SOCIO-PSYCHOLOGICAL META-ANALYSIS OF THE CONCEPTS OF "LONELINESS", "SOLITUDE" AND "ISOLATION"

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Abstract

The theory of loneliness is a concept that explains how socio-psychological isolation can lead to negative consequences for a person's mental health. According to this theory, loneliness can be caused not only by physical separation from other people, but also by a lack of emotional connection with others. Loneliness can lead to increased levels of stress and anxiety, which in turn can lead to the development of depression and other mental disorders. Often people suffering from social isolation begin to experience a lack of self-sufficiency and self-confidence, which can lead to a feeling of helplessness and hopelessness. In order to avoid the negative consequences of social isolation and loneliness, it is important to find time to communicate with other people and establish emotional connections. It is also useful to work on strengthening your self-esteem and self-confidence in order to feel comfortable in the company of other people.

When it comes to interpreting feelings of loneliness, some researchers point out that "loneliness" is a specific internal emotional connotation, in contrast to the concepts of "solitude" and "isolation", while some researchers emphasize that these concepts can be applied as synonyms among themselves. In this article, we will focus on their etymology (the origin of the terms) in order to further clarify the content boundaries between the term's "loneliness", "solitude" and "isolation".

Keywords: loneliness, solitude, isolation, etymology, antinomy

Introduction

Loneliness is a state when a person feels a lack of close contacts with other people or dissatisfaction with existing relationships. This can happen both because of physical distance, and an inner sense of alienation or misunderstanding. Loneliness can be temporary or permanent, as well as have various causes, including life changes, loss of loved ones, social isolation or personal problems. However, as already mentioned, loneliness is not always a negative phenomenon and can be beneficial for psychological health if used correctly.

The word "loneliness", "lonely" means "without a friend, without a comrade". In turn, this word is formed from the word "alone", which means "having no company, being alone".

Solitude is a state when a person separates from the outside world and is alone with himself. This can be both physical separation from other people, and psychological separation from the outside world. Solitude can be beneficial for mental health, as it allows a person to reboot, focus on their thoughts and emotions, and find inner peace. However, too long seclusion can lead to social isolation and alienation from society. The word "solitude" comes from the verb "to retire", which is formed from the

prefix "u-" (meaning the direction of action inward, deeper) and the word "unity" (union, unification). Thus, solitude means the act of separating from other people and uniting with oneself.

Isolation is a state when a person separates from society and ceases to participate in social life. This can be caused by various factors, such as physical limitations (for example, illness or disability), psychological problems (for example, depression or social phobia), as well as the choice of the person himself. Isolation can lead to deterioration of mental and physical health, as a person loses the opportunity to communicate with other people, receive support and participate in social activities. Therefore, it is important to find a balance between privacy and social activity in order to keep in touch with society and not lose touch with reality. The word "isolation" comes from the Latin word "isolation", which means "separation, isolation". It is formed from the verb "isolare", which translates as "to separate, isolate".

Materials and Methods

Loneliness can have a significant impact on a person's psychological state. People who often feel lonely may suffer from depression, anxiety and low self-esteem. They may also feel anxious about their relationships with other people and feel rejected. However, loneliness is not always a negative phenomenon. Some people prefer to spend time alone to do what they love, immerse themselves in thoughts or just take a break from the company of other people. This can be beneficial for their psychological health and well-being. If loneliness begins to affect your life and cause negative emotions, it is important to seek help from a professional psychologist. He can help you sort out your feelings and develop strategies for dealing with loneliness.

Loneliness occurs as a result of isolation of a person from society or close people. This can be caused by various factors, such as geographical distance, social isolation, psychological problems, etc. Isolation can be either voluntary, for example, when a person chooses to live away from society, or involuntary, when this happens due to external circumstances. Loneliness can have both positive and negative consequences for a person, depending on how he copes with this condition.

Psychological solitude, can be caused by various factors, such as the loss of a loved one, moving to a new city or country, divorce, job loss and other life changes. This condition can lead to feelings of alienation and inferiority, which in turn can lead to various psychological problems.

However, not all forms of loneliness are negative. For example, sometimes people consciously choose loneliness in order to engage in self-knowledge and personal development. Also, some people prefer to work alone, which can help increase productivity and concentration. Regardless of whether loneliness is positive or negative for a person, it is important to remember the importance of social connections and support. People need contact with other people in order to feel included in society and receive emotional support. Therefore, if a person experiences loneliness, it is important to try to find ways to establish contact with other people, for example, through participation in various groups or activities that are interesting to him.

Socio-psychological isolation is a condition when a person is cut off from society and does not have enough social contacts. This can happen for various reasons, for example, because of a social phobia, depression, fear of people, or because a person lives in a society that does not accept him. Socio-psychological isolation can lead to serious psychological and physical problems, such as depression, anxiety, poor health and an increased risk of developing cardiovascular diseases. In order to avoid social and psychological isolation, it is important to find time to communicate with other people and

participate in various social activities. It is also useful to work on developing social skills and self-confidence in order to feel comfortable in the company of other people. It is important to remember that social connections and support can help us cope with difficulties and improve our quality of life.

Below we have conducted a meta-analysis of research on the problems of studying the concept of loneliness. Because meta-analysis is a statistical method used to summarize the results of several studies on a single topic. Meta-analyses are conducted to identify general trends and assess the degree of influence of various factors on the problem under study. Meta-analyses conducted in the field of loneliness have shown that this condition can have serious consequences for human health. Loneliness is associated with an increased risk of depression, anxiety, alcohol dependence and other psychological problems. Loneliness can also affect physical health, increasing the risk of developing cardiovascular diseases and other chronic diseases. However, meta-analyses also show that loneliness can have positive consequences for a person. For example, it can contribute to the development of creativity and independence. Loneliness can also provide an opportunity for introspection and self-discovery.

In general, meta-analyses emphasize the importance of social support and connections for human health and well-being. They also point to the need for a deeper study of the factors affecting loneliness and the development of effective methods to combat this problem.

Results and Discussion

About the fact that the concepts of "loneliness", " "and "isolation" are not mutually synonymous concepts. G.Trubnikova writes: "isolation" depends on the physical, spatial and continuing location of a person in his attitude towards social being, it is a phenomenon that manifests itself externally, but not an internal psychic relaxation".

U.Sadler and T.Jones believes: "it is enough to see with an eye to determine physical isolation, but to realize loneliness, it is necessary to see it as a feeling". In our opinion, when it comes to "isolation", it is appropriate to use the phrase "isolation of a person from society, from his family", but it is inappropriate to say this when interpreting the term "loneliness". Always social "isolation" with "loneliness" is not in harmony. Feeling lonely can also happen within people. External social isolation does not mean loneliness, but can set the stage for the emergence of this feeling or deepen its symptoms. Loneliness, in contrast to external isolation, reflects the internal relationship of a person with society, with oneself, and manifests itself in combination with negative emotions such as stress, dissatisfaction, suffering, crisis. In other words,"loneliness" and "isolation" are not identical (exactly, similar) concepts.

From modern Russian researcher G.M.Tikhonov analyzes the pair concepts of "loneliness-loneliness" in polar content. The term "loneliness" denotes abusive, abandoned, disjointed, communicative helplessness, that is, in conditions excluded from society a sign of subjective experiences. The term "loneliness" as a subjective feeling is the physical distancing of a person from others in an objective way, the author emphasizes [8].

D.A.Mateev calls the two pairs of concepts "isolation-loneliness" and "loneliness-loneliness" antinomies, i.e. conflict and confrontation between two states perceived as true. The scientist writes that "isolation" is the forced disconnection of the subject from the surrounding zone, physical distancing from others. If "isolation" is an externally manifested obligation, "loneliness" is an internal subjective forgiveness. "Loneliness", on the other hand, is the interruption of communication that

occurs temporarily and it determines the success of the individual as part of society in the implementation of certain goals [3].

Loneliness is a violation of constant communication, a person's painful disconnection from the environment, the realization that he is not like his own world. This analysis is based on the science of Introduced by G.I.Kolesnikova, she calls "loneliness" a painful condition that is far from existential content-essence [6], that is, semantically defined the concept of loneliness.

Another close concept of "loneliness" is "alienation", which is considered by experts to be among the spiritual directions of the individual, such as values in society, the lack of acceptance of norms, and the delimitation of freedom in the inner spiritual world of the individual.

Researchers distinguish two traditions when analyzing feelings of loneliness; one of them is loneliness in a negative direction, the other is loneliness in a positive direction. Clarifying the issue of the influence of feelings of loneliness on the human lifestyle allows you to analyze loneliness in an antinomic way, which, on the one hand, manifests itself as a destructive stage of the individual, and on the other, a stage of self-realization in the quality of creativity. Diversity in views, on the other hand, testifies to the fact that nowadays the problem of loneliness and its psychological determinants are not sufficiently studied.

E.N.Zavorotnix calls loneliness a subjective supplication that generates various positive and negative emotions, emotions. The author points out the clarifying criteria for loneliness. They are: the subjective assessment of the power of manifestation of the feeling of loneliness; the degree of recognition of loneliness by individ; the emotional manifestation of loneliness. The researcher also differentiates between the types of feelings of loneliness, namely: negating loneliness - the individual does not pay attention to the experience of loneliness; comfortable loneliness-through it, the individual succeeds in his life; destructive loneliness-in which a person tries to restore the experience of loneliness [7].

In the concept of "loneliness", many researchers include descriptions that also apply to the concept of "loneliness". In this, the character of volatility and compulsion of loneliness is taken into account. Positions of voluntary or forced loneliness have a purely social orientation. Voluntary loneliness represents the term "loneliness" with a positive orientation. The speciation of the structure of the concept of "loneliness" T.I.Goldman comments: (1) mandatory physical or social isolation of the category of socially significant people; 2) the conscious limit of External Relations in the goal of spiritual improvement; 3) the dissatisfaction, lack of understanding of the need in communication, the feeling of spiritual and spiritual isolation as a laborious forgiveness [1].

Thus, "loneliness" is the delimitation of communicative communication by a person for the purpose of conscious self-improvement, which we call "creative loneliness".

Of the authors who carried out sociological and psychological analysis, N. Ye.Pokrovsky and G.V.Ivanchenko concede that the concept of "loneliness" as a term with a vivid description and descriptions cannot be given a universal definition for being "too existential material in character". Some researchers argue that the interpretation of the feeling of loneliness as a social phenomenon is not sufficiently justified at present. So what is the reason? Of course, the study of the feeling of loneliness in the conditions of the linear development of socio-cultural development of modern society creates some complexity. As long as the transition from one state to another in our society takes place, loneliness is influenced by a number of factors.

The coverage of conflicting views in explaining the feeling of loneliness, its multifaceted expression, the complexity of its measurement as a social phenomenon, the relative scarcity of developed methodologies on the problem pose a challenge in finding a solution to this problem. G.M.Tikhonov argues that the complexity in the analysis of the concept of "loneliness" is due to its binarity, that is, to its two-sided nature. This is due, on the one hand, to the individuality of human existence, on the other hand, to the existence of contradictions in the quality of a member of a society in which an individual feels the need for interpersonal relationships. A number of scientists call loneliness a supplication that manifests in its composition many forms and different sensations of these forms in each person. The Explanatory Dictionary on sociology defines "loneliness as isolation and the non – existence of social relations" [4].

A number of researchers emphasize that loneliness is a state of isolation of the individual from the outside world. In this, the feeling of loneliness is considered to be an indicator that a person does not attach and adapt to social being [8]. When loneliness is defined as a state, subjective and objective identity is distinguished. The subjective state includes sadness, anxiety, a feeling of incompleteness, abandonment, lack of deprivation manifestations-lack of trust and mutual understanding. The objective State, on the other hand, arises from forced physical or social isolation, due to situations related to the cessation of interpersonal relations.

G.R.Shagivaleeva differentiates types of loneliness based on a person's interaction with the social environment: (a) in terms of a person's interaction with something-phenomena in reality: physical, communicative, emotional, spiritual loneliness; (B) in terms of time duration: onda-numbness and chronically occurring loneliness; (C) in terms of origin: voluntary and compulsive loneliness; (s) by the criterion as a condition: loneliness, pleasant loneliness, forced loneliness, existential loneliness [2]. American professor, psychiatrist I.Yalom analyzes the types of loneliness in a state dependent on the categories of isolation: 1) loneliness that occurs through social isolation; 2) loneliness that occurs through emotional isolation. The scientist believes that loneliness manifests itself in three forms: everyday, extremist and artificial (experimental and curative).

E.N.Klimenteva [6] viewed physical loneliness as an objective situation as the main forms of loneliness. In it, a person is left alone in a forced or voluntary way. According , mental loneliness indicates a state of feeling unacceptable by others.

D.I.Yang focused on its continuity in distinguishing solitary forms. The scientist has distinguished three forms of loneliness: chronic loneliness caused by a long period of disruption of social ties; situational loneliness caused by life stress events (loss of loved ones or death, divorce); transient loneliness, which is short-lived and often repeated [7].

Conclusion

At the conclusion of the word, it is said that, in contrast to the concepts of "loneliness" and "isolation", the condition for the origin and manifestation of "solitude" is the psychological stability of an individual, a clear tradition of self-awareness. The action of the mechanisms of identification and isolation in this case will have an optimally balanced character.

Loneliness and solitude are two different concepts. Solitude is a conscious choice of a person to be alone to relax, relax or do what they love. While loneliness is a state when a person feels isolated from other people and cannot find an emotional connection with others. Solitude can be beneficial for mental health, as it allows a person to rest and recharge. However, if solitude becomes permanent and

a person refuses to communicate with other people, this can lead to social isolation and the development of loneliness. It is important to understand the difference between solitude and loneliness, so as not to confuse these concepts and prevent negative consequences for your mental health.

Loneliness and isolation are two concepts that are often associated with each other. Isolation is a state when a person is cut off from society and has no contact with other people. It can be caused by various factors, such as physical or psychological illness, fear, social discrimination, etc. Loneliness is an emotional state when a person feels lonely and unhappy, even if he is surrounded by other people. This may be caused by a lack of close relationships, lack of social support, experiencing the loss of a loved one, etc. Isolation can lead to loneliness, as a person does not have the opportunity to establish contacts with other people and receive emotional support. Loneliness, in turn, can exacerbate isolation, as a person may refuse to communicate with other people because of their emotional problems. It is important to understand that isolation and loneliness can have serious consequences for a person's mental health. Therefore, it is important to establish contacts with other people, communicate and receive emotional support. If you have problems with loneliness or isolation, seek help from specialists.

In our opinion, solitude can also be the result of a life strategy developed independently by a person. First, during the course of experiencing such loneliness, the individual seeks to manifest himself in an adequate way. Secondly, in its consequence, we can see the maturation of a psychologically stable personality, actively striving for self-improvement. So, solitude is a positive manifestation of subjectively perceived loneliness, which, to say, will not be an exaggeration.

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