Participant number 24 – Female, 18, Hackney

Part 1:

Interviewer: Can we start by talking about what you put first please.

Interviewee: ‘Kay, so in the first box, I drew like a field. Or a hill. And on the hill you have groups of friends and- but you also have someone that’s alone. And like as you can see on the images, I labelled it like the person that’s alone and then the groups of friends that’s around them, and I said I associate not having friends with loneliness because like, around you, when you see other people, it makes you sad because like you can see everyone having fun and you’re just there left alone and that will make people feel lonely. [Interviewer: mm] Seeing other people all together.

Interviewer: How does that make you feel?

Interviewee: If- how does that make me feel if it was me [interviewer: mm] in that situation? Um… like, I wouldn’t wanna be there. I would wanna move away from there. I would wanna like- ‘cause I wouldn’t want people to see me alone. So I wouldn’t wanna stay there, if that was me.

Interviewer: Mm. So it sounds like what you’re saying is, you know, being alone is when, you know, when everyone is together and you’re kind of excluded, [interviewee: yeah] you’re separated, you’re on your own. [Interviewee: mhm] And um… okay. And uh… and tell me more about um… um this person here.

Interviewee: This person here. [Interviewer: yeah] So the person in the middle who’s alone, that’s like- they don’t have friends. They don’t have anyone around them. And they’re just sitting there, alone. [Interviewer: mhm] But then all these other people came together and they’re not alone, they have their groups of friends, and they’re enjoying theirself [interviewer: mhm] whilst that person’s there.

Interviewer: When you say they’re enjoying themselves whilst that person’s there, can you tell me more about that?

Interviewee: Um… so enjoying themselves, as in… like playing games together, sports, like laughing and joking. And the person here in the middle, hearing the laughing and joking, that makes them feel left out as well. Because they’re probably thinking oh they’re having fun, like I wanna be having fun as well. [Interviewer: mm] And yeah, that’s it really for the first one.

Interviewer: And how would this person feel for example being left out and not wi- with these other people in their group?

Interviewee: Um, probably sad, like um… jealous… jealousy definitely because seeing them all together would make them wish they could have the same thing. [Interviewer: mm] Um… and yeah. That’s it really.

Interviewer: Oh so this person’s seeing other people here being together and him or her not being present with them makes him or her feel jealous.

Interviewee: Yeah. Like feel jealous because they don’t have that sort of bond with anyone, like right now. They’re there alone [interviewer: mhm] and they- obviously, you wouldn’t wanna be alone. You would wanna be with other people if [interviewer: mm] you’re out, at a park. Who goes to a park alone?

Interviewer: Mm. So being excluded and sort of separated from friends, or a group of- yeah, a group of friends, as you wrote here, [interviewee: mhm] is basically um what you associate with the experience of loneliness.

Interviewee: Mhm.

Interviewer: Um, is there anything else you wanted to say about that box?

Interviewee: No, that- no.

Interviewer: Okay, thank you. Um, can we start by talking about what you put in the second box please?

Interviewee: Yeah. So in the second box I just wrote homeless. Because I think homeless people sometimes feel lonely. Because most homeless people- well I’m not saying all, but some people are homeless because they didn’t have like a good past. Like they probably, done drugs, got sent to prison, then they couldn’t get their life back on track. And normally people like that, they don’t have people supporting them. So they kind of get left in the dark alone [interviewer: mm] and that’s definitely being lonely.

Interviewer: Mm. When you say being left in the dark, can you tell me more about that?

Interviewee: Like, left in the dark as in they’re there on a street. They have to just find a little space anywhere in this big country to sleep and to- obviously they’re just there in the dark, alone.

Interviewer: Mm. So it sounds like what you’re saying is um homeless people are lonely because they are not um- they must have done something in their past, like drugs or whatever…

Interviewee: Yeah. They must have done like… something in the past that made them like- something in the past that was bad, to make people like not want to be with them anymore. So like for example, say if someone got arrested for murder or they got arrested for taking drugs, normally… some people like don’t always support them. Some people do but in some cases they don’t. So that’s why people end up homeless. Because some people won’t wanna give a job to a rapist because like why would you wanna give a job to a rapist. Some people don’t like that. So that’s why they end up homeless. Because they can- they struggle to get jobs and get money and- so I guess that’s being lonely. Yeah.

Interviewer: So it sounds like what you’re saying is um… um… um… someone like a homeless person um who’s unemployed, you said uh they can’t connect with people because they don’t have a- un- because they’re unemployed and things. Did you say something like that?

Interviewee: Not because they’re not employed, mainly because like, it’s just them str- like they’ve done- they’ve had a bad turn over in their life, and they’re struggling to um come back [interviewer: mm] from that turn over. So that’s why they- like yeah.

Interviewer: So it sounds like what you’re saying is because- yeah, because of their past, [interviewee: mhm] because of what they’ve done to society and things like that, people don’t want to hang out with them.

Interviewee: Yeah. That’s… that happens sometimes [unintelligible 6:32].

Interviewer: And how would that make them feel?

Interviewee: I mean… it would make them- I think they would feel angry at theirselves, and regret the things they done. Because like they can’t come back from it now.

Interviewer: Mm. And um… and when you said employment [unintelligible 6:54], can you tell me more about that. You mentioned something-

Interviewee: Employment? Um… em- the employment just links to like the homelessness part and- because they- some people don’t really have a social life, they just go work and that’s where they like… communicate with people and um like have their whatever- speak to people as well. ‘Cause some people literally just work all their time and don’t have time to do that so… that also could make people feel like lonely because work is a place where people communicate, like make jokes, as well as work kind of stuff.

Interviewer: Mm. Um… is that linked to homelessness? Or is that something…

Interviewee: I mean, it is kind of because sometimes like- in this case we’re talking about a homeless person, they wouldn’t be able to get that job so then- that then would make them feel like pushed away like… they would think to theirself don’t I deserve a second chance or something? [Interviewer: mm] And yeah.

Interviewer: When you say pushed away, tell me more about that.

Interruption

Interviewer: So when you say being pushed away from society, can you tell me more?

Interviewee: Um… pushed away like um… no one offering you jobs, no one like giving you a chance. So all around you like jobs, your family, like everyone just turned- turning- turning you down. [Interviewer: mm] Not giving you second chances.

Interviewer: Mm. And I don’t know if I asked you this or not, but like if- if you were in that situation, [interviewee: mhm] how would that make you feel, being turned away from family and society and all that? Friends-

Interviewee: Um… it would make you feel really sad. Like depressed. That would make me- I don’t know. Like I wouldn’t wanna be- you would feel lost away like… you have nothing. Probably like helpless. Like useless. Because you can’t get a job, you haven’t got a house, no one’s supporting you, you’re doing everything by yourself.

Interviewer: Mm. You mentioned lost. Tell me more.

Interviewee: Lost like as in you don’t know what else to do now. Like you’re given up with yourself. You don’t know- because you’ve tried to get a job, you’ve tried for support from family but no one’s helping you. So then you feel lonely. [Interviewer: mm] ‘Cause of that.

Interviewer: Okay. Is there anything else you wanted to say about that box?

Interviewee: No, that’s alright.

Interviewer: Thank you. Um… can we start by talking about what you put in the third box please?

Interviewee: In the third box I just wrote not having a phone. But this links a lot to like loneliness because many people like- even me, like when I haven’t had a phone, sometimes I feel so lost because… a lot of communication happens through it on so- on social media. Like Snapchat, Instagram and stuff. And to be honest, I don’t think- I feel like people are so glued to their phones that sometimes people stay inside all day and the only sort of communication and bonding will happen through the phone. But if you didn’t have one, you would feel like oh, what am I missing out on? ‘Cause like no one’s coming to see you, it’s just everything’s happening here, [interviewer: mm] on the phone. And yeah. So not having it could make you feel like lonely because… you’re not involved in what’s happening on it. You don’t know.

Interviewer: Mm. And how would that make you feel? Not being able to be involved in what’s going on.

Interviewee: It would just make me feel like… makes me feel left out kind of. ‘Cause when I haven’t had a phone before, it just makes me feel angry. ‘Cause… it’s just like… it’s like a hobby. It’s like people get addicted to phones sometimes, so when you’re not having it, it’s like you feel there’s a lot that you’re missing out on.

Interviewer: You mentioned a couple things. Um… that um… there’s a lot that you feel like you’re missing out if you don’t have your phone, [interviewee: mhm] and you- that you also said that, you know, you- you get addicted to your phone, and-

Interviewee: Yeah some people do. Like, ‘cause once, say if it breaks or something, some people- the reactions some people have will be like, they’ll start crying or something because they don’t have their phone there to like um… communicate people or whatever, so they feel left out, like I said before.

Interviewer: Mm. And how does that make you feel? Feeling left out.

Interviewee: Feeling left out? Makes me feel unwanted. Um… like it makes you question yourself. Um… like, does anyone like me? But not in this case. Like being left out in other cir- like other cases, you would question yourself. Like what- doesn’t anyone like me? [Interviewer: mm] Sort of questions you would ask yourself.

Interviewer: And then you also mentioned… sort of… feeling like you- like not knowing what’s going on. So you don’t have your phone [interviewee: mhm] or not having your phone makes you feel like you’re not- you don’t know what’s going on. [Interviewee: yeah, um…] When you say you don’t know what’s going on…

Interviewee: Yeah, ‘cause you don’t know like what everyone’s- what’s- not the gossip but what’s the talk of the- like what’s everyone talking about, what’s happening. Because sometimes, say if we’re going out- say if people are going out somewhere, you’d say do you wanna like meet up or something. But you’d say it through your phone. That’s where all the thing happens. So you miss out on a lot of things when you don’t have a phone.

Interviewer: Mm. Okay, so sounds like what you’re saying is not having your phone makes you feel like you’re missing out on what’s going on, you’re not able to message your friends [interviewee: mhm] and things. So it makes you feel limited in a way.

Interviewee: Yeah that’s- that’s a good one, [Interviewer: mm] a good way to describe it.

Interviewer: And how does that make you feel being- being limited in that sense?

Interviewee: Sometimes it’s like… it’s really annoying because you’ll… you’ll have to find another way to communicate. Like say if you don’t want to go out, but you would just communicate through your phone. [Interviewer: mm] So like you would feel stressed like…. oh, I don’t- why can’t I just have my phone, I can’t be bothered to go there or do this. If I had my phone I could just call them.

Interviewer: Mm. Thank you. Is there anything else you wanted to say about that box?

Interviewee: No. Not…

Interviewer: Okay. Can we talk about the fourth box please?

Interviewee: Okay, so the fourth box is… a picture of a house and there’s someone in the window. And it’s- I wrote antisocial, staying home and like not communicating with people makes you lose bonds with people and then that then will make you lonely because you’re not making an effort to like communicate or bond with your friends. So like eventually they’re gonna stop trying, and you’re gonna make yourself be lonely by not wanting to leave your house and go spend time with your friends and family and stuff.

Interviewer: So… so it sounds like what you’re- okay, I’m just gonna try and read what you said here. Antisocial, staying home, not communicating with people makes you lose [interviewee: like bonds] bonds. [Interviewee: mhm] So… sort of staying at home [interviewee: mhm] and not making the effort [interviewee: yeah] can- can contribute [interviewee: mhm] to feeling lonely.

Interviewee: Yeah. Because like you do fr- things with your friends and like once- if you stay home and you stop going, like sometimes, eventually, they’re just gonna stop trying to like meet up with you. And then you’ll see them doing it with other people, then you might feel left out but… the person for staying home, they might have reasons and stuff. So [interviewer: mm] you’d never know.

Interviewer: So when you say when you see your friends [interviewee: mhm] and you feel left out… can you tell me more?

Interviewee: Um. It’s kind of like this- the first box, what we was talking about. But… it’s just like the person brought it on theirself because they didn’t wanna leave their house. So their friends obviously asked other friends and like seeing them together will make them think oh, like maybe I should have went with them or… oh I wish I went. Because you’re seeing them have fun [interviewer: mm] and you’re regretting that you didn’t go. And you’re just being like antisocial, not wanting to make an effort with your friends.

Interviewer: Mm. Okay. So it sounds like um… like you might regret- or someone in that situation might regret not kind of making the effort to get together with friends and- and so being at home for example, or not being with friends out [interviewee: mhm] can make one feel lonely. [Interviewee: yeah] And when you said like seeing friends, and them being together, um… can you tell me more? When you say seeing your friends?

Interviewee: Oh. Like, say if they go out for a meal or go cinema or like doing fun activities together. [Interviewer: mm] Like what you would normally do on a weekend or something. Yeah.

Interviewer: And then how did that make you feel, seeing them?

Interviewee: Seeing them would make you feel like left out and lonely because- and angry at yourself because you was being antisocial and stubborn, not wanting to try to make an effort, but it just backfired because they have other options and now… they’re not gonna continue trying with you because you just brought it on yourself.

Interviewer: And when you say stubborn, can you tell me more about that please?

Interviewee: Um… stubborn as in like say if they asked you multiple times like lets go, let’s do this, like wanting to make an effort to see you or bond with you, and you’re just saying no, I can’t be bothered or I’ve got- like making excuses all the time. So that’s- sometimes people would see that as someone just being like stubborn like not trying to make an effort [interviewer: mm] within their friendship and stuff.

Interviewer: ‘Kay. Um… so yeah. Essentially just not making the effort to meet with friends or even being stubborn, you know, can backfire, as you said [interviewee: mhm] and- and it can actually make you feel lonely. [Interviewee: mhm] You see your friends on- on- on somewhere- a picture or something, [interviewee: mhm] and then you feel like oh, I wish I would have- now- now you’re regretting it, essentially.

Interviewee: Mhm. Yeah.

Interviewer: Okay. And it makes you feel lonely and sad and you would ask yourself oh, why didn’t I- I should have contacted them and so on.

Interviewee: Yeah.

Interviewer: Is there anything else you wanted to say?

Interviewee: No. Not about that.

Interviewer: Okay. Thank you.