

A LONELY STORY

CS 171: Visualization Final Project

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Introductory Questions

Firstly, pop-up questions

1. How often do you feel that you have a lot in common with the people around you?
2. How often do you feel that no one really knows you well?
3. How often do you feel that people are *around* you but not *with* you?
4. How often do you feel that there are people you can talk to or turn to?

(Choose from Never | Rare | Sometimes | Always)

Then, based on user's choices, show one of the two sentences:

You are likely to be lonely, and everyone feels lonely sometimes.
Everyone feels lonely sometimes, and you are among the lucky few.

What is Loneliness

We are living through an epidemic of loneliness.

Loneliness is a subjective feeling of perceived discrepancy between desired and actual social relationships (Weiss, 1973).

It is a complex and usually unpleasant emotional response to isolation, typically includes anxious feelings about a lack of connection or communication with other beings, both in the present and extending into the future.

Is loneliness a life sentence, or is it possible for some to break through it and come out the other side?

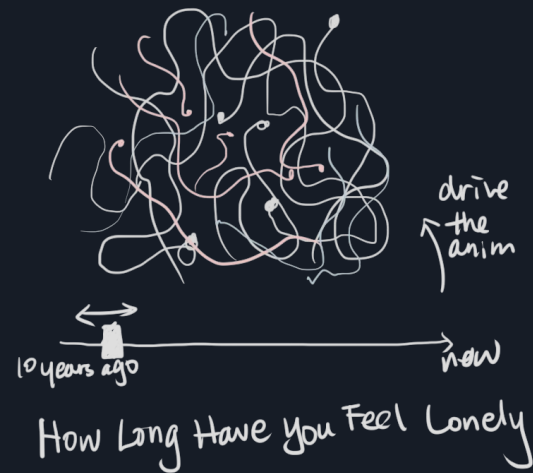
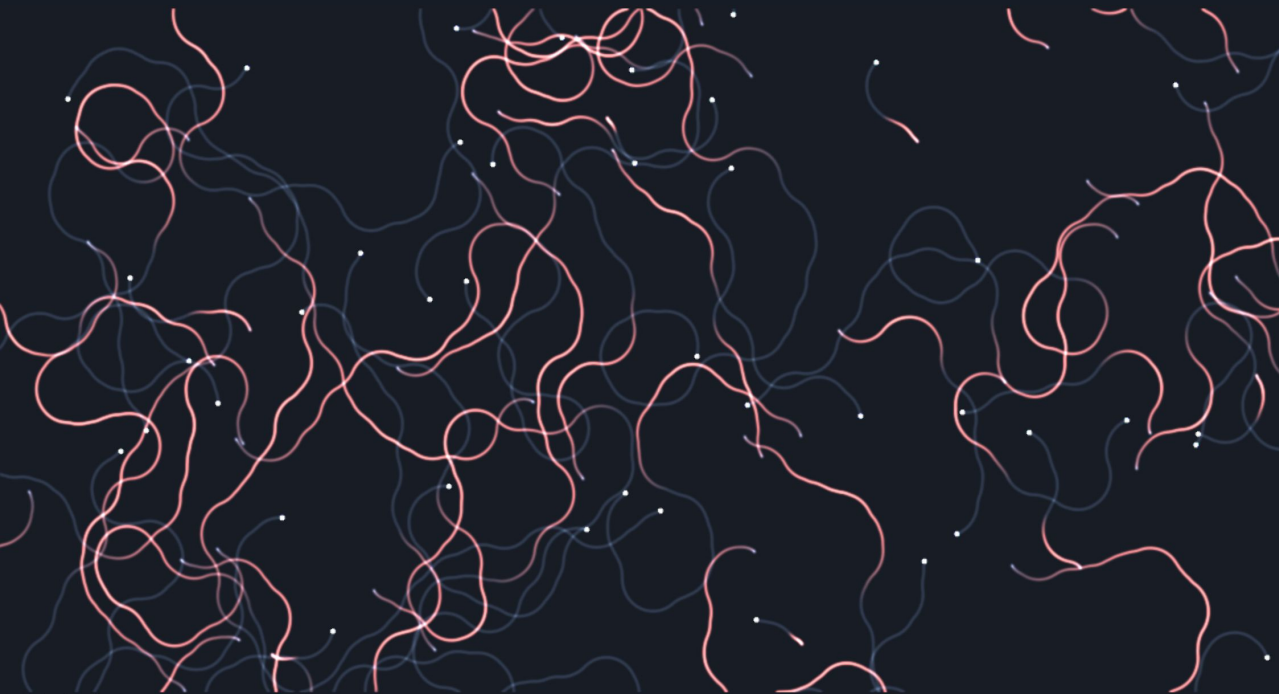
Loneliness Matters

Loneliness has been considered the latest global health epidemic, with serious health implications.

A growing body of longitudinal research indicates that loneliness predicts increased morbidity and mortality (Hawkley and Cacioppo, 2010).

According to a study from the British Red Cross, over nine million adults in the U.K. feel the same way—that's about 1/5 of the country's population! Now even governments are getting involved—in 2018, the U.K. appointed a Loneliness Minister, Tracey Crouch, to help combat the country's chronic loneliness problem.

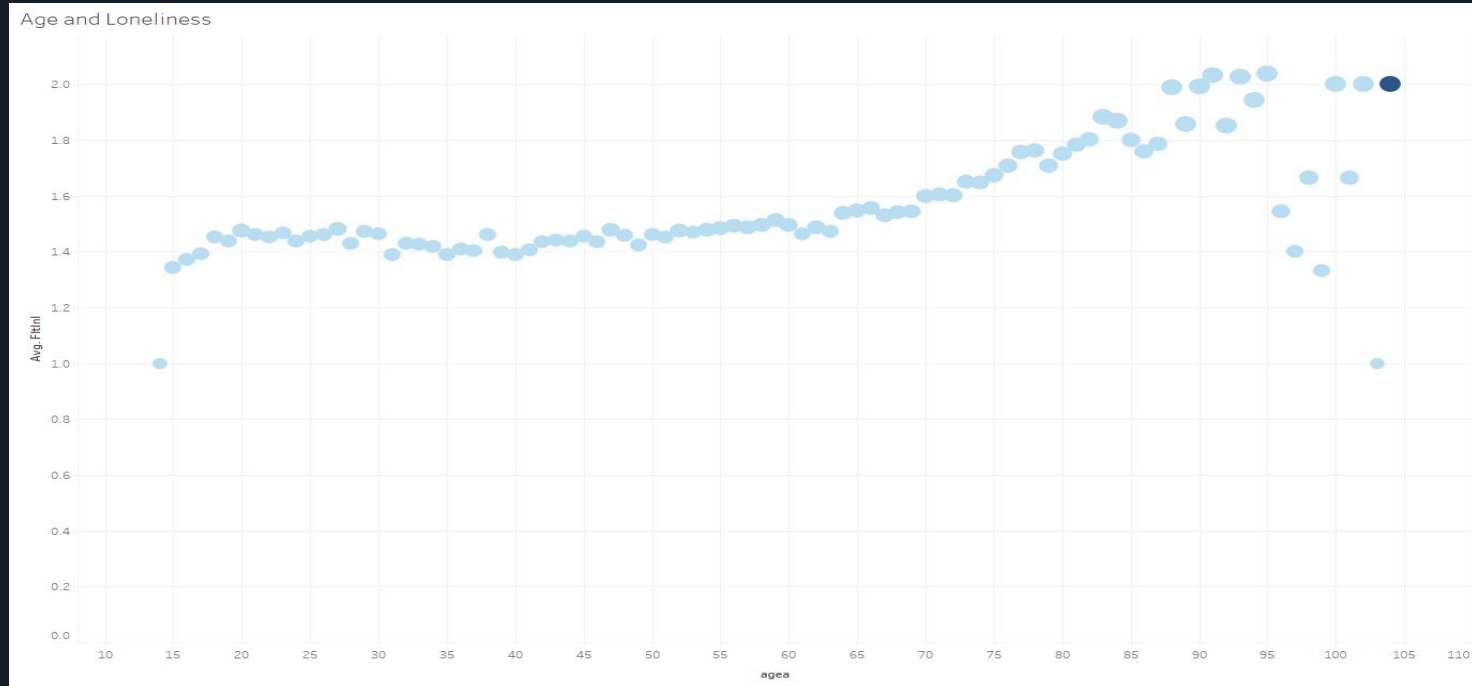
[lonely for years]



VISUAL No.1

There are so many people who have been lonely for such a long time.

[lonely for a lifetime]



VISUAL No.2

Loneliness is accumulative.

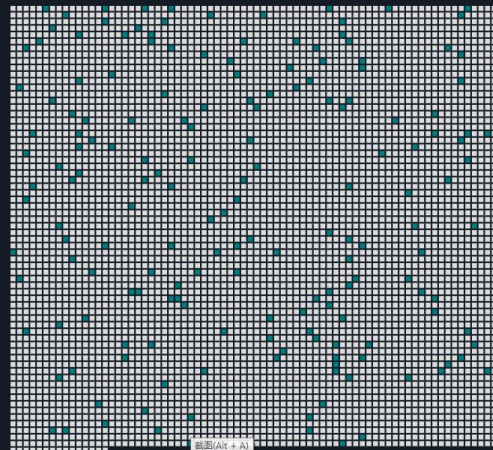
Loneliness is a common feeling now.
It can arrive for many reasons.

[lonely for different premises]

Causes (in 100) of Loneliness

Specific Events that Cause Loneliness

Unemployment is the second most cause
Loneliness can also be caused due to unemployment



“among 100
lonely people, 1
is lonely
because his
marriage didn’t
work out, 5 are
lonely
because...”

VISUAL No.3

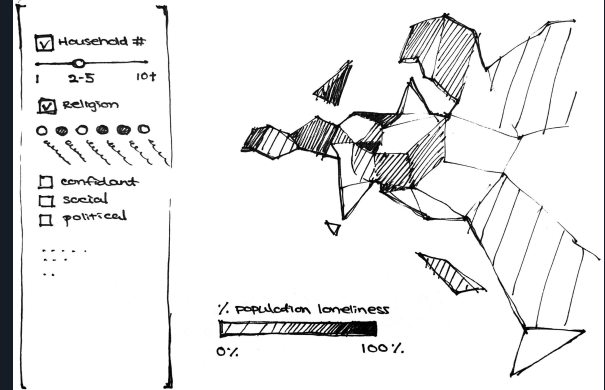
loneliness exists on multiple different premises

Lonely people occupies a great percentage of
the world's population (EU as example).
Let's have a look of who they are.

[who are lonely]

In recent years its medical implications have brought loneliness to the centre of attention of mass media, government agents, and the general public. However, loneliness is not merely a psychological, individual, or health issue. **In multiple ways, it is a social problem as well.**

something here ↕

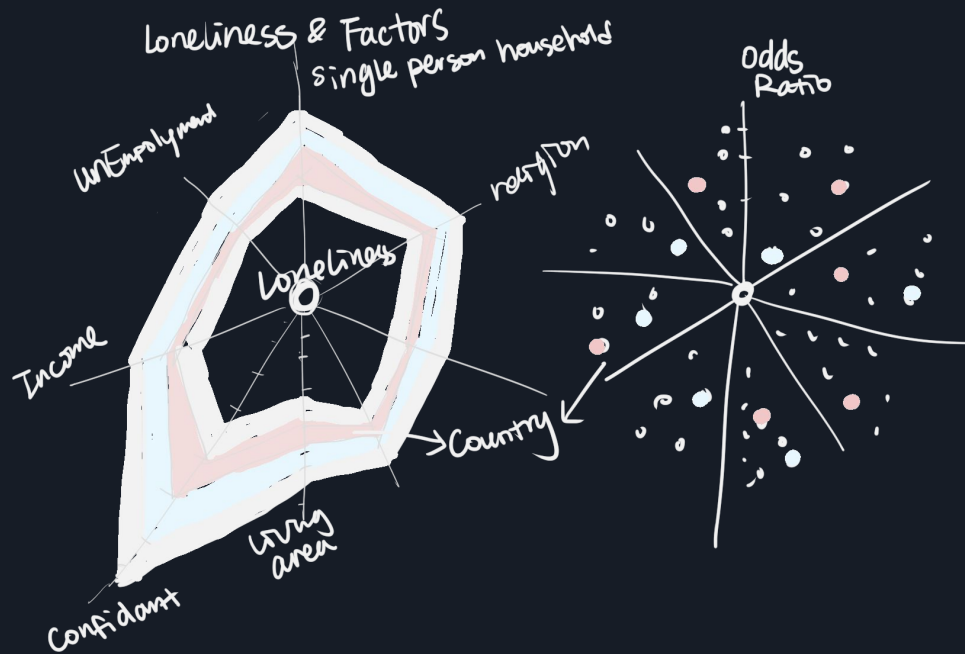


VISUAL No.4

Loneliness is more prevalent in certain groups of people

Then we can summarize from these data
what factors contribute more to loneliness

[what contributes most to loneliness]



VISUAL No.6

Loneliness is most related with having no confidant

This result is not surprising. Research shows, among three levels of social ties, confidant relationship is most salient to emotional-well being. But maintaining other levels of social connections can also alleviate loneliness:

Three Levels of Loneliness

intimate - confidant

relational - family/friends

collective - community/organization

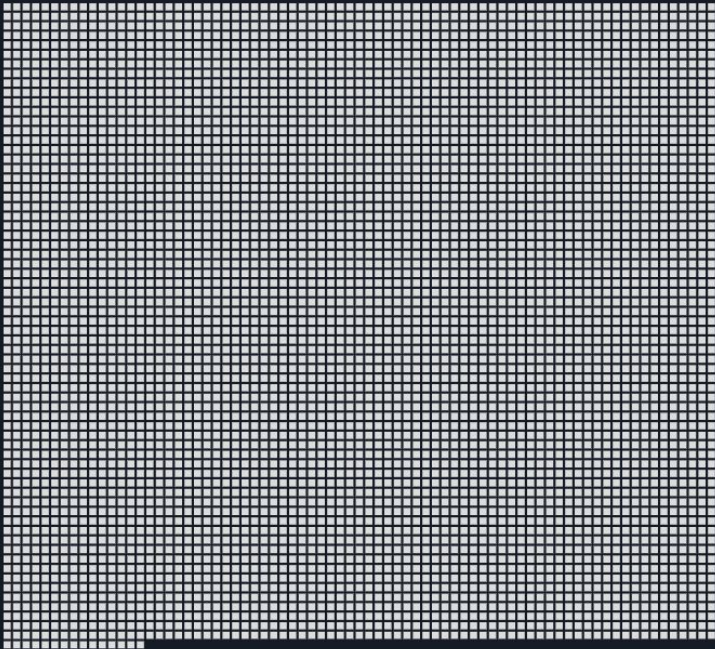
Three correlated but separable dimensions of loneliness are intimate isolation/connection, relational isolation/connection, and collective isolation/connection (Weiss, 1973; Hawkley et al., 2005; Cacioppo and Patrick, 2008; Cacioppo, Cacioppo, and Boomsma, 2014). They respectively refer to the perceived absence/presence of emotional confidant, quality friendships or family connections, and identity with groups or social entity (Cacioppo et al., 2014). It is noteworthy that it is the quality more than the quantities of social connections that strongly influences the level of loneliness (Putman, 2000; Cacioppo and Patrick, 2008).

Sometimes loneliness are caused by specific events, such as loss of family members or divorce.

Specific Events that Causes Loneliness

Unemployment is the second most cause of loneliness.

Loneliness can also be caused due to unemployment

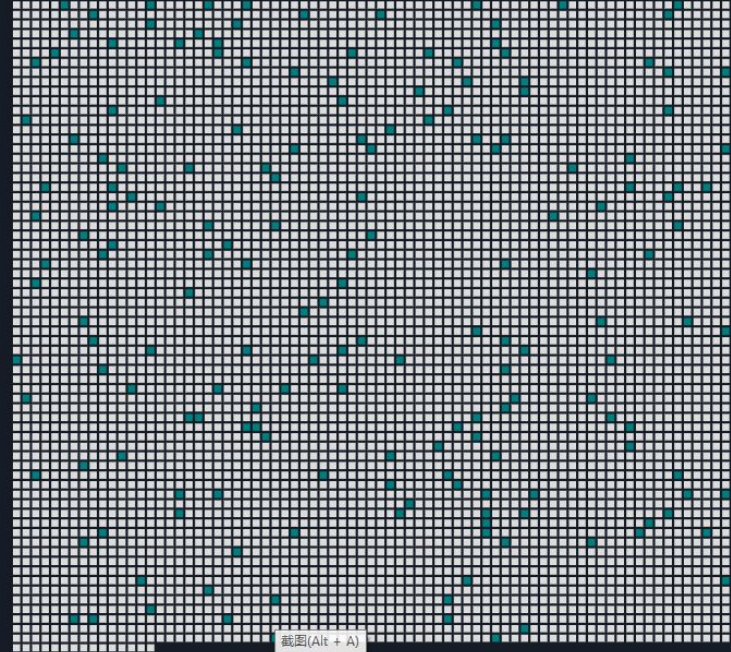


Sometimes loneliness are caused by specific events, such as loss of family

Specific Events that Causes Loneliness

Unemployment is the second most cause

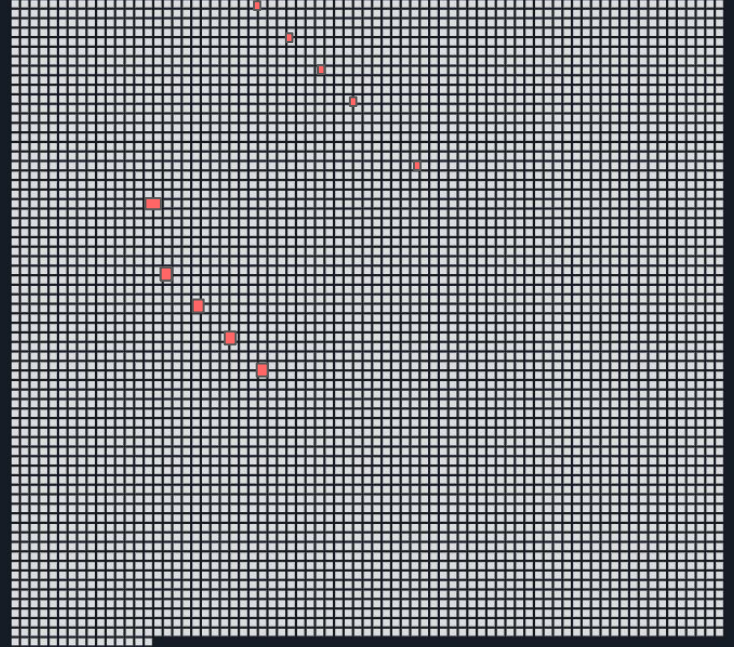
Loneliness can also be caused due to
relational - family/friends

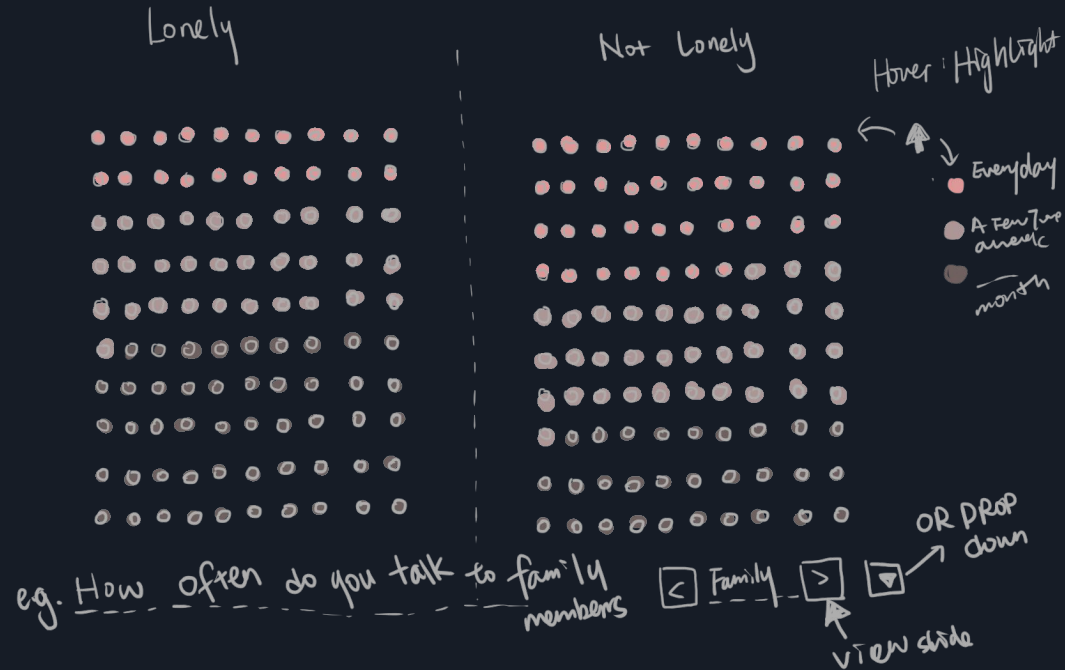


Sometimes loneliness are caused by
specific events, such as loss of family

Specific Events that Causes Loneliness

collective - community/organization





Beyond things that individuals can do, our society should also make more efforts to tackle the global epidemic of loneliness.

[global efforts]

Loneliness support centers

OR

Loneliness global fundings

VISUAL No.8

We need more global efforts for tackling loneliness.