

# Online Research

## What is loneliness?

Loneliness is an unpleasant [emotional](#) response to perceived or actual [isolation](#). Loneliness is also described as [social pain](#) – a psychological mechanism that motivates individuals to seek [social connections](#). It is often associated with a perceived [lack of connection and intimacy](#). Loneliness overlaps and yet is distinct from [solitude](#). Solitude is simply the state of being apart from others; not everyone who experiences solitude feels lonely. As a subjective emotion, loneliness can be felt even when a person is surrounded by other people.

The causes of loneliness are varied. Loneliness can be a result of genetic inheritance, cultural factors, [a lack of meaningful relationships](#), a significant loss, [an excessive reliance on passive technologies](#) (notably the [Internet](#) in the 21st century), or [a self-perpetuating mindset](#).

## What can help with loneliness?

- Talking to people
- Meditate
- Sport

## Seasonal Depression

### Definition:

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — seasonal affective disorder begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody.

### Signs and symptoms:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live

# Cocooning

## Definition:

The term is used to express the tendency of human beings to be attached to staying at home and to socialize less and less, in the way we used to know, turning the home into a refuge. These people feel well by isolating themselves from the outside world, escaping from the fast pace, noise, possible conflict situations or situations that can sometimes frighten us.

## Positifs

Psychological experts are clear: cocooning is highly recommended for people with hectic lives and busy schedules. People who do not know how to conceive their life without always having a thousand plans fit together like Tetris pieces. For these people, moments to stop, breathe and relax at home are necessary, creating a space in which to learn and reflect on the need to put the brakes on and be alone without feeling bad about it.

## Negatifs

The context is vital to know for whom cocooning can be positive or negative. One third of the population suffers from unwanted loneliness. This occurs when an individual has a network of social relationships that is insufficient in quantity or quality. These people, little by little, become isolated from the world and are at risk of permanent loneliness. For someone in this situation, the outside is so hostile that, thanks to the comforts of home, they see it as unnecessary to have to face it.

For this type of person, cocooning is counterproductive. It causes many individuals, couples or families to become too intimate and, over time, triggers a feeling of deep loneliness, with very harmful consequences for health. When signs of cocooning are detected in this profile, it is best to remedy it before it is too late. Get out of the house, look for plans that make us excited, sign up for an activity to meet other people and little by little, overcome emotional barriers.

## Sources

- Wikipedia contributors. (2025, 8 mai). Loneliness. Wikipedia. <https://en.wikipedia.org/wiki/Loneliness>
- Seasonal affective disorder (SAD) - Symptoms & causes - Mayo Clinic. (2021, 14 décembre). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>
- WellWo. (2021, 17 novembre). WHAT IS COCOONING ? Occupational Health - Welfare In The Workplace. <https://wellwo.es/en/what-is-cocooning/>

# Google form results

Form: <https://docs.google.com/forms/d/1Mqwvo5P1V3yyqsl6yODAEvcIJZXdmTp089Vb2XwQrv8/edit#responses>

Spreadsheet: <https://docs.google.com/spreadsheets/d/14FwmMnDSBEjp0iIL7d6UvgwP7VfJfpSVAgKH6w2SEU/edit?usp=sharing>

## Have you ever experienced loneliness?

Nobody said that they have never experienced loneliness.

Almost 90% have experienced loneliness, whether it is physically or emotionally.

## How often do you feel lonely?

Nobody said that they were always lonely.

Most people are lonely sometimes. This correlates with the online research that says that everybody experiences loneliness at some point.

About 25% of people said that they were often lonely and the same amount said rarely.

## When do you feel most lonely?

Most responses talked about feeling lonely when they are physically lonely and they have no one to speak to. Those people also said they coped most of the time by seeking social interaction.

Another big portion of people said that they feel lonely late at night or in the evening. They are probably referring to the feeling of existential dread or feeling like they have failed at something in life.

One response that particularly stood out to me was someone who wrote winter. This person refers to seasonal depression. People with seasonal depression or SAD (seasonal affective disorder) often experience it in the winter.

## What helps you cope with loneliness?

Most people said they cope with loneliness by gaming. This shows that making a game as my final work is the right format as it is gamers who often feel loneliness.

## In what ways does loneliness affect you emotionally or physically?

The two most recurrent things people answered to this question is that they either feel empty inside or that they tend to overthink.