

THE ESSENCE OF THE CONCEPTS OF LONELINESS AND ISOLATION

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Annotation: today, most people feel Wayward or isolated. These emotions affect a person's health and life. Pathlessness and isolation are not only personal problems, but also social phenomena. In this article, we will talk in detail about what pathlessness and isolation are, their causes, consequences and ways to overcome.

Keywords: loneliness, isolation, mental disorders, health.

Loneliness is when a person feels lonely, unnecessary, or depressed. This feeling is associated with the inner world of a person. A person can also feel like a path between people. For example, it is possible to feel lonely even in the company of large people.

Isolation is when a person does not communicate or interact with others. This situation is more associated with the outside world. Isolation can be understood as loss or restriction from social relationships.

Causes of loneliness and isolation:

- social causes:
- migration: people move to other places and move away from their loved ones and friends. In a new location, they have difficulty building new connections.
- unemployment: unemployment keeps a person away from social ties. Unemployed people may feel less important to others.
- divorce: family problems and divorces have a negative impact on the mental and social health of people.
- personal reasons:
- mental disorders: mental disorders make a person feel like a pathetic. For example, diseases such as depression or anxiety disorders.
- low self-esteem: a person, with low self-esteem, is afraid to communicate with others and chooses loneliness.
- lack of social skills: lack of social skills makes a person have difficulty establishing relationships with others.
- technological reasons:

- internet and social networks: modern technologies can disconnect people from real communication. Virtual connections reduce physical contact.

- cultural changes: the transformation of modern culture leads to isolation, changing the social relationships of people.

Consequences of loneliness and isolation:

- mental health: pathlessness and isolation can increase depression, stress and anxiety. These conditions have a serious impact on a person's mental stability.

- depression: loneliness increases depression because a person feels unnecessary and isolated from others.

- stress: isolation exposes a person to various stresses. For example, unemployment or financial problems.

- physical health: pathlessness and isolation can have negative effects on cardiovascular disease, decreased immune system and overall physical health.

- cardiovascular disease: loneliness increases the risk of cardiovascular disease because stress and depression have a negative effect on the heart.

- decreased immune system: mental problems negatively affect the human immune system, which increases the risk of various diseases.

- social relationships: pathlessness and isolation can negatively affect a person's social activities, making his contacts with family and friends worse.

- family relationships: loneliness and isolation worsen relationships with family members, which can lead to family conflicts.

- relationships with friends: loneliness reduces a person's contacts with friends, which negatively affects his social life.

Ways to overcome gait and isolation:

- social groups: joining different groups and making new friends can help you overcome loneliness. For example, sports clubs, art clubs or specialized groups.

- sports clubs: by joining Sports Clubs, people can find new friends and improve their health.

- art circles: Art Circles give people the opportunity to engage in creative activities and meet new people.

- psychological help: getting help from psychologists and consultants can help a person overcome pathos. In this way, a person improves his mental health.

- psychotherapy: psychotherapy helps a person to understand their problems and solve them.

- counsellors: getting professional help in counsellors can help a person reduce the feeling of being alone.

- the correct use of technology: improving communication through social networks reduces human isolation.

- online groups: online groups on social networks and forums give people the opportunity to find new friends and exchange ideas.

- video chats: through video chats, people communicate remotely and feel less alone. By justifying the article's incremental themes about contemporary issues and their previous discussions, we would have brought our own discussions that could have an acceptable impact in the community. This article is an analysis of the main causes, consequences and ways of overcoming roadblocks and isolation.

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