

# THE LONELINESS

Produced by CIDI English Empowerment Course  
Participants



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# WHAT'S LONELINESS?

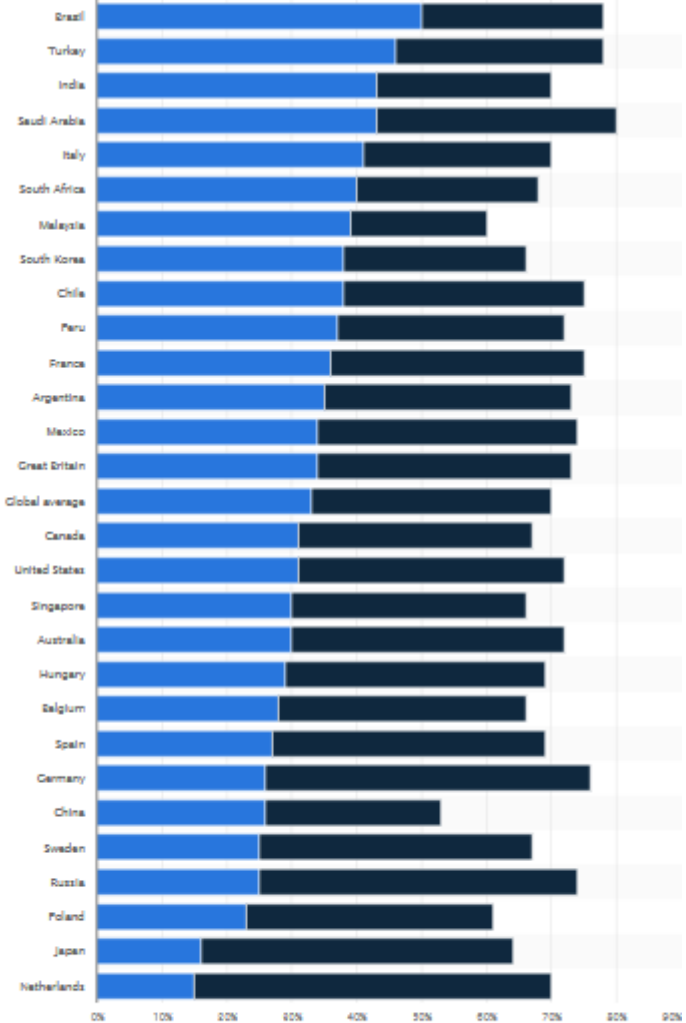
Loneliness is your subjective feeling and perception. Many folks who are lonely experience their situation as “the way life is.” If you see this as your fate, it may well lead to a lack of motivation to change things—a self-fulfilling prophecy.

- feeling misunderstood (not unexpected teens);
- sad;
- suffering from FOMO (fear of missing out);
- not having anyone to talk with;
- feeling detached from the world.



# PERCENTAGE IN THE WORLD

According to a global survey, about 33 percent of adults experienced feelings of loneliness worldwide. Brazil had the highest percentage of people experiencing this, with 50 percent of respondents declaring that they felt lonely either often, always, or sometimes. Turkey, India, and Saudi Arabia followed, with 43 percent to 46 percent of respondents having experienced loneliness at least sometimes. On the contrary, the Netherlands, Japan, Germany, and Russia registered the largest share of interviewees which did not feel lonely.



# COMPARISON BETWEEN LONELINESS IN UK AND ITALY.

## UK

Yet the British Broadcasting Corporation (BBC) recently did a large national survey and found that four out of 10 young people ages 16-24 were pretty lonely.

## ITALY

According to the Italian Istat “*Rapporto sul Benessere equo e sostenibile (Bes) 2021*” between 2019 and 2021, the share of the population declaring themselves very or fairly satisfied with friendships decreased by 10.2 percentage points (from 82.3% to 72.1%), reaching the lowest value recorded since 1993. The decline in those who declare themselves very satisfied is concentrated in particular in the young age groups (-6.5 percentage points among 14-19 year olds, from 41.0% to 34.5%).



# ACTIONS TO BE TAKEN

- Get a pet.
- Immerse yourself in creative arts.
- Join a community.
- Practice mindful awareness.
- Extend yourself by giving to others.



# PODCAST

<https://www.youtube.com/watch?v=2USh8OmgjJE>



**THE END**

