

## SOCIAL LONELINESS IN HIGH SCHOOL STUDENTS, ITS CAUSES AND WAYS OF ELIMINATION

Solmaz Hasanli\*

Azerbaijan University, Baku, Azerbaijan

### Abstract

The article examines the main problems of employment in Azerbaijan and suggests possible ways to solve them. Despite the rapid development of the economy, especially in the oil and gas industry and tourism, many residents of the country face difficulties in finding stable work. This is complicated by economic policies, demographic changes and a lack of diversity in the economy.

### Keywords

*Employment policy, unemployment, jobs, enterprise, labor.*

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For people, mutual relationships are of great importance at any age. Nowadays, it is already a reality that many people experience a lack of communication and become lonely for various reasons. Loneliness is a multifaceted problem. Most of the time, the term "only person" refers to a person who is physically alone and has no relatives or friends around him. But there are two kinds of loneliness. The first loneliness is the physical loneliness we mentioned. A physically lonely person really has no one around. The loneliness of Robinson Crusoe, known to many, is an example of this. Another loneliness is when a person feels alone even though there are many people around him. This is a completely socio-psychological problem.

According to experts, "Loneliness is expressed as a negative emotional state that occurs when a person's feelings are not accepted by other people, when they are rejected by people, or when they are misunderstood, when they do not have people with whom they can establish social relations or perform social activities" (Rubenstein & Shaver, 1982; p.321).

Loneliness is an emotional condition that is increasingly becoming a socio-psychological problem in every society in our rapidly changing world. Loneliness alone is an influential factor in a person's life and causes some external problems to appear. According to various studies, loneliness is directly related to shyness, delinquency, lack of social skills, Internet addiction, violent tendencies, depression, long-term stress, and pessimism. Level of self-esteem, psychological stability, optimism, etc. and loneliness is inversely proportional dependence.

According to Perlman (1982), loneliness is caused by a mismatch between one's imagined relationships and real life relationships. Analyzing the research and opinions on

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\*Corresponding Author: Solmaz Hasanli, e-mail: [solmazhasanli@hotmail.com](mailto:solmazhasanli@hotmail.com)

loneliness up to that time, they identified three common points that are valid for all these approaches:

1. Loneliness is caused by various deficiencies in social relations.

2. Loneliness is a subjective concept. That is, people may not feel alone even when there is no one around, or vice versa, they may think they are alone even when there are many people around them.

3. Loneliness brings stress and if it continues for a long time, it can lead to suicide.

When explaining the concept of loneliness by psychologists and sociologists, it is noted that there is a difference between "being alone" and loneliness. While loneliness causes a variety of negative mental and physical effects on people, being alone is more commonly understood as a voluntary choice of the individual. Being alone is a person's voluntary, creative activity, getting caught up in his inner world, etc. it is understood as being alone with the purpose. Buber and Paula also argued that solitude can sometimes be beneficial for a person. According to them, loneliness is a normal human condition that can be expressed as an excess of connection between oneself, another, and God. In some cases, loneliness does not harm a person, but benefits. Due to loneliness, a person can get to know himself better and distance himself from himself. In general, although loneliness has benefits in some cases, it harms more people when it is a forced condition. Because loneliness is a problem that harms a person's health when it lasts for a long time, causes depression, and leads to suicide when it becomes chronic.

Loneliness is distinguished from being alone, which is voluntarily chosen because it creates hopelessness, sadness, tension in a person. What is important in loneliness is not with whom and how a person communicates, but how he feels in these relationships.

Loneliness has been approached from different directions in psychology. According to the developmental approach, humans have a need for communication from birth to death. As a result of a person being exposed to loneliness for a long time during his childhood, he will later have problems in building healthy mutual relationships, and his self-concept will not develop properly.

Socially explaining the concept of loneliness, experts argue that loneliness is related to a person's need to belong. So, one of the basic human needs is to belong to any group. If this need is not sufficiently met, depression, anxiety, and some physical problems arise in a person.

According to the evolutionary perspective, social acceptance or rejection directly affects the ability to solve problems and reproduce. Based on research, it was determined that "social isolation, being left alone causes a pain similar to physical pain in a person. This pain forces a person to take action to get rid of loneliness" (Eisenberger, 2012; p.130). In the conducted studies, it was also noted that social people have higher survival and reproduction skills than only people.

The problem of loneliness is as old as the history of mankind, regardless of all geographical, religious and cultural boundaries. The methods used by a person to get rid of the feeling of loneliness have a great role in improving his life conditions.

Several types of loneliness are mentioned in the psychological literature. Perlman believed that loneliness is divided into several types based on factors such as cause and duration. They mentioned 3 types of loneliness:

1. Transient loneliness- this type of loneliness is a loneliness that is experienced for a short period of time and does not have a large negative impact on the person.

2. Situational loneliness- loneliness caused by circumstances, various changes (losing someone, moving home, etc.).

3. Chronic loneliness is a type of loneliness that is caused by internal factors, has a serious negative impact on relationships with people, is clearly manifested for a long time and cannot be prevented without treatment.

Explaining the causes of loneliness, psychologists draw attention to two basic factors; social and individual factors. Personality characteristics of a person are attributed to individual factors. It is known that the ability to initiate and maintain a relationship is related to personality traits. Shyness, timidity, lack of self-confidence, beliefs about a person's incompetence in relationships, lack of social skills are individual characteristics that cause loneliness. "Besides, social phobia, constant negative thinking, hopelessness, neurotic state, attachment style are also considered individual characteristics that create loneliness" (Erol, 2018; p.66).

Social factors include the characteristics of the environment in which a person enters and the attitude of a person to this environment. Not being accepted by people, unpleasant situations in school and work life, separation of parents, death, loss of loved ones, loved ones, etc. social factors that create loneliness are considered.

Indeed, the state of loneliness is a difficult, confusing and disturbing psychological state to explain. Of course, people can feel lonely at different times of their lives, regardless of their social status and age. A person can feel lonely even if he is in contact with others. In a word, loneliness can arise due to the lack of social relationships, the lack of satisfaction with the relationships a person has established.

Loneliness is also a widespread problem among university students. Many young people who have entered university life and live far from their families are trying to adapt to the new environment with ideas such as belonging to any group, getting a job, building their future. These factors cause different problems for students. In this case, students feel alienated from the new environment they are in, even to themselves, and feel lonely.

According to various studies conducted among university students, the level of loneliness also depends on the gender factor. Female students are more lonely than male students. According to further studies, those who are successful in training activities are those who fail in training, those who do not think that their monthly income will be enough for social activities, those who do not want social support from those around them, those who have few friends, those who are not open to new acquaintances, those who do not think that their social skills are insufficient, those who do not think that their social skills are insufficient, family and it was revealed that those who are dissatisfied with their friendships feel more alone than those who are satisfied with these relationships.

Although the problem of loneliness is widespread among young people, it has been found that the level of loneliness decreases with age. There are studies of S. M. Rubinstein and F. Shayver related to the problem. They surveyed more than 2,000 students. According to the survey, it was determined that the loneliness observed in young people depends on the quality of their relationship with their parents during their childhood. At the same time, the loss of parents or their divorce are also factors affecting the level of loneliness. Some respondents stated that their relationship with their parents was in order in their childhood. Which, according to the results of the research, the loneliness levels of those people were much lower. A group of students mentioned that their parents divorced before they turned 18. It was known that those students had a high level of loneliness. One of the findings of the study was that the factor of parental death does not have a permanent effect on loneliness in individuals.

"As a result of the survey, differences were observed in the reactions of young students to loneliness. Some students said that loneliness made them passive. These

students spend their days inefficiently, using harmful substances and not engaging in any active activities. Some of them did not spend their days passively, even if they felt like it, they performed various activities alone. Some young people said that spending money and buying new things helped to overcome the anxiety caused by loneliness. The students belonging to the 4th group stated that they tried to establish new relationships and meet friends in order to fight the feeling of loneliness" (Rubenstein & Shaver, 1982; p.190-191).

According to Weiss (1989), the foundation of loneliness is laid in childhood, and the highest limit of loneliness is experienced in youth. According to him, "loneliness occurs during youth when the young person's relations with his family are only formal". Youth is the period when a person is formed, the beginning of establishing new relationships, understanding me. During this period, some young people can feel insecure and have self-esteem problems. Some young people think too much about being the ideal young person, they only think about it. Therefore, some psychologists are of the opinion that loneliness is not caused by the limited social relations, but by the emptiness inside the person. For this reason, sociologist D.A. Gaev said that it is possible to replace the term loneliness with spiritual loneliness.

Some interesting information about loneliness was obtained in the research conducted at the Izhevsk Technical University. Thus, according to this research conducted by T. Kalashnikov, young people with problematic family relationships almost always said that they feel alone. The survey concluded that loneliness begins with the disruption of interpersonal relationships and continues with a decrease in self-esteem. According to the general results of that research,

- Acute loneliness in about 12% of respondents;
- Chronic loneliness was observed in 40% of students;
- 50% said that they were subjected to psychological rejection.

In general, summarizing the results of research on loneliness, we can show the following as an example of the factors that cause the problem:

- Separation from close people, familiar environment;
- Excessive self-comparison with others;
- Having problems in parent-child relationships;
- Low self-esteem;
- Lack of social skills, etc.

According to Rokach, chronic loneliness can cause immense problems. He expressed this idea that although situational loneliness hurts, chronic loneliness is like torture. The said situational loneliness is short-lived. It is formed due to various changes in a person's life. Chronic loneliness lasts more than 2 years. Chronic loneliness does not occur suddenly. After a person experiences several traumatic events, loneliness becomes chronic due to deep depression. "If a person does not notice the feeling of loneliness and does not fight against it, the feeling of loneliness will control his life until the problem is solved" (Rokach, 2004; p.693). Thus, loneliness has a negative impact on a person's life, reduces his effective activity, and causes disturbances in his psychological, physiological and spiritual health.

Different psychological methods are used to eliminate loneliness. Rokach and Brock divided these methods used by individuals to get rid of loneliness into 4 groups.

**Acceptance and self-development:** In this group, a person can deal with loneliness in two ways. In the first one, a person replaces negative thoughts about loneliness with positive thoughts. He uses this situation to develop himself, to engage in creative

activities, using his aloneness. In other cases, the person participates in some activities individually (dancing, traveling alone, etc.) even if alone.

**Building social relationships:** 7 different methods are used for this:

1. To get social support - a person wants to get away from negative feelings by joining different groups;
2. Participate in social activities;
3. To strengthen family ties;
4. Trying to establish new relationships;
5. Establishing mediated social relations - even if physical contact cannot be established, a person communicates with people by means of telephone and correspondence;
6. Change the way of life;
7. Changing the social environment.

Another way out combines several methods. These are mainly the following:

In the first method, a person has to make changes in his life decisions, goals, way of thinking, personal characteristics, and behavior.

With the help of a specialist, a person tries to overcome the feeling of loneliness, using the advice and help of a psychologist.

A group of people, in contrast to the listed positive methods, use harmful methods to get rid of loneliness. Such methods include suicide, drug use, criminal behavior, etc. is attributed. As we mentioned, loneliness causes physical pain to individuals. It is this pain that forces people to use such harmful ways out. After a while, the substances used are not enough to fill the void created by loneliness. A person chooses suicide as a one-time salvation. Sometimes, the feeling of pain and hatred caused by loneliness is directed to the other side instead of to the person. In many cases, it is also observed that a person avoids situations that make him feel alone, and completely isolates himself. Of course, this leads him to experience loneliness more deeply.

To summarize, we can say that loneliness is one of the problems that have existed and will continue to exist in all periods of history. Loneliness, which can be caused by childhood traumas and different social influences, creates various problems for a person. The most common age is youth. This is an increase in young people's sense of responsibility, thoughts about the future, difficulties brought by academic life, inability to get used to new conditions, etc. caused by such reasons. But it is possible to get rid of loneliness and the negative situations caused by it by using the ways out mentioned in the article and getting professional support. Otherwise, the feeling of emptiness created by loneliness can even lead to suicide.

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