages 18-22) identify with **10 of the 11** feelings associated with loneliness.

Feeling like:

- people around them are not really with them (**69%**)
- feeling alone (**62%**)
- no one really knows them well (**68%**)

FEELINGS OF LONELINESS MOST PREVALENT AMONG GENERATION Z



AT LEAST A THIRD EXPERIENCE FEELINGS ASSOCIATED WITH LONELINESS

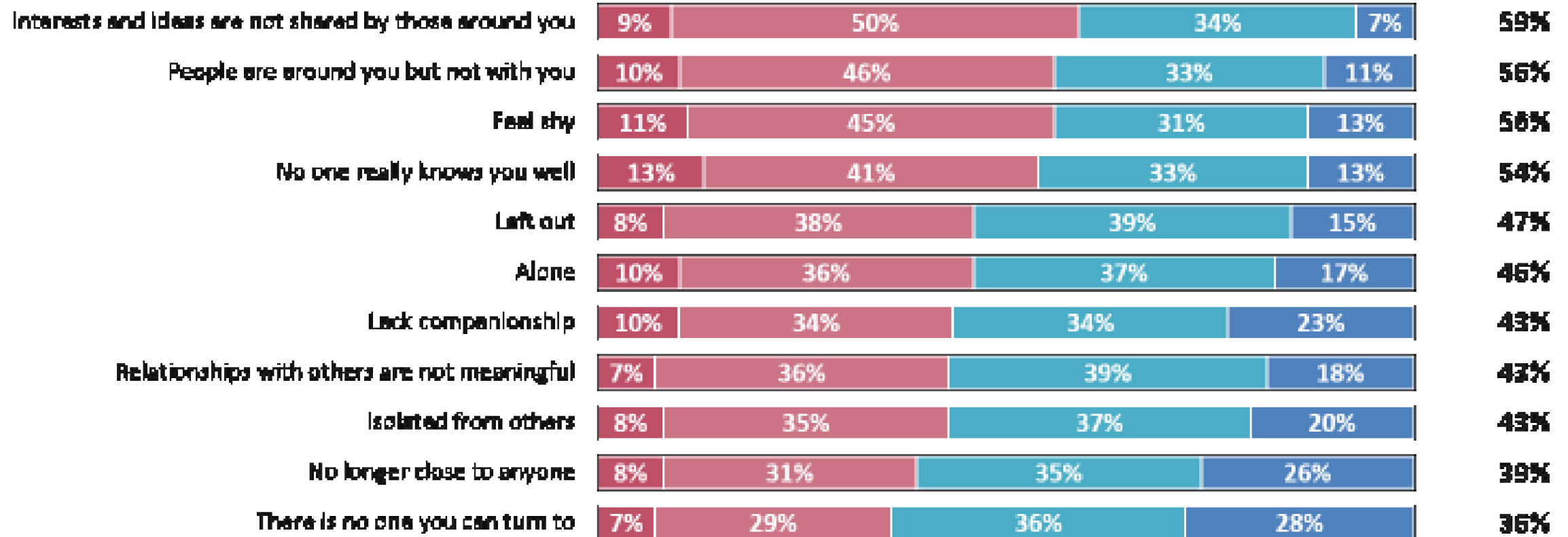
Always

Sometimes

Rarely

Never

% Always/
Sometimes



At least 1 in 10 rarely or never feel included

Core discussion networks



The ties that connect us to community & neighborhood have withered as confidant networks have closed in on a small core group



In 2004 an adult American much more likely to be completely isolated from people with whom to discuss important matters than in 1985

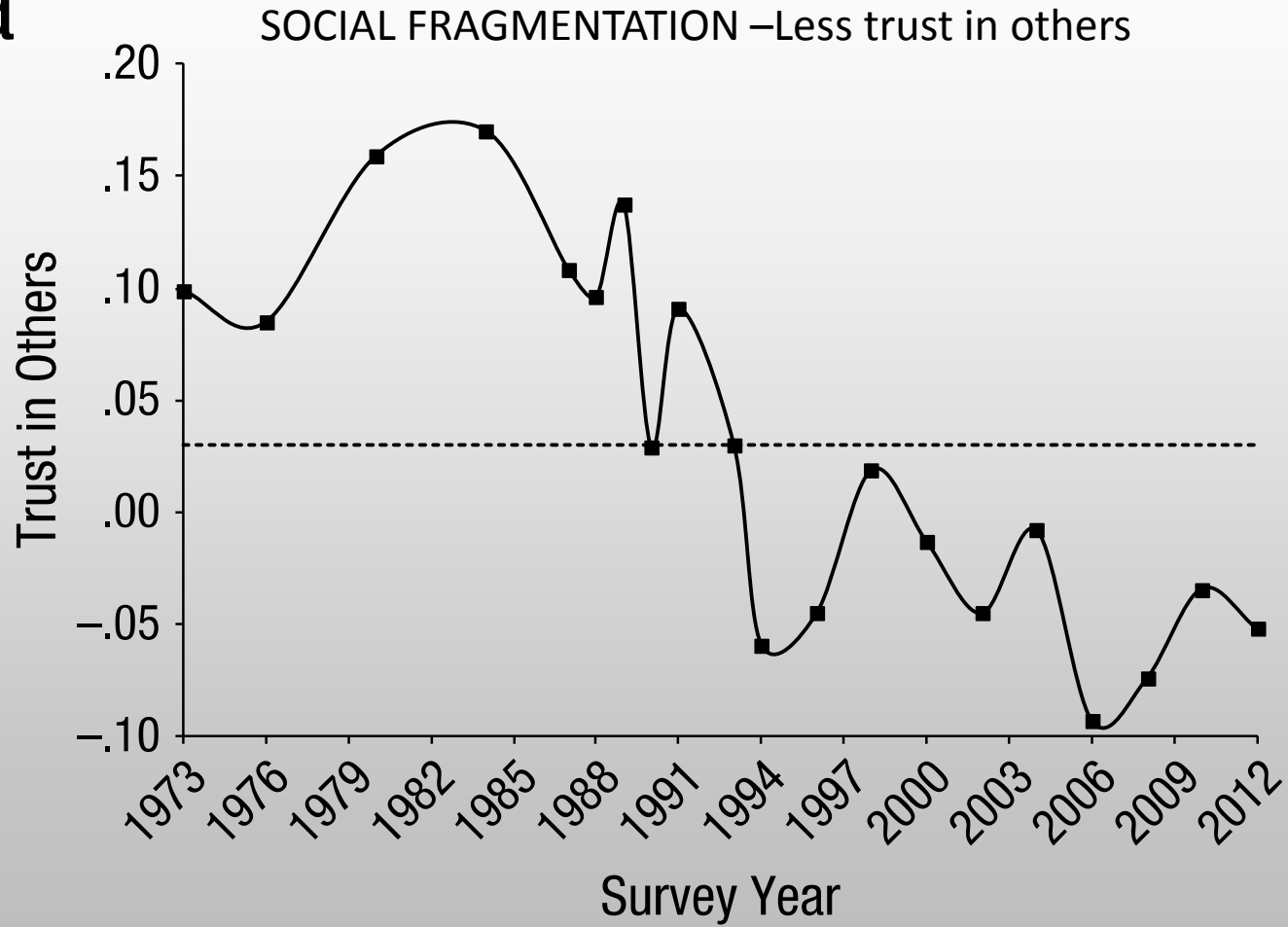


Mean network size decreased by about 33 percent from 3 confidants in 1985 to 2 in 2004



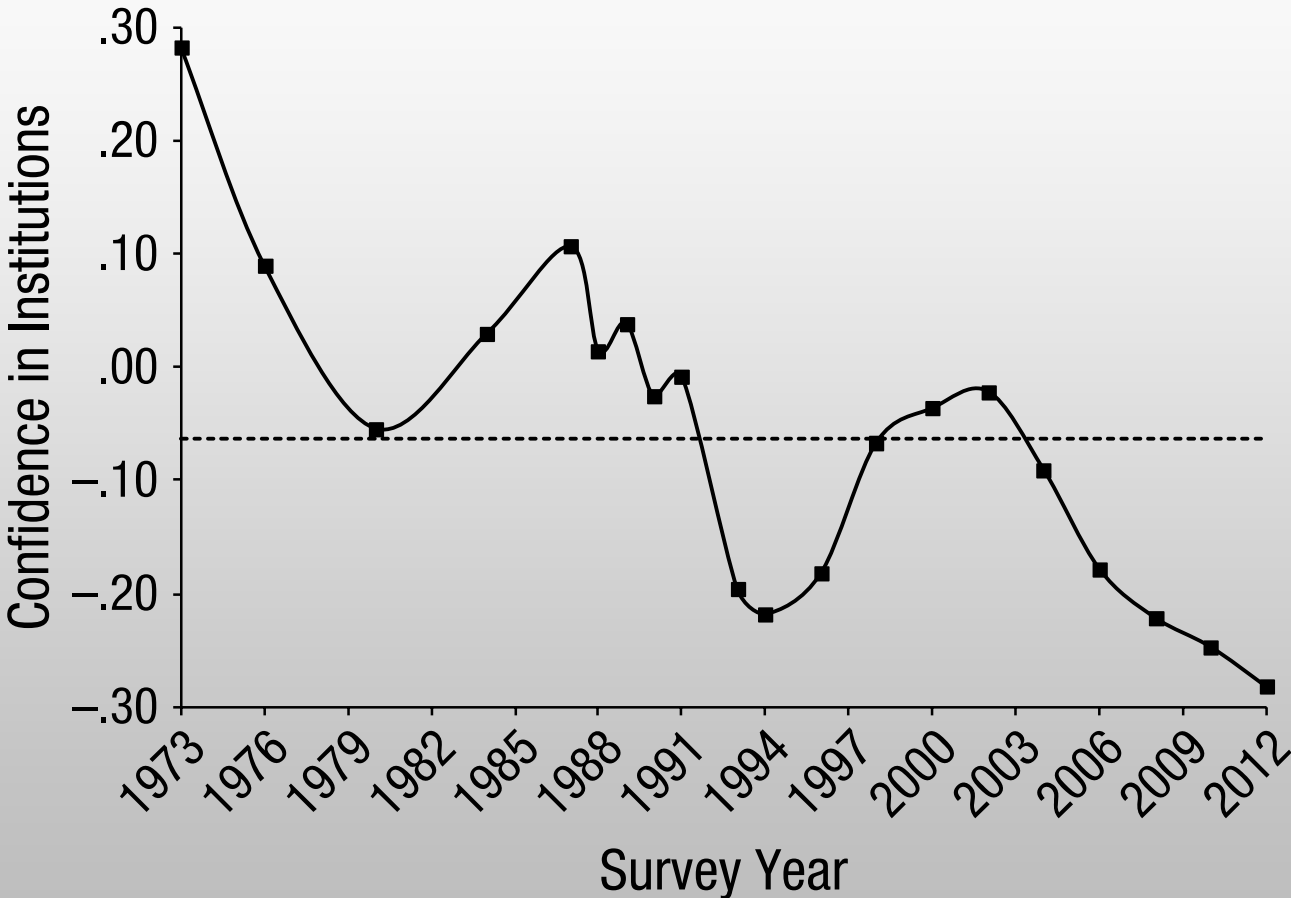
From a quarter to one half of the U.S population isolated from support

a



Social Fragmentation - Trust in Institutions even worse

a



Twenge, Campbell & Carter, (2014). Declines in Trust in Others & Institutions among Adults & Late Adolescents, 1972 -2012. Psychological Science.

Internet & isolation



- 95% of teens own a smartphone
- 97% of teen boys & 83% of teen girls play video games
- 45% of teens say they use the internet **almost constantly**, a figure that nearly doubled from 24% in just 3 years
- 25% OF TEENS SAY INTERNET NEGATIVELY IMPACTS THEIR LIVES



LONELINESS & THE BRAIN

The lethality of loneliness.

John Cacioppo. (2013). TedTalk

- <https://www.youtube.com/watch?v=0hxl03JoA0>
- Odds of early death
- Enter survival mode
- Exit empathy & perspective of others mode
- Looking for danger leads to defensiveness

START FROM 9:30 till aprox 14:08

What Loneliness does



- *loneliness sends misleading hormonal signals*
- *rejiggers the molecules on genes that govern behavior*
- *wrenches a slew of other systems out of whack*
- *30% risk of early death*

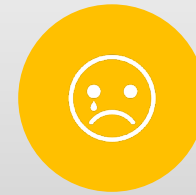
What loneliness does



On a par with smoking
or obesity



Increased risk of heart
disease & stroke



Depression



Cognitive decline &
Alzheimer's



Rejection triggers
brain response akin to
physical pain



Perceive others'
behavior as unfriendly
>>>withdraw



Triggers fight or flight stress signaling



increases the activity of monocytes --
genes that drive inflammation, the
first response of the immune system



decreases the activity of infection
fighting genes (Cole et al., 2007)

Coles (2007) states -- the biological impact of social isolation reaches down into some of our most basic internal process - the activity of our genes.

CERTAIN LIFE EVENTS CAN MAKE US MORE LIKELY TO FEEL LONELY
- HERE ARE SOME...

"Loneliness doesn't discriminate"

- JO COX

BEREAVEMENT



ENTERING A PERIOD OF POOR HEALTH



CHILDREN LEAVING HOME



RETIREMENT

MOVING INTO CARE



DIVORCE & RELATIONSHIP BREAKDOWN



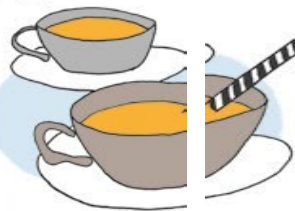
REFUGEES -AWAITING ASYLUM



BECOMING A PARENT



BECOMING A CARER



LIVING WITH DISABILITY



BULLYING



MOVING JOBS



LOSING A JOB



LIVING IN AN ABUSIVE ENVIRONMENT



BEING A VICTIM OF CRIME



SCHOOL



LEAVING CARE



BECOMING HOME LESS



1

*Teens who visit social-networking sites every day but **see their friends in person less frequently** are the most likely to agree with the statements*

2

*“A lot of times I feel lonely,”
“I often feel left out of things,”*

3

*Teens’ feelings of loneliness **spiked in 2013** and have remained high since.*

IGEN TEENS- A LONELY DISCONNECTED GENERATION

THE SMARTPHONE GENERATION: A STATISTICAL PORTRAIT

The constant presence of the internet, particularly social media, is changing the behavior and attitudes of today's teens.

1

Not Hanging Out With Friends

Times per week teenagers go out without their parents

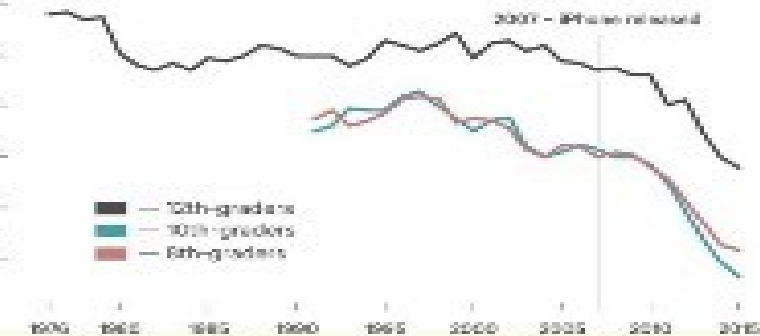


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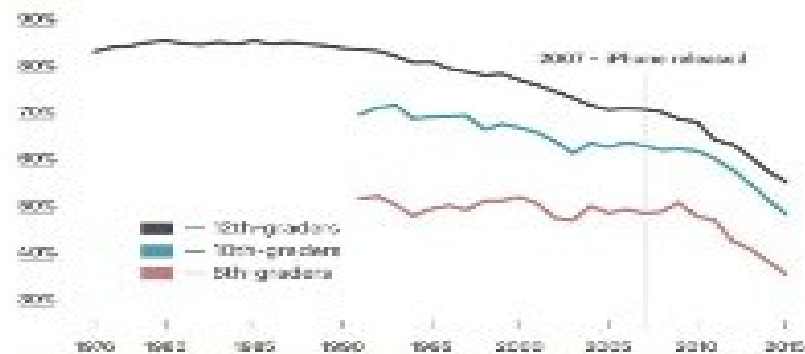
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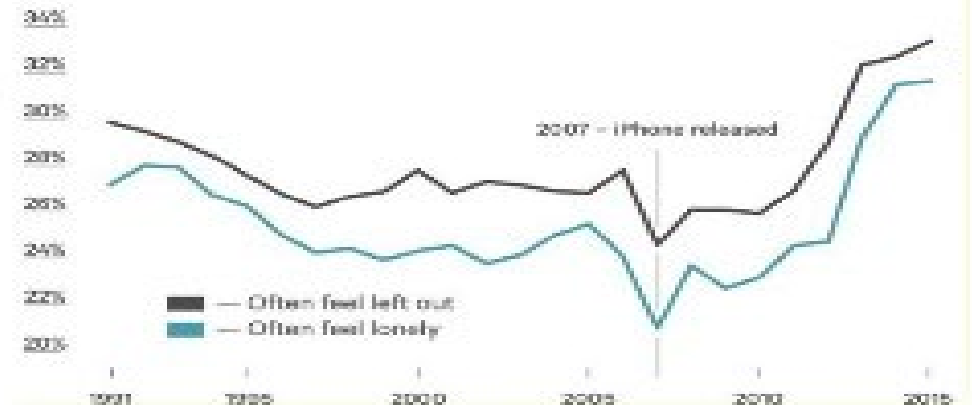
Less Dating ...

Percentage of teenagers who ever go out on dates



More Likely to Feel Lonely

Percentage of 8th-, 10th-, and 12th-graders who agree or mostly agree with the statement "I often feel left out of things" or "A lot of times I feel lonely"

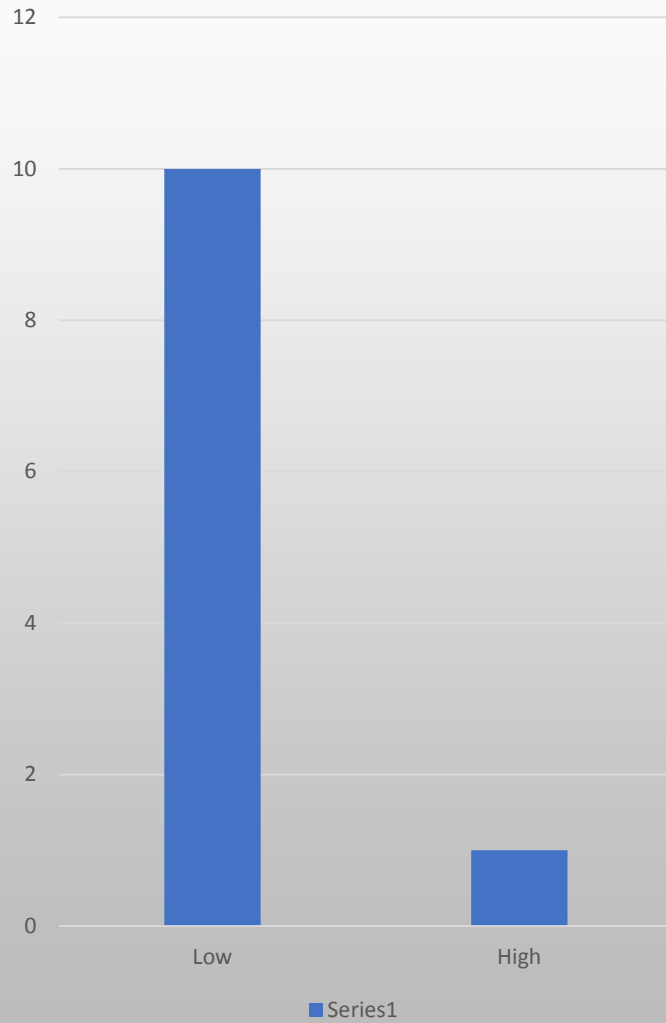


- *the longing for interpersonal intimacy stays with every human being from infancy throughout life, and there is no human being who is not threatened by its loss*

Frieda Fromm-
Reichmann

"the naked
horror" of
loneliness

Suicidal thoughts & Low/ High
Social Support



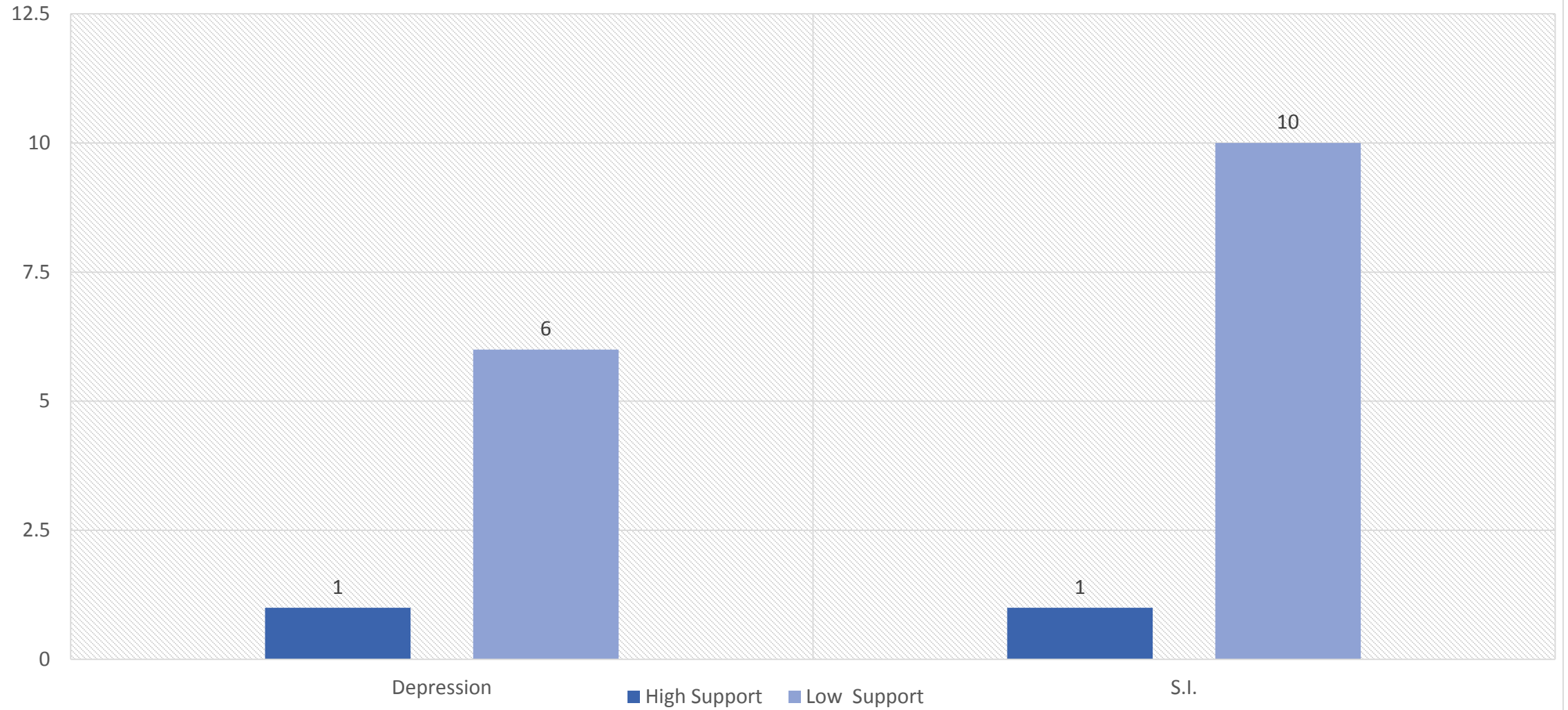
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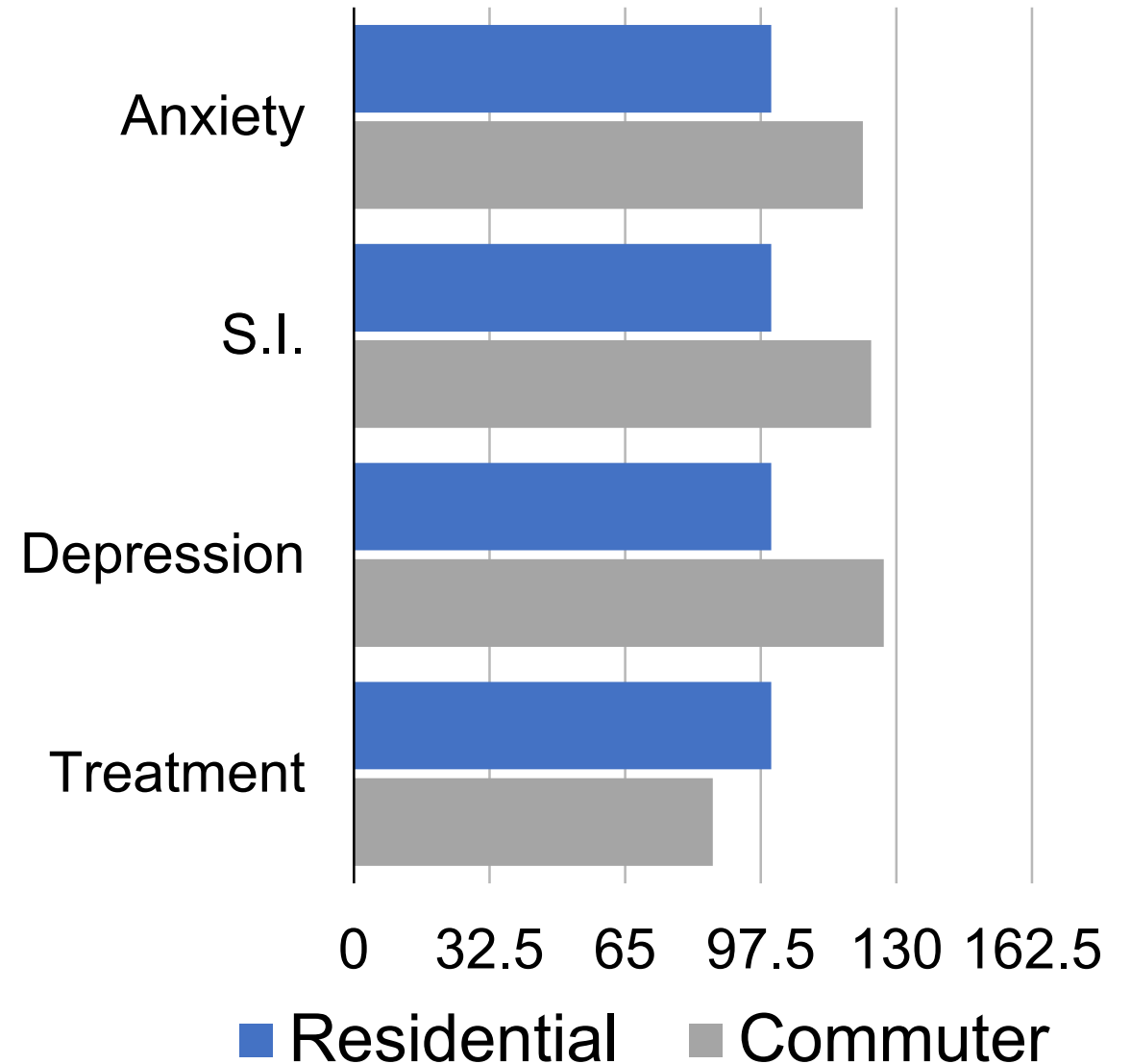
Transition to College

- <https://www.youtube.com/watch?v=oAUcoadqRIE>
- [Emery Bergmann](#)
Video project for Homework; we had to depict a "transformation". I chose my college transition.

Social Support, Depression & S.I. in College Students



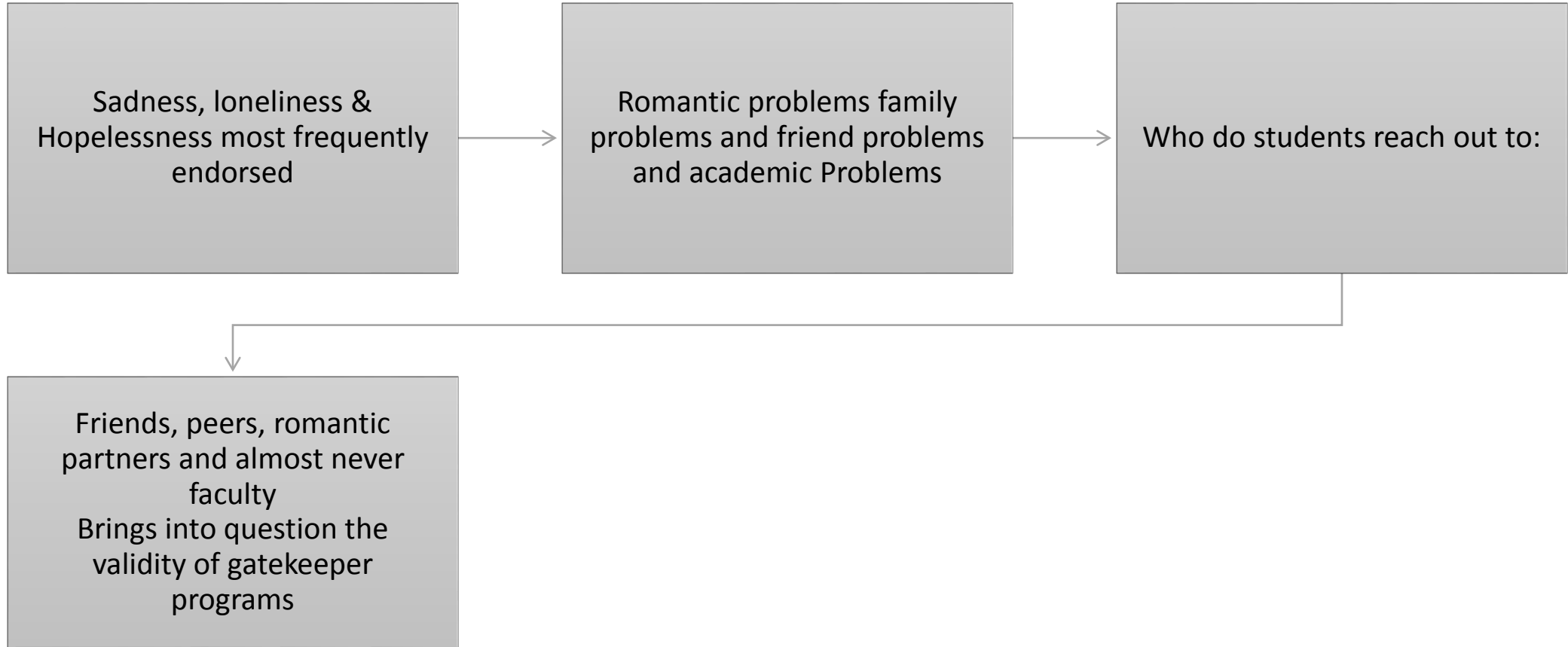
ODDS OF ANXIETY &
DEPRESSION ON
COMMUTER CAMPUS VS.
RESIDENTIAL 43000
STUDENTS AT 72
COLLEGES - HEALTHY
MINDS STUDY





Good friends

- <https://youtu.be/INa-oOAexno>
- The power of connection

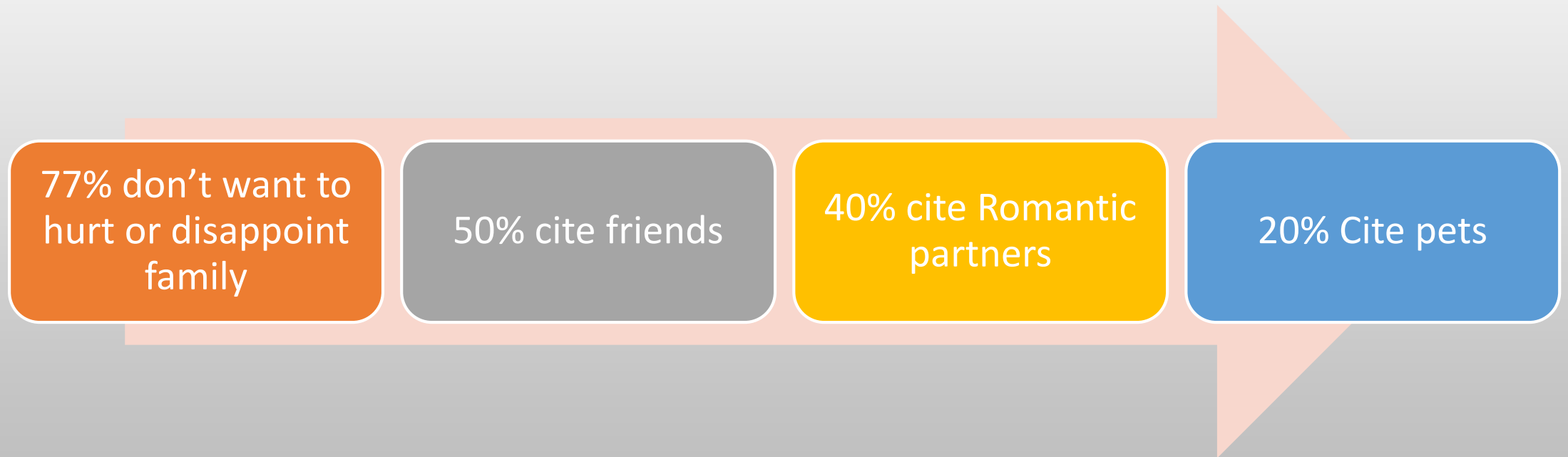


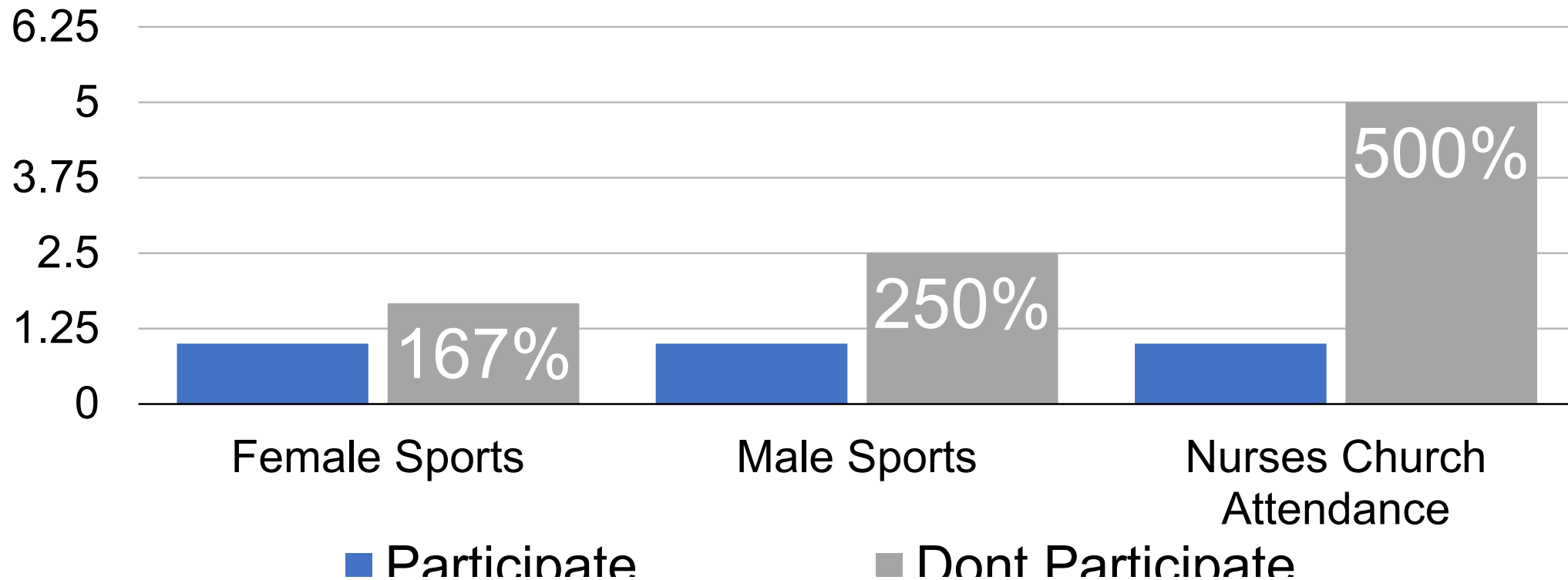
Impact of connectedness among students seriously considering suicide

This subjective
experience of
suicidality is
embedded
within
relationships

- **Why students don't tell anyone**
- they have no one to tell
- Fear of burdening someone
- Fear of being judged

Decision to not attempt suicide





Impact of Participation in Sports on S.I. & Religious Attendance on Death by Suicide

Brown & Blanton, (2002). Physical Activity, sports participation & suicidal behavior among college students. *Medicine & Science in Sports & Exercise*. Nurses Health Study -90,000 nurses.
 VanderWeele et al. (2016). *JAMA Psychiatry*.

01

Societal & Employer
responsibility

- 5 minute employee talks

02

More thoughtful
organization of college
life

03

Engineer a more
connected environment

Academically distressed
students

The posse

04

Dorm design

- Common area higher internet speed
- glass walls laundry
- location of bathroom

What can be done?

Connection to the larger campus community

- Students involved in campus organizations are less likely to seriously consider suicide
- Male students **not involved in sports 2.5 times more likely** to report suicidal thoughts or behavior
- Female students **not involved in sports 1.67 times more likely** to report suicidal thoughts or Behavior

