PART 2 – Interview 33: Male, 23, Tower Hamlets

Interviewer:

Now we move on to the second task of the study, which is about places where you feel most socially connected and place where you feel most lonely? Can we start by talking about what you’ve put first in box 1?

Interviewee:

Box 1, basically, I’m socially connected at my workplace. Basically, at this moment, I’m working at a news agent shop, it’s in St Paul’s way.

Interviewer:

Where do you work, sorry?

Interviewee:

It’s in St. Paul’s way? You know St. Paul’s way?

Interviewer:

No. But, it’s okay.

Interviewee:

Ah, okay – that’s fine. Yea, it’s a news agent shop and

Interviewer:

It’s a what shop?

Interviewee:

News agents?

Interviewer:

Oh, it’s a news agency shop.

Interviewee:

Basically, it’s like a retail shop, you know. Tesco’s and Sainsbury’s, it’s like that but it’s a local shop, it’s quite a big supermarket, you can say like supermarket. Yeah. I work over there and, I’m basically socially connected with everyone over there, everything and you know, basically, in this shop, from the kid to the old people, you know, oldest people, everyone comes to the shop cause we have everything. That’s how I’m connected with everyone. Some older uncle comes, they speak to me, “hello, you okay?” In my, you know, Bagnoli language, they speak to me, it’s a Bagnoli area, St Paul’s way, it’s 99% people are Bagnoli over there. So, I work over there and I’m socially connected with them. Whenever someone goes to holiday they tell me, they come to the shop and say ‘bye I’m going to on holiday for one week’, you know, that’s how I’m connected with them, I’m connected basically connected with everyone over there, you know, yeah. That’s how I’m socially connected.

Interviewer:

So, it sounds like you’re connecting with people of all kinds when you’re at work at the supermarket.

Interviewee:

[speaks at the same time the interviewer speaks] All kinds.

Interviewer: Young…

Interviewee:

From young to old – I’m connected with everyone, everyone, everyone, everyone talks to me. Everyone comes to our shop, when it’s not busy, everyone comes, I talk to them, they talk to me, they buy a drink, you know, they chill for a bit, you know, it’s like it’s a local shop, that’s how it is. Yeah. That’s how I feel very good.

Interviewer:

And how does that make you feel?

Interviewee:

That makes me feel like chilling all the time. At my work, I don’t feel like I’m working -I’m chilling all the time, chilling, all the time chilling, over there. I’m not working, basically, I serve customers but I’m chilling over there, trust me. I don’t feel like working over there, I’m not working, I feel I’m chilling over there, most of the time I’m chilling, yeah, that’s how it feels very good. I’d love to work over there but you know I’m gonna leave this work very soon, I’m gonna do something new, but it’s been long time I’m working over there. I have to do something new.

Interviewer:

When you say you want to do something new, can you tell me more about that?

Interviewee:

Um, wanna do something new basically go to another stage, basically, I’m working in a retail, I want to go to another company, like coffee or like something else, coffee, you know Costa and all those stuff, or like, driving, like parcel delivery, food deliveries and all those stuff. Yeah.

Interviewer:

So, it sounds like you feel very chilled in your current job right now and you’d like...

Interviewee:

[interrupts] I feel very chilled, yeah, very chilled at my currently job cause I’m talking to everyone, I’m connected. When you are connected with everyone in your own area, that’s when you feel very good. When you’re socially connected with everyone in the area, that’s when you feel good, when everyone says ‘hi’, ‘hello’ to you, says ‘what you doing today?’, ‘you okay today?’, ‘how you doing?’, when everyone is talking with you, that’s when you feel very good. Yeah. Yeah, that’s how I feel very good.

Interviewer:

Is there anything else you want to say about that box?

Interviewee:

Um, basically, I’ll say like, if you want to reduce your loneliness, go to some workplace that everyone chills with you, everyone like you, everyone needs you, yeah, that’s it. That’s it about this box.

Interviewer:

When you say ‘everyone needs you’, can you tell me

Interviewee:

[interrupts] ‘Everyone needs you’, it’s like you have some experience about that work, that’s when everyone needs you. When you have experience about something that’s when someone needs you. When you’re working in one place for long time, the owners of the company, the mangers are gonna need you. That’s what I mean. They need you. Need you means like they want you to work for over there for some more time. That’s what I mean.

Interviewer:

Is there anything else you want to say?

Interviewee:

No, that’s it.

Interviewer:

Okay, thank you. Can we talk about, can we start by talking about box 2 please?

Interviewee:

Yea, the place I feel very lonely is at home…in my room, I feel nothing to do innit? That’s when I feel lonely, and most of the time, events, when I go to events and I don’t find any of my friends, no one I don’t know, that’s when I feel lonely. I feel very bad, cause there’s no one to talk with me, that’s when I feel very bad. Yeah, that’s it.

If you want to go to some events or, you know I told you before, when I’m in the gym but if I have a friend with me, it’s good I can talk with I’m and do gym but it’s okay there’s some other people that are over there. It’s like at home, I feel very bored, that’s a best place for the loneliness – in the room, doing nothing, it’s the loneliness inside the room. You’re doing nothing, that’s when you’re alone.

Interviewer:

So, it sounds like what you’re saying is you feel lonely at home.

Interviewee:

Yeah, I feel lonely at home. [Pause] Trust me, but I try to, you know, reduce the loneliness but as I told you before, like doing something at least I have to do something to reduce the loneliness. Yeahh, that’s why I do something.

Interviewer:

When you say you feel most lonely at home, can you tell me more about that, at home.

Interviewee:

Basically, um, sorry [because he was stretching for a second].

Interviewer:

It’s okay.

Interviewees

Um, last time you know I, festival of Muslim people, Eid festival, yeah. That’s, I had to work this day as well but I feel good working over there cause I’m chilling over there, but I came home like, 10 o clock at night and there’s no one at home, there’s no one. Everyone was at my cousin’s house. That’s when I felt alone, no one’s there and I was eating by myself, on my own, that’s how I feel alone, cause no one’s over there.

Interviewer:

And you also mentioned you feel lonely in your room. Can you tell me more about that?

Interviewee:

Yeah, in my room. Basically, cause doing nothing in one place.

Interviewer:

Sorry?

Interviewee:

Basically, in my room, basically, if you’re in one place, you’re gonna feel lonely, you’re gonna feel bored, you’re gonna have nothing to do…in the room, so, yeah I mentioned ‘in the room’, yeah, you now, there’s nothing to do in one place. At least you have to walk around. If it’s, if my room was very good, I would have walked around, I’d have had big massive TV, I’d have liked something to do like playing games but it’s, my room is very small, I can’t put anything in my room, so yeah I’ve got nothing, there’s just a couple of books and a lap top, that’s it. That’s how I pass my time when I feel alone.

Interviewer:

How does that make you feel?

Interviewee:

Ahh, that makes me feel very lonely when I’m alone at home. That makes me feel very bad. That feels very bad, yeah.

Interviewer:

How does that make you feel when you’re at home, and in your room and you can’t, I should have asked you this actually: how does that make you feel when your room, when you feel that your room is small and you can’t do much in your room?

Interviewee:

I feel like doing something, I feel like having another house, another room having a big room. [Pause]. So, I can do something more, I can get, big you know, games and all those stuff, computer games, big games, I can get games…when I feel alone.

Interviewer:

So, it sounds like you feel most lonely at home or in your room because you feel bored, you don’t have very many people there.

Interviewee:

No, yeah, that’s how I feel, trust me.

Interviewer:

And, what about your family members?

Interviewee:

When they’re not at home, that’s when I feel very lonely but when they’re at home, that’s okay, I can talk to them, chill with them. That’s it.

Interviewer:

But, generally speaking, you feel most lonely at home, in your room, because you don’t have very many things to do.

Interviewee:

Yeah, very many things to do, that’s true.

Interviewer:

And you find yourself reading something – self-development books, going on the internet.

Interviewee:

Yeah.

Interviewer:

And, you also mentioned that your room is small, you can’t really do much in there, which can contribute to your loneliness.

Interviewee:

That’s what I mentioned as well.

Interviewer:

Is there anything you want to say?

Interviewee:

Um, yeah, that’s fine, I can’t even look.

Interviewer:

OK, thank you very much.

Interviewee:

Thanks.