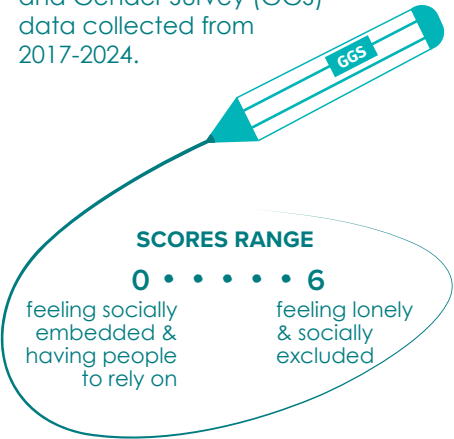
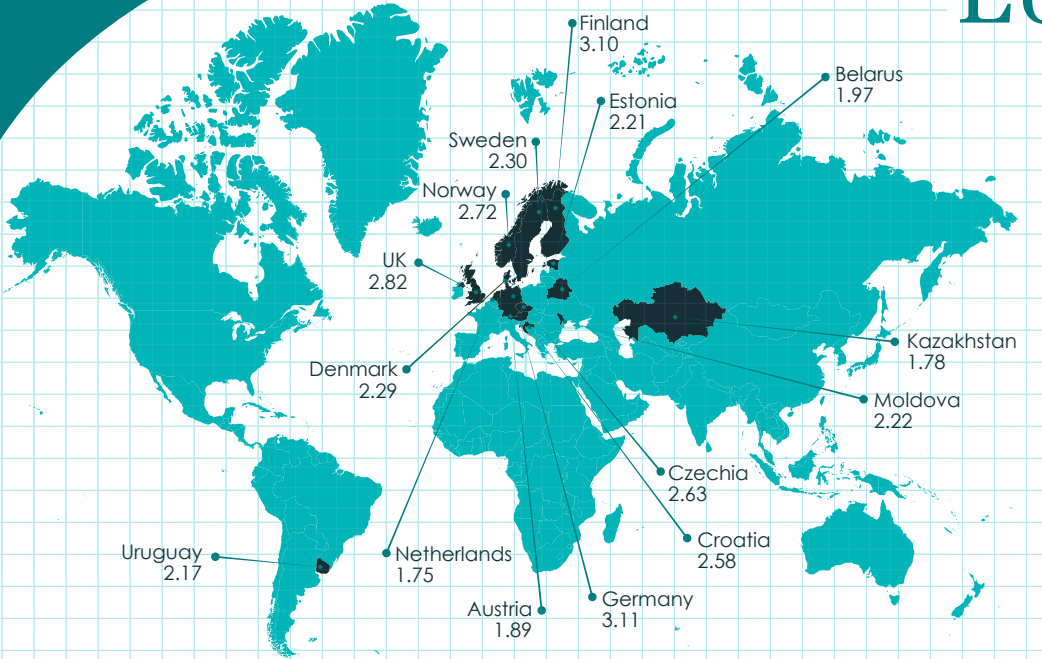


by Wiktoria Bąchorek
& Monika Mynarska

Loneliness

We assess loneliness using a six-item scale in the Generations and Gender Survey (GGS) data collected from 2017-2024.



DATA ON APPROX. 85 000
RESPONDENTS AGED 18-49

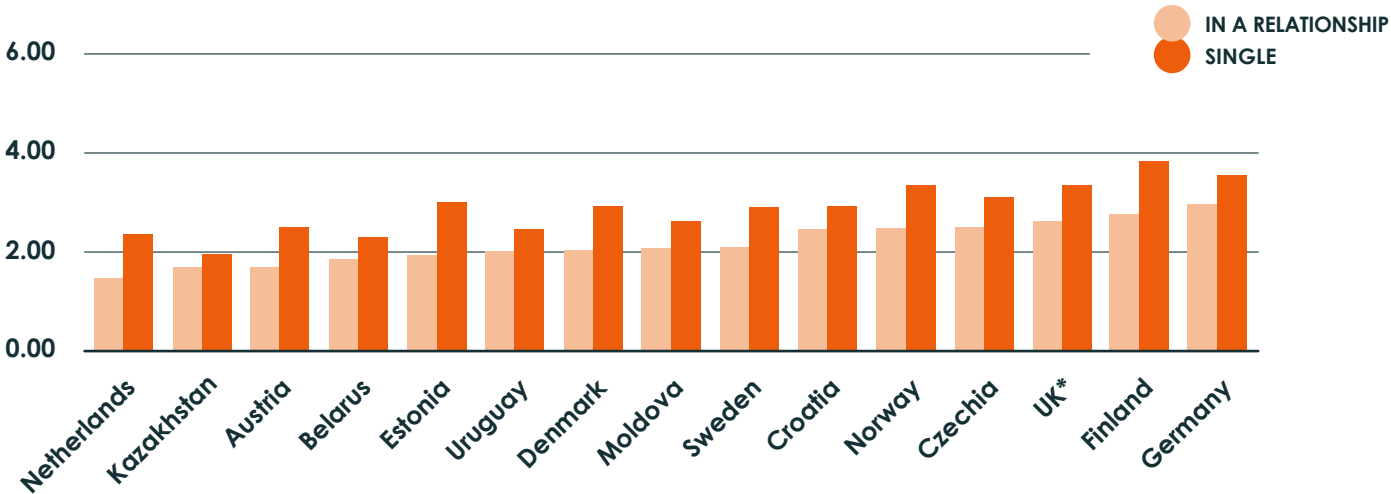
Across 15 countries, the average loneliness scores range from 1.75 to 3.11, indicating moderate levels of loneliness.

The Netherlands, Kazakhstan, Austria and Belarus report the lowest levels of loneliness, while Norway, UK, Finland and Germany experience somewhat higher loneliness.

No significant gender or age-related differences exist, though in Nordic countries, UK and Czechia, those aged 18-29 report slightly more loneliness.

Notable differences are observed based on relationship status: single individuals tend to feel lonelier than their partnered or married counterparts.

LONELINESS SCORE



GGs DATA OFFER VALUABLE INSIGHTS INTO VARIOUS FACTORS CONTRIBUTING TO OR PROTECTING FROM LONELINESS.