

Loneliness in a Person Healthy Lifestyle

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Abstract

Loneliness as an objective psychological problem does not lose its relevance to this day. It typically includes anxious feelings about a lack of connection or communication with other beings, both in the present and extending into the future. This article highlights the most significant factors of influence directly related to the chosen issues. The factors leading to the loneliness of person are grouped into blocks of a universal plan and a specific stratum value inherent in namely.

Keywords: phenomenon of loneliness, social, communication, life.

INTRODUCTION

The logic of the development of scientific knowledge inevitably introduces new and new problems to the study circle, reflecting the processes occurring both in science itself and in society. Widely used in the thinking of psychologists and in everyday life, the concept of “loneliness” is increasingly attracting public attention. This is caused by a significant range of reasons and, first of all, the process of personalization, the complexity of social communications, the intensity of mass media, the need for social adaptation of the individual to new conditions of life. It is obvious that the experiences arising in this complex interaction are reflected in the social well-being of a person and influence his behavior [5].

Loneliness can be called a significant element of social well-being, which is an indicator of a person's relationship with the environment. It is known that in the transitional periods of social development, the socio-economic crises provoke significant changes in social well-being, and therefore in the nature of the experienced loneliness. We can assume that loneliness is an eternal companion of social interaction. It is important to understand in which cases and to what extent it is the norm, and in which cases it becomes a threat to society, destructive to the individual, in which cases it leads to self-aggression, deviant behavior, alcoholism, drug addiction, suicide, and a decrease in social activity. The need to understand the nature of loneliness and the importance of considering it

in a social context led to the choice of this research topic.

THEORETICAL BASIS AND METHODS

Understanding the phenomenon of loneliness has a long tradition. Since antiquity, it has been considered by the classics of philosophical thought: Aurelius, Aristotle, Plato, Seneca, Epicurus. In a later period, this problem was reflected in the works of Husserl, G. Hegel, S. Kierkegaard, F. Nietzsche, B. Pascal, T. Thoreau, F. Fichte. Much attention was paid to loneliness by existentialist philosophers E. A. Berdyaev, M. Buber, A. Camus, J. P. Sartre, S. L. Frank, M. Heidegger, K. Jaspers. In the classics of social psychology 3. Durkheim, R. Merton, E. Fromm considers loneliness through the prism of social processes and problems, such as anomie, social mobility, suicide and social character. Loneliness as a mental state of a person has been studied in the works of U. James, V. Frankl, Z. Freud, E. Fromm, K. Jung. Today, this problem is being actively developed in various areas of sociology and social psychology [6]. In the psychological dictionary, loneliness is considered as one of the psychogenic factors that affect the emotional state of a person who is in changed (unusual) conditions of isolation from other people. As a rule, the study of this problem occurs in some context, for example, the existence of a person in extreme conditions. These are works by Yu. A. Alferov, A. Ezhko, V. V. Boriskin, I. P. Volkov, L. P. Grimak, V. I. Lebedev, B. F. Lomov, E. L. Maslov, V. E. Myasishchev, E. E. Tereponko, V. M. Trubnikov, A. Yu. Shaloto, S. G. Yurskikh. In these works, loneliness is interpreted as a health-threatening condition that leads to a certain degree of psychosis, and is primarily associated with forced loneliness or group isolation, a kind of reaction to the lack of interpersonal contacts [1, 2, 3]. A particular aspect of the consideration of loneliness is developed by authors who study the sociology of the family and the psychology of family relations. Such as A. I. Antonov, E. R. Aristova, A. E. Volkov, J. V. Gozman, M. S. Matskovsky, O. E. Loseva, M. S. Pankratova, L. S. Salnikova, E. K. Tokareva, E. M. Chernyak, T. Shvabl. These authors focus on problems related to marriage and the family as a social institution: the reasons for divorce, the inability to create a family, the reflection of the social crisis in family relations, the blocking of the process of personalization in the family. Most divorced men and women fall into the category of singles here, experiencing a sense of deprivation and social damage, loss of connections and hopelessness about the future [7]. Most scientists agree that loneliness in the most general approach is associated with the experience of a person's isolation from the community of people, family, historical reality, their own "I". The concept of "detachment" is ambiguous - it can be both physical isolation, and violation of the context of complex spiritual connections that unite a person with his social environment. Modern man feels loneliness most acutely in situations of intense and sometimes forced communication: in a city crowd, in the circle of his own family, among friends. A large number of superficial connections is not a condition for a person to fully communicate with others. The increase in contacts is the external side of communication, the internal-the content side is empty, overloaded with contacts, which leads to loneliness. This understanding is held by B. A. Grushin,

E.Davidov, Yu. Levada, G. V. Osipov and others.

The purpose of the study : to create a generalized characteristic of loneliness and determine the features of its manifestation in the conditions of the city of Ferghana.

The promotion of this goal led to the setting of the following **tasks**:

- to analyze theoretical and methodological approaches to the study of loneliness in the scientific literature;
- identify the main characteristics of loneliness;
- to justify the choice of methods for measuring loneliness that exist in the practice of empirical research;
- investigate the qualitative and quantitative characteristics of loneliness.

The object of research is representatives of various social and age groups-residents of the city of Ferghana, Uzbekistan.

The subject of the study is the social characteristics of loneliness.

The methodological and general theoretical base of the research was formed by the works of classics of sociopsychology, first of all, 3. Durkheim, R. Merton, E. Fromm. As theoretical sources, we use the ideas and propositions presented in the works of Russian, American and Western European authors devoted to the study of loneliness (Fromm-Reichmann F., Gones W., Jong-Gisrvelde J., Marangoni C. , Moustaskas C. , Peplau L. A. , Russel D. , Weiss R. S.) [4, 5, 6, 7].

The empirical base of the study was:

- results of a survey conducted in January-March 2022 in the city of Ferghana, 350 people were interviewed. The sample is quota-based, non-repetitive and representative. The percentage of the number of age groups of residents of the city of Ferghana is taken as quotas.

RESULTS

1. The main directions of research of the phenomenon of loneliness are revealed in the study, and modern theoretical and methodological approaches to understanding its essence are generalized.
2. In the study, the understanding of loneliness as a socio-psychological phenomenon, the essence of which is dissatisfaction with social relations and communications, is theoretically justified and implemented in an empirical study. This phenomenon is quite widely represented in various social groups.
3. As a result of an empirical study, the levels of social and emotional loneliness, their dependence on demographic characteristics, and the degree of social and emotional loneliness among

representatives of various social groups were determined.

4. Based on theoretical and empirical data, the structural analysis of the phenomenon of loneliness allowed us to identify and describe all three components of attitude: affective, cognitive and conative. The inclusion of loneliness in the category of social attitudes broadened the theoretical understanding of them.

The theoretical model of loneliness obtained in the study complements and expands the characteristics of social groups, which can be used in various types of social management. The data obtained allow us to more specifically shape social policy and prevent the development of such negative social phenomena as alcoholism, suicide, drug addiction, etc. Some results can be applied in the organization of the social assistance system: societies for protection from loneliness, Dating clubs, helplines, conducting socio-psychological training for singles, etc. The generalized material and the obtained conclusions can be used for further theoretical and empirical research in this area. The theoretical provisions of this work can be included in special courses on personality psychology and social psychology.

The results of the study found some contradiction between actual levels of loneliness and the subjectively recognized experience of loneliness in a group of older people. This is due to certain factors. **First**, it can be a manifestation of protective mechanisms. **Second**, a thorough analysis of the respondents' responses suggested that older people rethink loneliness and perceive it quite differently from younger people. Thus, at the time of retirement, a person has an internal readiness to adopt a new lifestyle, that is, to judge the circle of communication and change its structure. Perhaps this preparedness reduces the traumatic impact of changing social status. **Third**, older people do not assess their condition as loneliness, although they have signs of this condition, due to the fact that there has been no assessment of loneliness in the public consciousness for many years.

CONCLUSION

Summing up the results of this research, I would like to say that it does not claim, and cannot claim, to cover the universality of the analysis of all theories and studies of loneliness. One of the main goals that we pursued was to study loneliness in the micro-conditions of social interaction and to identify the extent of its prevalence in various social groups, as well as to analyze the most diverse approaches and directions to understanding the phenomenon of loneliness. No matter how we look at loneliness - on an individual or social level - it is necessary to have a General theoretical picture that corresponds to the diversity and complexity of this phenomenon and that makes it possible to explain it from the point of view of the social context. Many theories of loneliness generally did not take into account the social situation in which loneliness occurs, and thus did not take into account the many factors directly related to its essence. This study presents a general theoretical characteristic that explains the specific features of loneliness as a social phenomenon.

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