



Investigate the association
between social connectedness
and overall wellness in
older adults.

Overview

★SOCIAL CONNECTIDNES★ AND WELLBEING

Researches has conducted many reserches that shows that social connections are crucial for our well being .

Family and friends are important for our health.



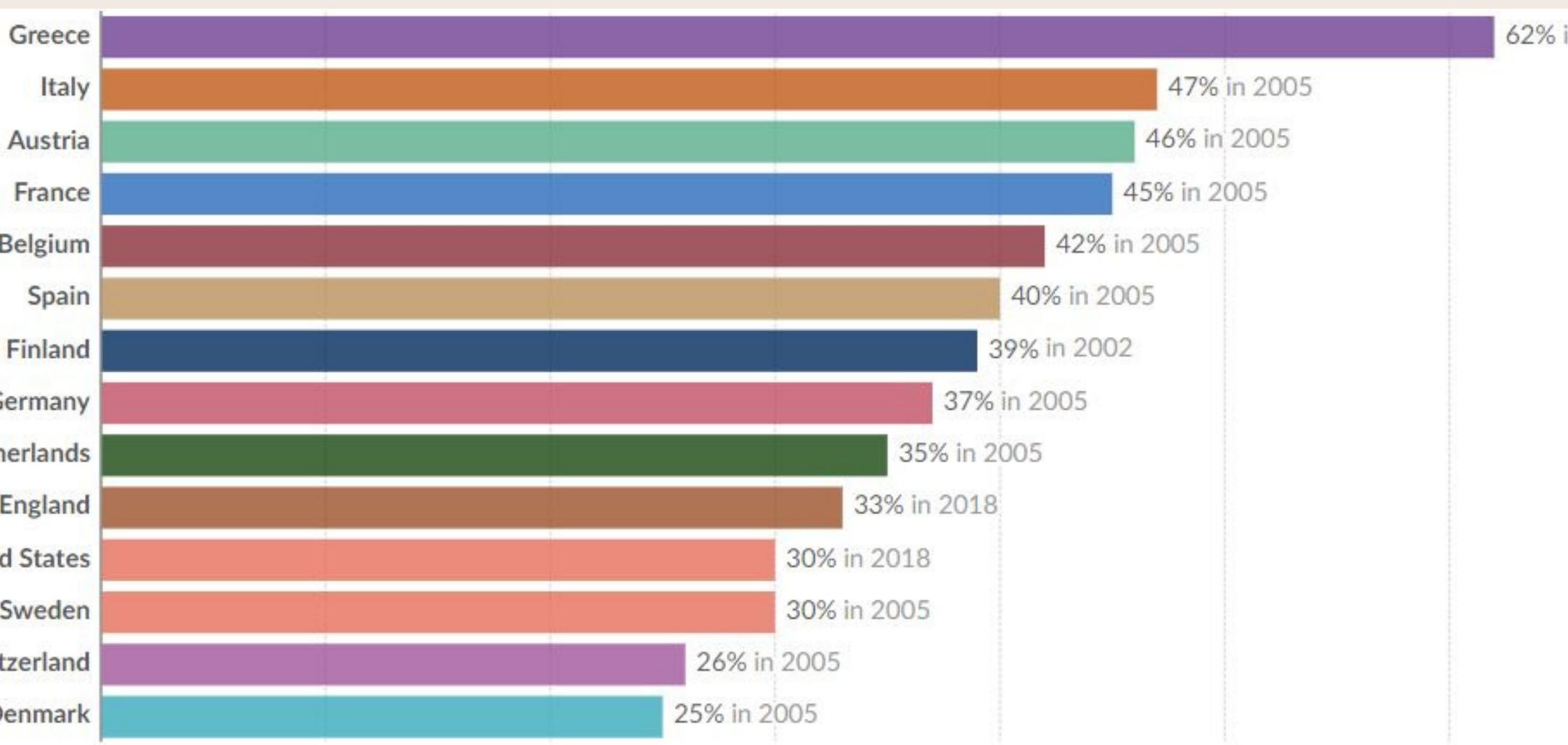
RESEARCH INDICATES THAT PEOPLE WHO FEEL LONELY AT ANY STAGE OF THEIR LIFE ARE MORE LIKELY TO EXPERIENCE POORER HEALTH OUTCOMES LATER ON. FOR INSTANCE, IN THE NETHERLANDS, A STUDY AMONG ADULTS AGED 55-85 DEMONSTRATED THAT SELF-REPORTED LONELINESS WAS A PREDICTOR OF MORTALITY MONTHS LATER, EVEN AFTER ADJUSTING FOR FACTORS SUCH AS AGE, GENDER, CHRONIC ILLNESSES, ALCOHOL CONSUMPTION, SMOKING, SELF-RATED HEALTH, AND PHYSICAL LIMITATIONS.

FURTHER INVESTIGATIONS HAVE SHOWN THAT LONELINESS IS ASSOCIATED WITH AN INCREASE IN SYMPTOMS LINKED TO MENTAL HEALTH ISSUES LIKE DEMENTIA AND DEPRESSION, EVEN WHEN TAKING INTO ACCOUNT DEMOGRAPHIC FACTORS, OBJECTIVE SOCIAL ISOLATION, STRESS LEVELS, AND INITIAL COGNITIVE FUNCTION.

MOREOVER, STUDIES SUGGEST A CONNECTION BETWEEN FEELINGS OF LONELINESS AND REDUCED HAPPINESS, WHICH IS EXPLORED IN FURTHER DETAIL IN THIS DISCUSSION.

Analysis

Percentage of people around world feeling lonely



The evidence from studies shows that people who experience loneliness during a period of their lives tend to be more likely to have worse health later down the line.

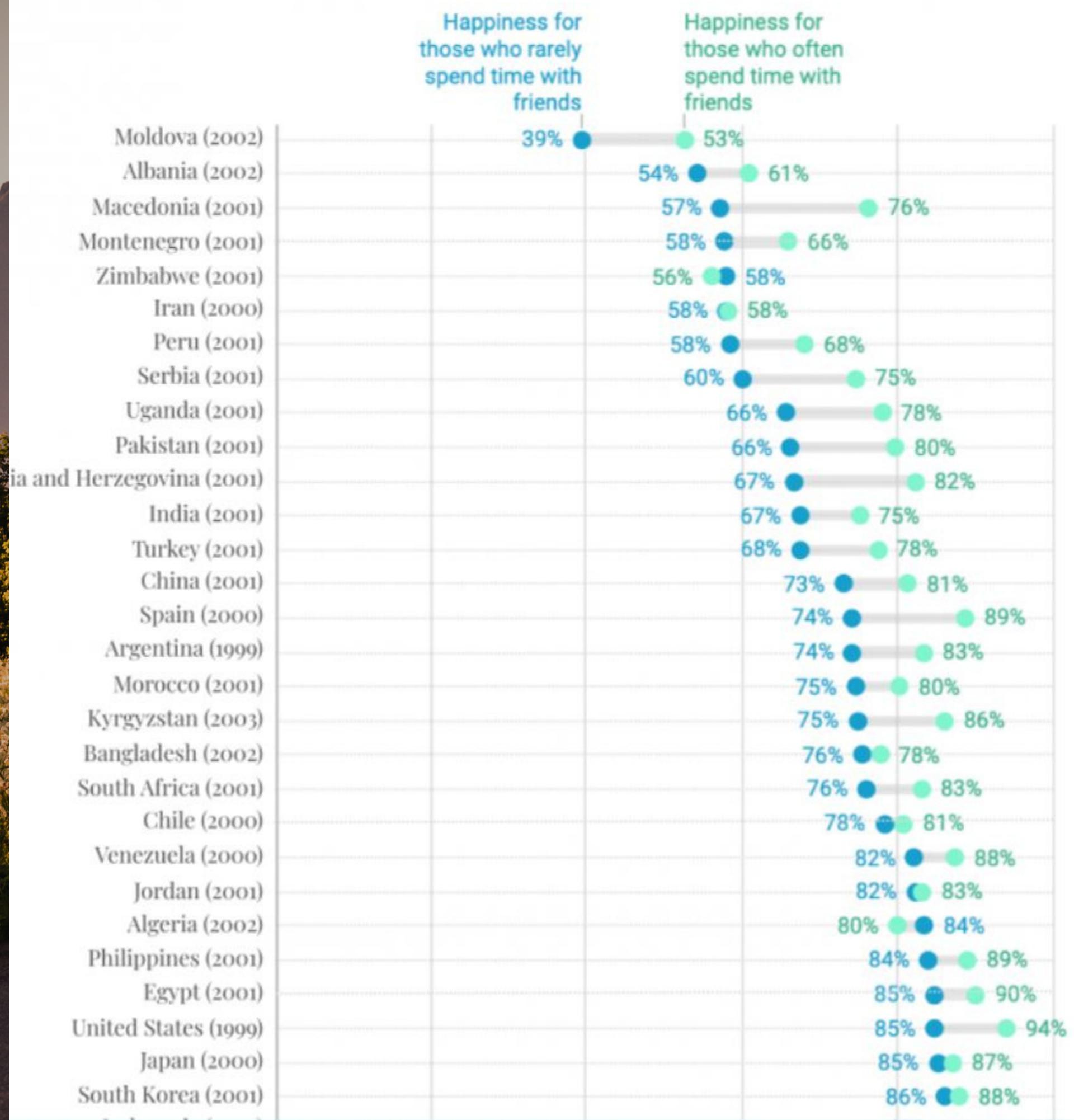
In the Netherlands, for example, researchers found that self-reported loneliness among adults aged 55-85 predicted mortality several months later, and this was true after controlling for age, sex, chronic diseases, alcohol use, smoking, self-assessed health condition, and functional limitations.

Researchers have found that loneliness correlates with subsequent increases in symptoms related to dementia, depression, and many other issues related to mental health, and this holds after controlling for demographic variables, objective social isolation, stress, and baseline levels of cognitive function.

There is also research that suggests a link between loneliness and lower happiness.



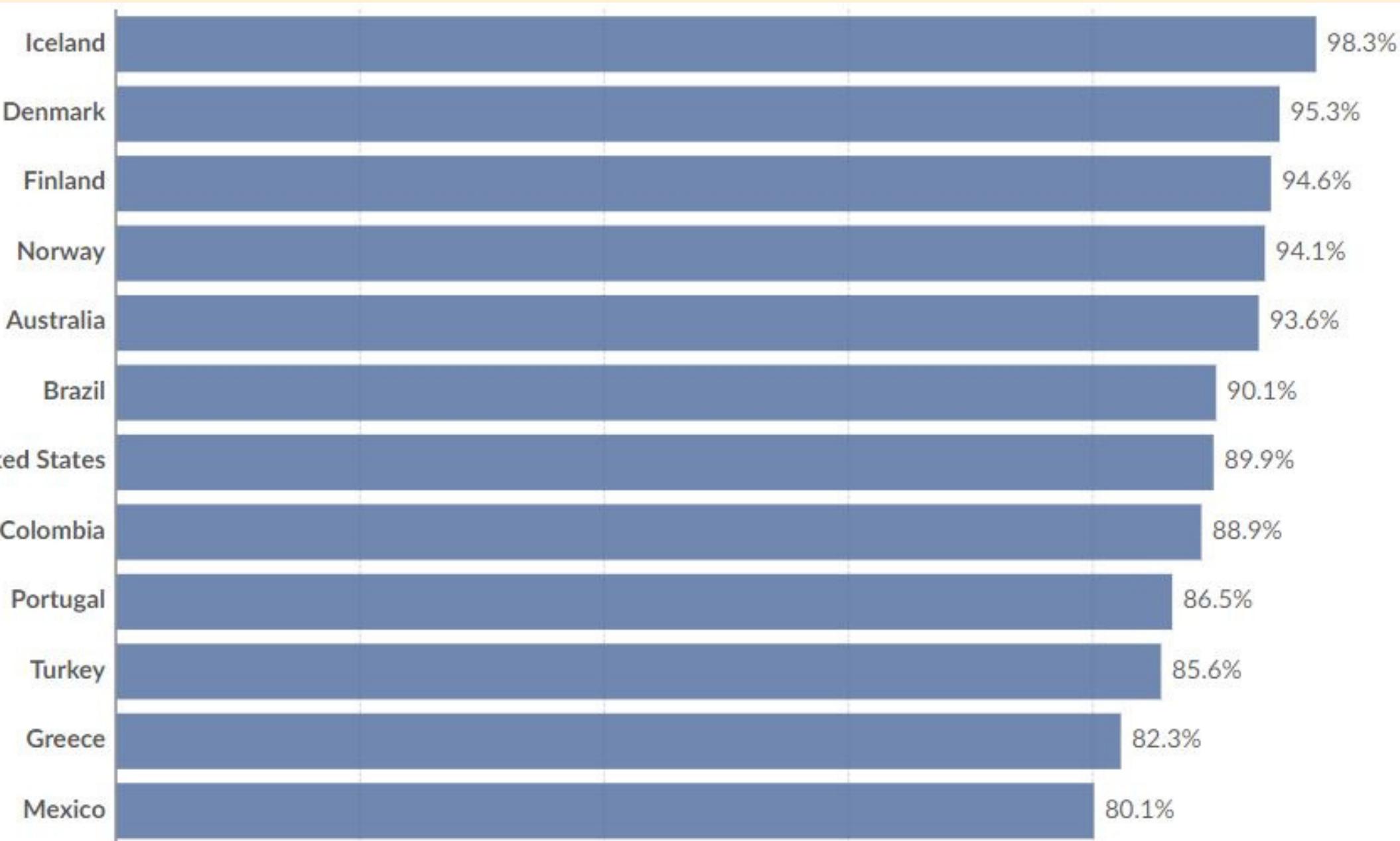
This chart shows that in almost all countries, people who often spend time with their friends report being happier than those who spend less time with friends.¹³



Years of research have demonstrated that social relationships can influence mental health over time. Moreover, a recent study has shown that individuals who consciously choose to enhance their social interactions often report increased happiness. Therefore, it's evident that spending more time with friends tends to make people happier.



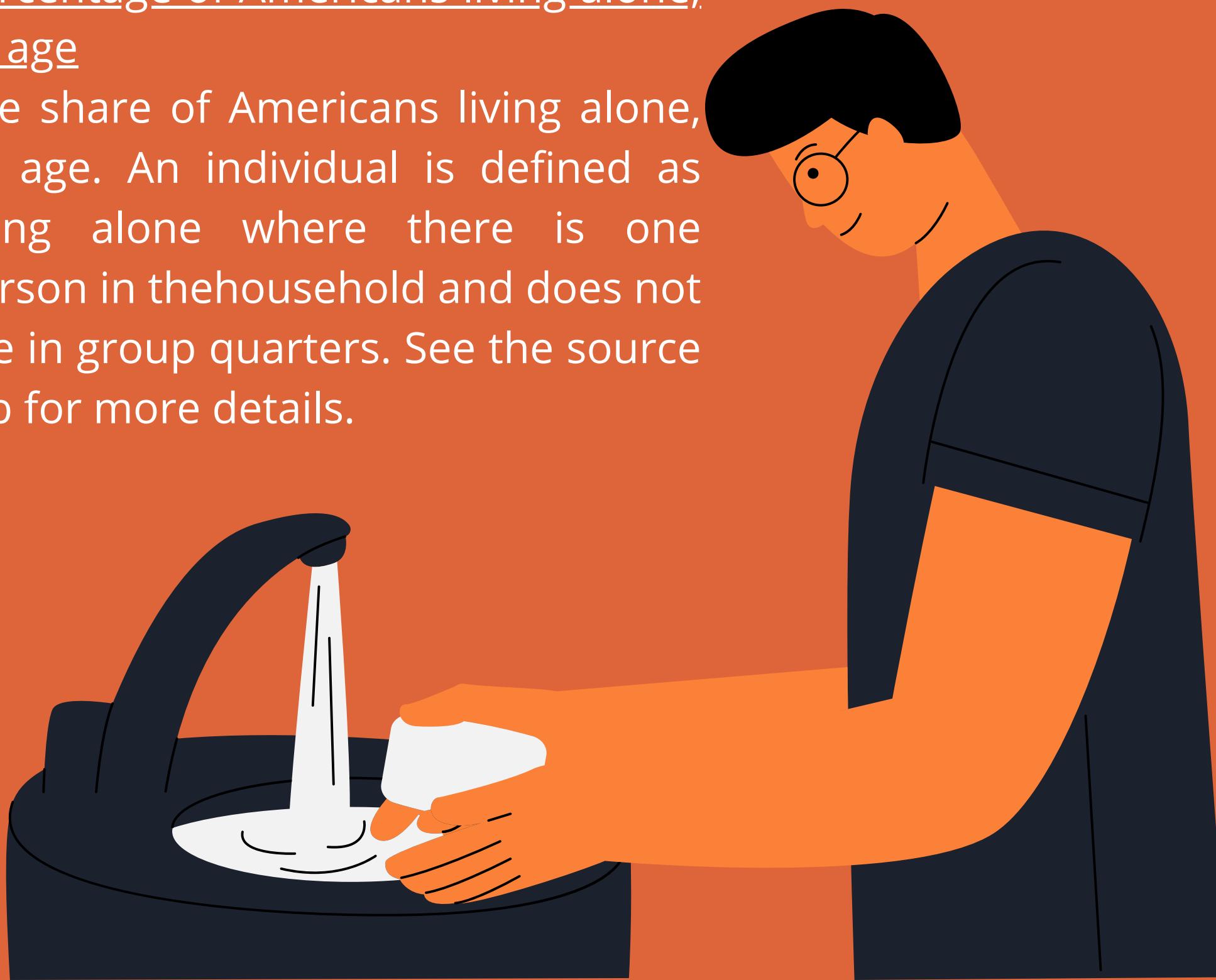
This statistic represents the percentage of individuals who report having friends or relatives they can rely on during times of difficulty. The data reflects the average from 2014 to 2016 or the most recent period available.

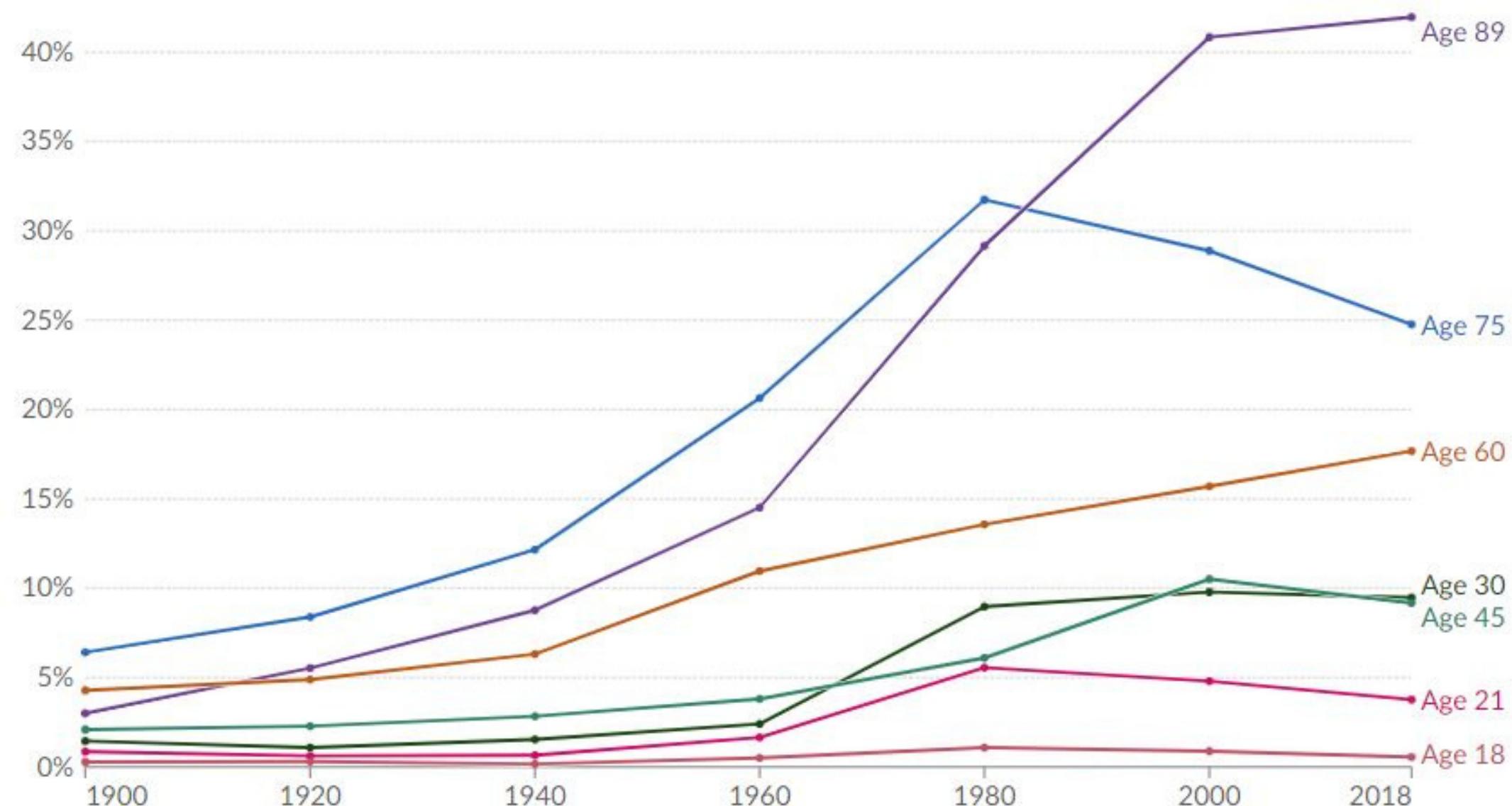


Percentage of Americans living alone, by age

Percentage of Americans living alone, by age

The share of Americans living alone, by age. An individual is defined as living alone where there is one person in the household and does not live in group quarters. See the source tab for more details.





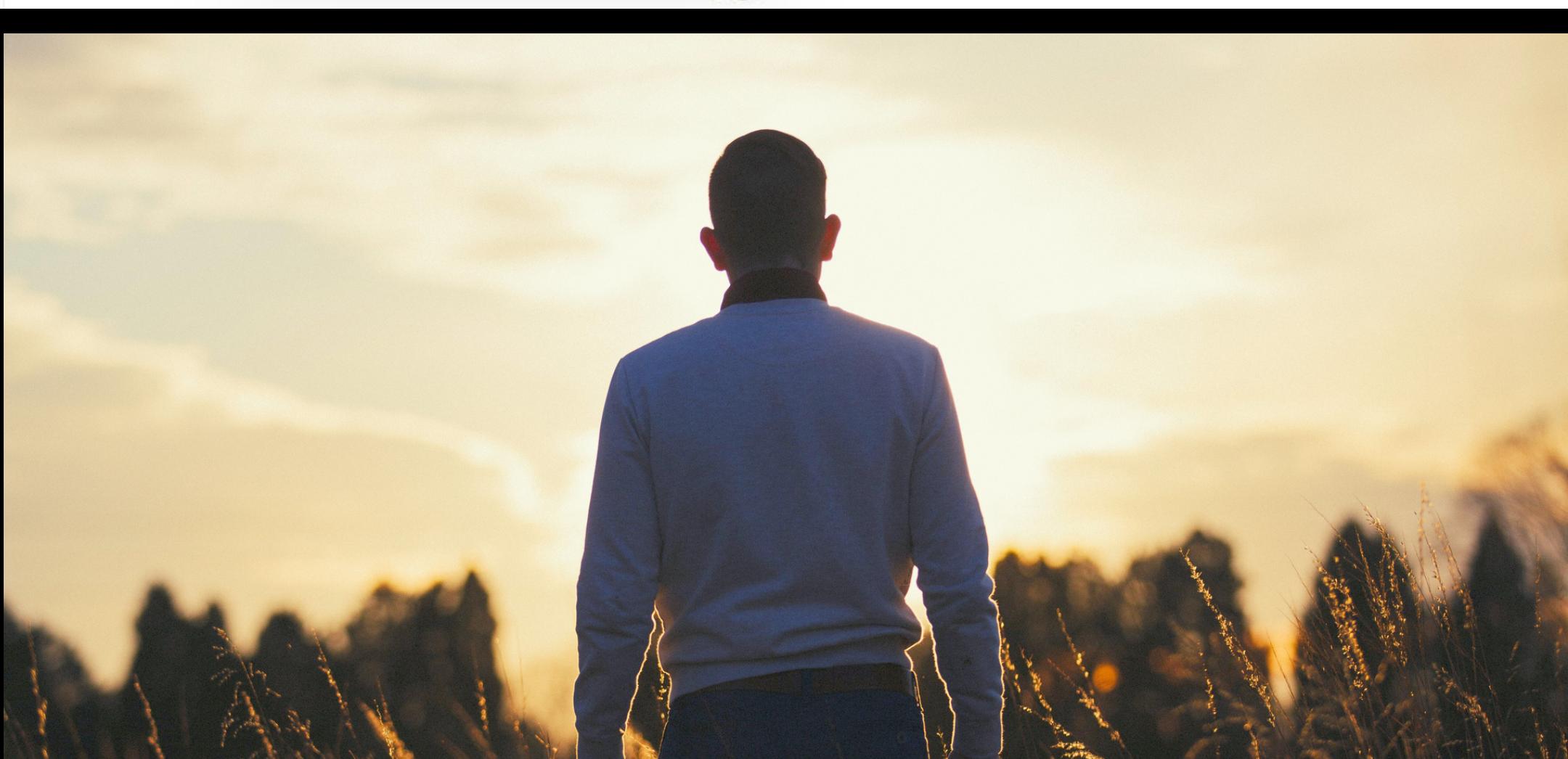
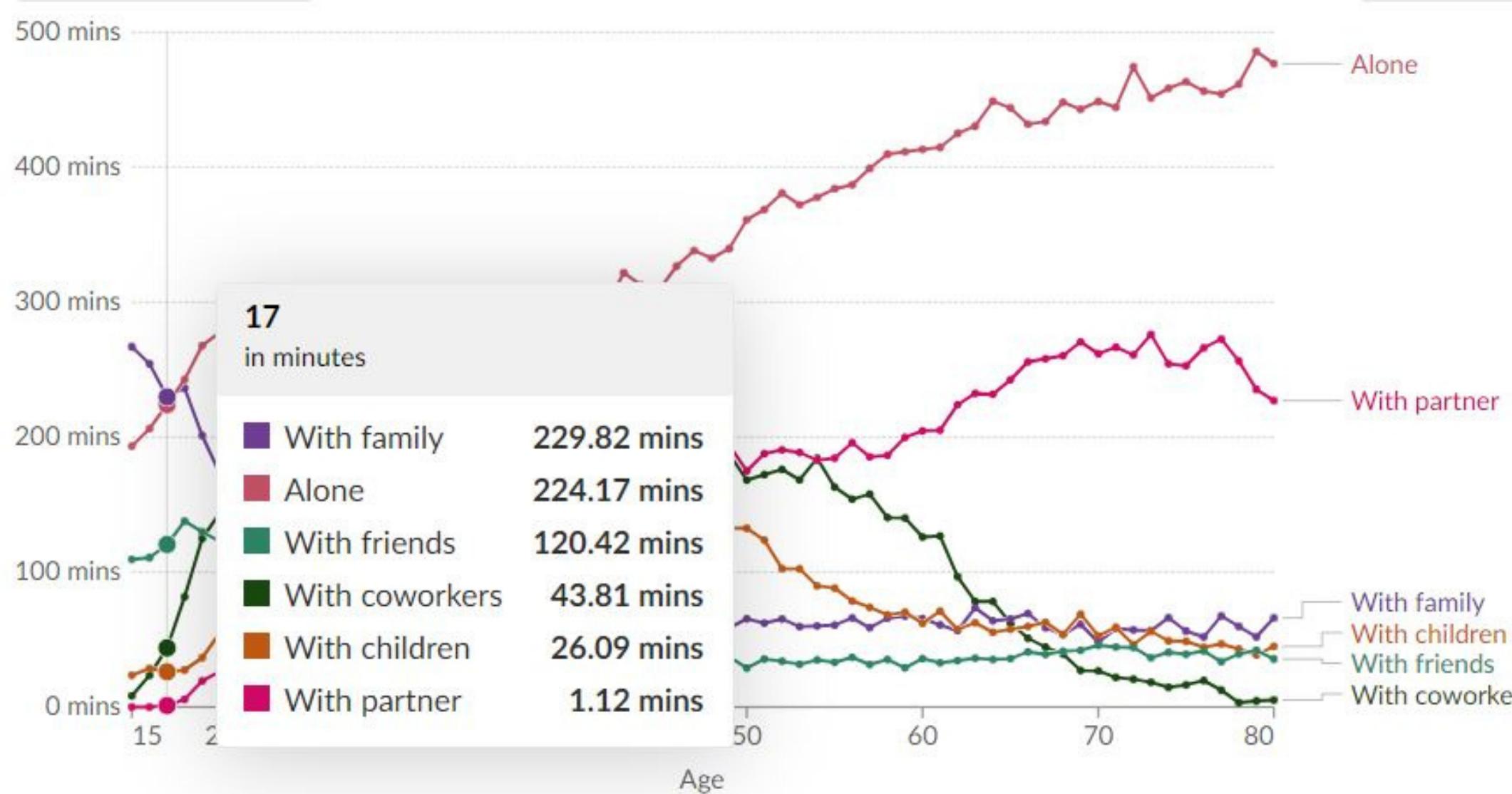
Canva



Who Americans spend their time with, by age

**Measured in minutes per day,
based on averages**

**from surveys in the United
States between 2009 and
2019.**

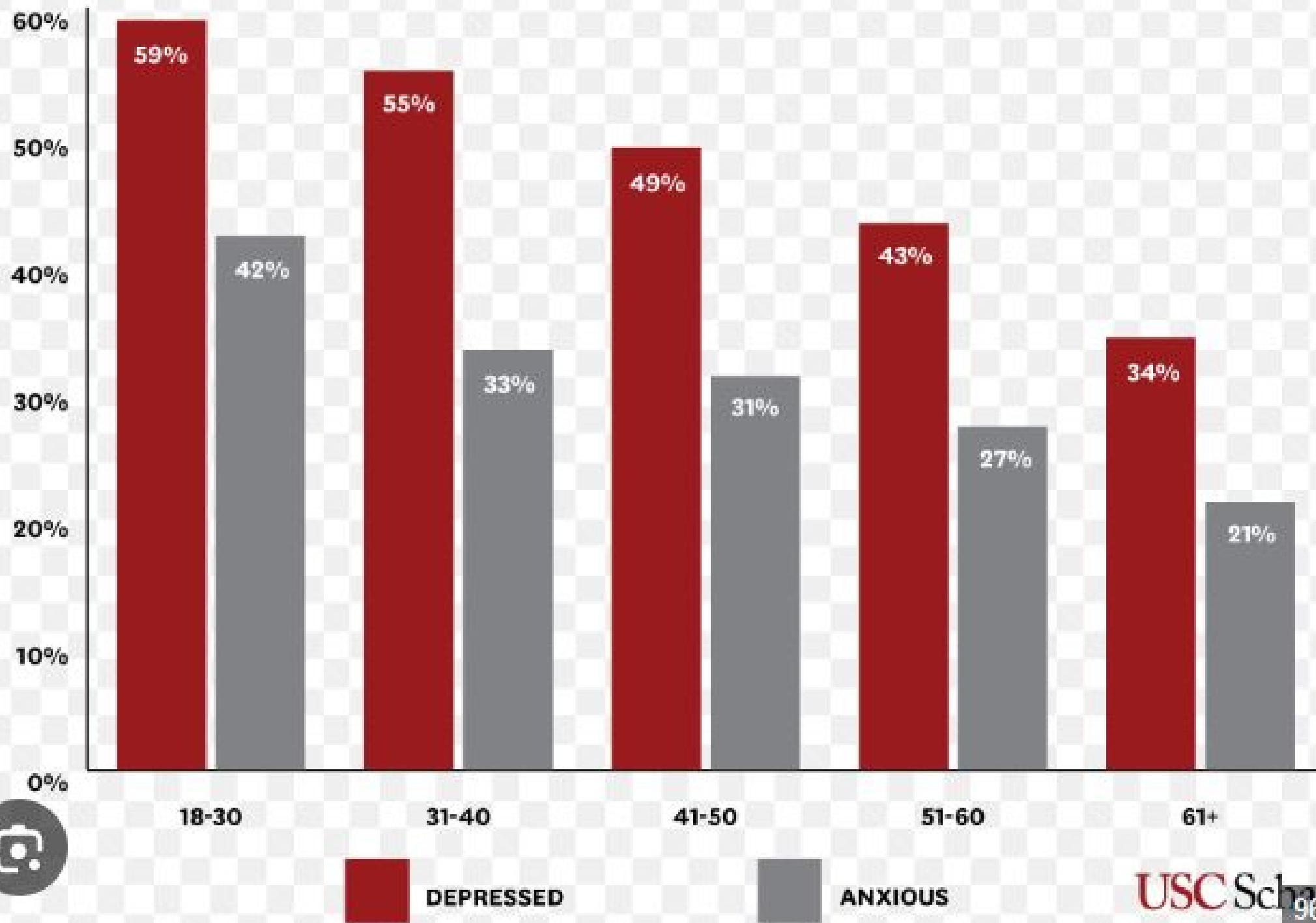


A SUBSTANTIAL BODY OF RESEARCH INDICATES THAT INDIVIDUALS WHO EXPERIENCE FEELINGS OF LONELINESS ARE AT A GREATER RISK OF DEVELOPING HEALTH ISSUES AS THEY AGE.

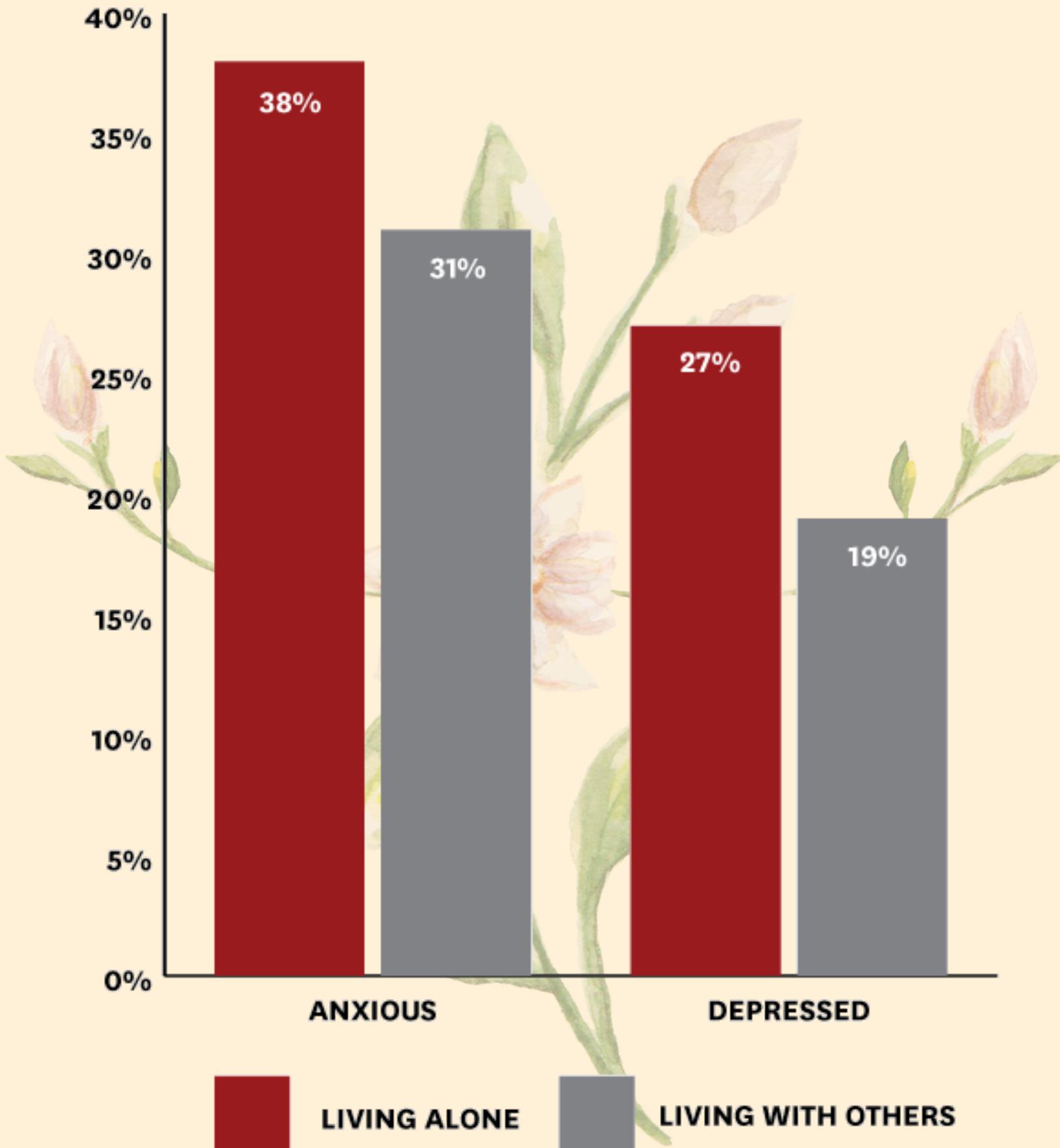
THERE IS A WELL-SUPPORTED THEORY THAT EXPLAINS HOW ISOLATION CAN TRIGGER AN AUTOMATIC MONITORING FOR SOCIAL THREATS, LEADING TO COGNITIVE BIASES, DECREASED SLEEP QUALITY, AND HORMONAL IMBALANCES.

OLDER ADULTS LIVING ALONE REPORT HIGHER RATES OF ANXIETY AND DEPRESSION

Percent of Americans Reporting Anxiety, Depression by Age



Percent of Americans Over 60 Living Alone or With Others Reporting Anxiety, Depression



Conclusion

OLDER ADULTS WHO LIVE ON THEIR OWN, PARTICULARLY THOSE IN COMMUNITY SETTINGS, MAY STRUGGLE TO ADAPT TO NEW HEALTH AND SAFETY REGULATIONS.

THESE INDIVIDUALS ARE SHOWING HIGHER INCIDENCES OF ANXIETY AND DEPRESSION COMPARED TO THEIR COUNTERPARTS WHO LIVE WITH OTHERS, WHICH COULD ADVERSELY AFFECT THEIR PHYSICAL HEALTH.

ADDITIONALLY, THEIR WELL-BEING IS BEING COMPROMISED BY DIFFICULTIES IN ACCESSING MEDICAL CARE WHEN NEEDED AND A LACK OF SUPPORT FOR FUNCTIONAL LIMITATIONS.

References

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persistentId=doi:10.7910/DVN/RTB1OL](https://dataverse.harvard.edu/dataset.xhtml?persistentId=doi:10.7910/DVN/RTB1OL)

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**Esteban Ortiz-Ospina (2020) -
“Loneliness and Social Connections”
Published online at OurWorldInData.org.
Retrieved from:
'<https://ourworldindata.org/social-connections-and-loneliness>' [Online Resource]**

Inconsistency in posting content,
delivering products or services, or
communicating with customers can
lead to a loss of trust and loyalty.