A Study on Concept Analysis of Loneliness

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Abstract

Purpose: Loneliness is an extremely subjective experience that is influenced by life experiences and circumstances. This study attempted to provide basic data for the development of nursing intervention strategies to understand the concept of loneliness and to reduce loneliness on various topics.
Methods: The research analysis method is based on the framework of concept analysis proposed by Walker and Avant (1988).
Results: The results of this study are as follows: 1) Self-alienation 2) Isolation of human beings 3) Psychological damage reaction 4) Pain 5) Loneliness is the loss of a comfortable "frame". The prerequisites can be divided into personal characteristics and situational characteristics. Empirical criteria include intimate others, lack of social relationships or problems, family and friendship, belonging, recognition or expression of loneliness, emotional state changes and changes in health behavior, and physical symptoms.
Conclusions: Loneliness is an important indicator of well-being and a cause of physical and mental illnesses, so nurses facing various subjects should be able to recognize the signs and symptoms of loneliness. By promoting and sustaining their interest, they should be able to enjoy lonely people.

Keyword: Concept analysis, Empirical criteria, Loneliness, Prerequisite,

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Ⅰ. Introduction

1. Background

Human beings are social animals that require social contact and want to interact with others[1]. Therefore, they have a desire to have an intimate relationship with others continuously and want to satisfy them. Contact with others provides acceptance, support, love, and satisfaction, and any change or loss in contact with others can interfere with maintaining human contact and intimacy, eventually leading to feelings of loneliness[2].

Loneliness is a complex, multidimensional global phenomenon[3] and is an unpleasant emotion that occurs when the supportive network of individuals is lacking in quantitative or qualitative terms[4]. Loneliness is the emotion experienced by all age groups during the developmental period and may be an important emotional problem for everyday life. In addition, because it is a subjective experience different from objective social isolation, humans can be alone, lonely, and lonely while in the crowd[4].

Patients with a feeling of loneliness, a stressful life experience, are physically affected by the immune response, resulting in deterioration of health, causing social isolation[5], Psychological persistence of loneliness threatens the mental well-being and increases the risk of suicide[6].

If loneliness persists, people will generally be introverted, timid, and generally problematic in interpersonal relationships[7].

Although the study of loneliness has been conducted for decades and has been used for theoretical development and research[1], it has been reported that in Korea, where loneliness and solitude are used as synonyms, studies on elderly, youth, and infants are being conducted. A clear definition of the attributes of the concept of loneliness can enhance the understanding of the loneliness experienced by the subject[1]. Therefore, the purpose of this study is to provide understanding of concept of loneliness and to provide basic data for development of nursing intervention strategy which can reduce loneliness to various subjects by confirming concept attribute and definition of loneliness.

2. Methods

In this study, concept analysis method of Walker and Avant[8] was applied to analyze the concept of loneliness. The concrete procedure is as follows.
1) Select a concept.
2) Determine the purpose of concept analysis.
3) Confirm the scope of use of the concept.
4) Identify the properties of the concept.
5) Construct a concept model case.
6) Construct boundary cases, related cases, and reverse cases.
7) Identify the precedents and results of the concept.
8) Identify empirical standards.

Ⅱ. Main subject

2.1. Use of Loneliness Concept

1) Dictionary Definition of Loneliness

According to the National Korean Language Standard Dictionary[9], 'solitude' is a very lonely, parentless child and a childless old man, as if alone in the world. 'Loneliness' is a feeling of solitude, and 'loneliness' means a lonely mind or feeling alone.

According to the YBM English Dictionary[9], 'loneliness' is voluntary solitude; It has been translated into despair. According to Doosan Donga English Dictionary[9], 'loneliness' is sol-

itude; Loneliness, alone or with no friends or colleagues, is a calm feeling. Collins Cobuild Advanced Learner's English Dictionary[9] means that loneliness is a misfortune because you do not have any friends or you have no one to talk to. The Wikipedia Encyclopedia[9] translates the meaning of lonely into socially isolated loneliness, chronic loneliness, and human condition.

Wikipedia[9] means 'loneliness' is a lonely mind and feeling alone. A shy person thinks that it is easier to be alone than to be with others, and there are a lot of people around because extrovert people enjoy being with others. Therefore, extrovert people often have more loneliness than introverts. In a similar way, there is 'solitude', and loneliness can lead to depression for a long time. When you feel a sense of social isolation and feel isolated from people around you, it is said that the parts that actually feel the pain of the brain are activated. The 'bullying' and ' outcasting', which have become problems in recent years, are psychological acts of sufferings by making many people isolate one person psychologically and socially.

2) Literature definition of loneliness

Kim[1] summarized the opinions of scholars about loneliness, and found that they can find the following common features. First, loneliness occurs when an individual lacks social relations. In other words, loneliness occurs when there is a discrepancy between the actual social relationship of an individual and the social relationship that the individual needs or desires. Second, because loneliness is a subjective experience different from objective social isolation, humans can be alone and lonely, and lonely even in the crowd. Third, loneliness is an unpleasant experience[4)10].

Loneliness is present when the achievement level is lower than the required level, because the difference between the demand level and the ac-

tual level of social relations is solitary, whether loneliness is temporary or long term[7].

Loneliness can be a pandemic of modern society in the integrated literature review and meta-analysis, and it is difficult to define it because it is unique to each individual in today's self-centered atmosphere, which is regarded as a negative and embarrassing state[11]. Loneliness also has a variety of causes and consequences that may be the same. It may be confused with similar but different states, such as depression and self-esteem. But in the end, when the word loneliness is mentioned in the dialogue, everyone understands what it means to them, and how painful it is. Everyone is lonely to some extent, even though they pretend not to be solitary. It is because it is a part of human beings. When discussing how to solve what is in such a painful condition in nursing research, loneliness is rather viewed from a basic and superficial point of view, but this is not the usual solution. Loneliness is a natural part of the human mind and can not be resolved like a mystery. Loneliness can only be mitigated or less painful. It can only be achieved by raising human understanding of this painful condition, where everyone has to endure and form at some point in their lives, and there is nothing to be embarrassed about. If a person who is not lonely can talk to people who seem to be lonely and smile or say a word, even though they think selfishly 'if I did not have the grace of God I would have become like that', such a small gesture would make their routine less painful It might be. Killeen[11] states, "It is human nature; It is inhuman. It is conscious; It is self-pity. It is empty; It gives a sense of accomplishment. It is connotative; It is real. It is all your world; It is not the world. It is in your heart that you keep it; It does not have to say. It is a mystery. Everyone is right. It is true. It is objective; It is

subjective. It takes away the mind; It can be ignored. It is absurd; It is a pity. It is all; It is nothing. It is controversial; It is hardly discussed. It stimulates emotions; It has no feeling. It is overbearing; It has no sense. It is a taboo; It is there. It exists".

3) Related concepts of loneliness

Similar to loneliness, there is a sense of social isolation. Loneliness and social isolation are psychological problems but they are distinct concepts[12]. Loneliness refers to the discrepancy between the actual social network and the desire for social contact, and the social isolation is the subjective perception of the decrease in the number of contact with others, thereby integrating the individual into the social environment to which the individual belongs. In a previous study, social isolation was related to loneliness[13], loneliness was depressed, family function, residence and living arrangements, and educational level[13][14]. Killeen[11] shows the relationship between alienation and agency in figure 1[11].
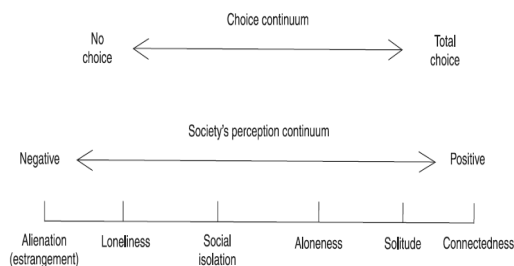
<Figure 1>. Alienation-connectedness continuum[11].

4) Concept of Loneliness

There are several concepts and theoretical perspectives on the constitutional concept of loneliness[4].

Shin[15] introduced nature of solitude in four dimensions, the cosmic dimension, cultural dimension, social dimension, and human relationship dimension.

(1) Loneliness on the universal level means that the relationship between the actual perceived reality and the self, in which the individual can be referred to as the universe or nature, and the perceived experience of the collapse or weakening of the relationship between the god or the absolute and his self.

(2) Loneliness at the cultural level is often experienced by immigrants who leave their homelands. Cultural heritages due to frequent mobility, cultural heritages that have become part of personal life or part of character due to rapid social change (values, Attitudes, beliefs, lifestyles) and the self are weakened.

(3) Loneliness at the social level is often experienced in people who have experienced self-perception as a member in a group that desires or believes that an individual is important, such as emotional experiences such as rejection, perceived feelings, and boredom .

(4) Loneliness experienced at interpersonal level can be regarded as the self-awakening of the fact that important interpersonal relationships are threatened to be severed or weakened. This loneliness is more shocking to individuals than any level of loneliness mentioned above, and appears as a rarely disappearing emptiness that threatens the balance of personal life and corrupts individual well-being. The interpersonal dimension of loneliness can be seen as conveying to the self that something essential in the private world of the individual is lacking.

Psychologists Hawkley & Cacioppo[13] stated that the definition of loneliness falls within one of the following three categories: The first cat-

egory is related to the status of loneliness, which can be influenced by factors such as moving, health changes, workplace competencies, and social networking, which can be described as transient and reactive[16]. The second category is loneliness in the form associated with characteristics or personality that arises from mother-related problems, for example, from infant attachment. Each category of loneliness should be addressed through different interventions[16]. The third category is to regard loneliness as an essential condition in the fundamental sense of existential loneliness, and it can never be eliminated[16].

2.2. Attributes of Concept

Based on the results of the above literature review, the attributes of loneliness are derived as follows.

1) Self-alienation

Self-alienation is a separate feeling from oneself, core, and identity, which has two components: emptiness and impersonation. Emptiness is a hollow feeling and dark feeling that lonely people feel. The impersonalization is characterized by unrealistic and confused identity[17].

2) Interpersonal isolation

The isolation of human beings has the emotional, geographical, and social feelings of being alone, and has three components: absence of intimacy, perceived social exclusion, and abandonment. The lack of intimacy is an element of anxiety among the characteristics of loneliness, and it means the lack of close, familiar, and caring relationships. It also focuses on the general lack of relationship and the loss of a special relationship in one's life, that is, the absence of a person who no longer exists or any intimate relationship. The perceived social alienation is

the recognition that it is not socially necessary and is either left alone or abandoned, and it has two elements of discontinuity and social rejection. Disconnection is a feeling of being socially and emotionally distant from others. Social rejection is the real sense of rejection often felt by people with loneliness. The abandonment implies an individual's belief that it is intentionally left or abandoned, and has two components: intimacy, betrayal. Intimate denial refers to the feeling of rejection from a close and intimate person (eg mother, girlfriend). It is a general feeling that betrayal is not accepted and welcomed by others[17].

3) Distressed reactions

Psychological impairment reactions experienced by people with loneliness consist of physiological and behavioral pain, self-deprecation, voluntary social separation and fixation. Physiological and behavioral distress is accompanied by physical complaints such as headache, nausea, or abdominal pain, or behavioral stress such as crying or sleeping usually. Self-deprecation refers to a generalized negative attitude toward oneself. Voluntary social separation reflects the lack of intimacy with others whom they meet. It has two elements. Forbidden and active separation. Forbidden reflects the need to be indifferent to "gentle attitudes," and aggressive separation refers to more aggressive separation or "refusing to open the mind"[17].

4) Agony

Pain depicts the pain and suffering of solitary people, including internal confusion and emotional changes. Internal confusion indicates an attempt to find answers and insights internally, and includes three elements: defenselessness, confusion, and insensitivity. The defenseless state reflects the individual's internal psychological dis-

tress and despair. Confusion involves mixed emotions, inaccurate thoughts, and numbness describes the way an individual feels as a result of loneliness. Emotional fluctuations mean the turning emotions of pain and suffering, including anxiety, fear, anger, hostility, and anxiety about the existence of the afterlife, as well as feelings of embarrassment, shame, and humiliation[17].

    5) Loneliness is the loss of a comfortable
       "frame".

2.3. Various examples of loneliness

1) Model Case

The model case is an example of using concepts that represent all the important attributes of the concept of loneliness[8].

Malro-Jeong, a 65-year-old woman, had a husband who died a year ago from gastric cancer. She has two sons who are now married and living abroad. She lives alone in an apartment, and she has no occupation or religion. Before the bereavement, she was a member of a mountaineering club, and her husband and her husband climbed one or two times a week. The last Sunday of each month was attended by a married couple. After bereavement with her husband, it was really awkward for her to go to a mountaineering party without her husband, so she was absent from the meeting. Mountaineering club members and members of the group have contacted for some time after their bereavement, but have not made much contact in recent years. In fact, there are many young couples living in apartments where she lives, and there is very little contact with her neighbors. She thinks that all of her husband, children, and friends are not around and left alone. Also, she often cries because there is no one to depend on and the feeling of loneliness is hard to endure. Indeed, she continues to lose appetite, leading to weight loss, insomnia and fatigue. Watching out the window all day long without going out or watching television became the whole life. She really feels that she is alienated from the people around her, and that she has lost the meaning of life.

2) Borderline case

A similar case is that most of the attributes of the concept of loneliness are included but not all of them. Most or all of the attributes can be included, but there is a difference in duration or intensity of occurrence[8].

The 45-year-old, Sa-lang Kim, is single and she is an ordinary office worker who is usually active and active. However, she was diagnosed with diabetes a few months ago, recently diagnosed with chronic renal failure due to complications, and has been receiving hemodialysis three times a week. Because of the pressure to come to the hospital three times a week, she resigned from her job. She was denied illness and treatment, and she had to stay at home all the time except for the time to go to the hospital in the state of bitterness and emptiness filled with the thought that she should live like this for the rest of my life. Her friends and relatives often visited and comforted her. She thinks that she is grateful and lucky to have a conversation, a reliance, and a person to depend on, but she thinks that after they return home, she eventually remains alone in the world.

3) Related Case

The related case is an example of a concept related to the concept of loneliness but not an attribute. The relevant case is similar to the concept being analyzed, and in some sense it is linked to the concept[8].

Mi-ji Lee, a student in the fourth grade of elementary school is living alone with her mother,

and her mother is going to work. In the late afternoon when she came home from school, her grandmother-in-law would take care of her. One day, a sudden thing happened to her grandmother-in-law, and she came home from school waiting until her mother came home from work. She thought it was scary and heartbreaking to be alone and she was waiting for her mother to come home while waiting on the computer.

4) Contrary Case

The opposite case does not include the concept of loneliness[8].

The 38-year-old woman, Mal-eum Na, is not pregnant until the third year of marriage but has conceived her first child through a fertility clinic. She is a high school teacher and very positive and always smiles. Colleagues teach her about pregnancy, childbirth and various prenatal care and maintain good relationships. She feels happiness no more than the fact that whenever a baby is born she is accompanied by a precious new life. Her husband is very supportive and gives a lot of help. Whenever she looks back on herself and thinks about the people around her, she is grateful for their understanding and support and she thinks that she has saved the universe in her previous life.

2.4. Confirmation of preceding factors and results

A predecessor is an event or ancillary conditions that occur before the concept of loneliness, and a result is a thing or an event that occurs as a result of the concept of loneliness. In the conceptual analysis, the steps of the leading factor and the result may suggest a considerable viewpoint in the social context in which the concept is commonly used, and may further refine the important attributes of the concept[8].

There are personal and situational characteristics as a prerequisite for loneliness[15]. Individual personality traits can affect loneliness because they affect the response to personal interpersonal relationships. Intrinsic, easily shy personality, low self esteem[1]. Situational characteristics can lead to loneliness because an individual changes the opportunity to create and maintain optimal social relationships. Environment, social role, family structure, and marital status[1]. For example, divorce, bereavement with a spouse, admission to a hospital, moving, and new job. figure 2[11].
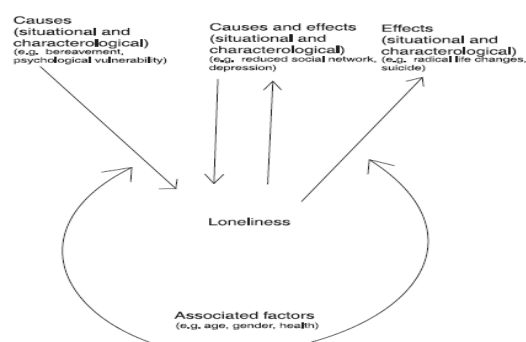
<Figure 2>. Loneliness: a representation of causes, effects and associated factors[11].

2.5. Empirical criteria

The empirical criterion, which is the final stage of concept analysis, shows that the attribute of the concept of loneliness exists in the actual field. When a concept is abstract, it must have an indication or reference that can be specifically observed and measured in the actual field. It enables us to confirm that the concept exists through concrete point of actual field. Pointing out the observable characteristics of a concept leads the language to facts, thus accurately conveying its meaning[8]. In other words, the empirical criterion is the work of searching the empirical object of the important property in the real world, which shows that the important attribute

and empirical criterion for loneliness are the same.

The most widely used tools for measuring loneliness are the revised UCLA Loneliness Scale, RULS of the revised UCLA (University of California, Los Angeles) developed by Russell, Peplau and Cutrona [18]. Most of Korean studies use RULS[10] as a tool for studying the Loneliness Research Tool (RULS). It is a Likert 4 point scale consisting of 10 positive and 10 negative items. It has a range of 20 ~ 80 points. The higher the score, the higher the degree of loneliness. Austin[19] reported that RULS is a tool with three dimensional factors: intimate perimeters, social surroundings, and lack of belonging.

Asher and Wheeler[20] developed a tool for children's loneliness questionnaire (LCQ). Kim[21] has adopted the LCQ. The tool includes 16 items that focus on the child's lonely feelings, social adjustment or maladjustment, or a child's subjective assessment of peer relationships, and 8 items that focus on the child's hobbies or preferred activities The total score is composed of 24 items, ranging from 16 to 80 points. The higher the score, the greater the degree of loneliness.

Emotional / Social Loneliness Inventory[22] was also developed as a multidimensional tool to measure four concepts: emotional loneliness, social loneliness, emotional isolation, and social isolation.

Ⅲ. conclusion

Loneliness is an extremely subjective experience that is influenced by life experiences and circumstances[17].

In this study, the concept of Walker and Avant[8] was used to identify the concept and definition of loneliness and to provide basic data for development of nursing intervention strategy which can understand the concept of loneliness and reduce loneliness to various subjects. The analysis method was applied.

The results of this study are as follows: 1) Self - alienation 2) Human - isolation 3) Psychological damage reaction 4) Pain 5) Loneliness is a loss of comfortable "frame" The prerequisites can be divided into personal characteristics and situational characteristics. Empirical criteria include intimate others, lack of social relationships or problems, family and friendship, belonging, recognition or expression of loneliness, emotional state changes and changes in health behavior, and physical symptoms.

Loneliness is an important indicator of well-being and causes physical and mental illness. It is a challenge for nurses facing diverse subjects to be able to recognize signs and symptoms of loneliness and to encourage and sustain the interest of the subjects so that everyone can enjoy daily life experiences[3,23].

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