Lonely life – a new way to happiness of modern human?! 

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Abstract – The article discusses the choice of a lonely life. Therefore, the aim of this study was to show both advantages and disadvantages of living alone. The principal supporters of a strong, traditional marriage is becoming less and less. Despite a number of positive aspects a lonely life, it is proved that better in this life to have a couple, than do not go through life alone.

Key words – lonely life, happiness, a career, single people, married people.

I. Introduction

According to statistics, more than 300 million people around the world choose a lonely life, and a lot of them conscious and happy to go for it. Pollsters predict that in 2020 the number of bachelors in the world will reach 331 million. Today, in all developed countries, the families as well as a social institutions, are experiencing not the best of the times. Every year fewer and fewer couples design their marital relationship "as expected", and the number of registered divorces in families literally rolls over. Even today in the United States only 51% of the population are married instead in Ukraine of all marriages end in divorce 42%. Others live on their own. In EU countries, the loneliest are Germany, Denmark, Sweden and Norway. The principal supporters of a strong, traditional marriage is becoming less and less.

Obviously, there must be certain benefits in a lonely life. Is there something that inspires them to live such life? Is lonely life really a new way to be happy!??
A very high a standards of life and a very powerful social protection, due to which people do not need each other. Hence, as soon as people get a slight feeling of discomfort or unattraction to the partner, it leads to immediate separation. Today, divorce is so common that it is accepted by public a very naturally and do not dramaties about it in anyway.

However, the status of loneliness, there is an opposite point of view. In particular, (Hall, 2013) [1], the scientists conducted a study involving thousands of men and women of all ages for 10 years and have shown that people who feel loved and desired look an average of seven years younger than those who love life. In this study, the age of the volunteers was assessed each other by their appearance. It was assumed that the decisive factor in preserving youth was regularly having sex. During sex, the body's production of endorphin, hormones of pleasure and tranquility. They help sleep better, relax anxiety, improve the circulatory system, which of course affects the appearance of the person.

Interestingly, married people live longer (Ziegler, 2013) [3]. American researchers have found that men who were never married, have three times higher chance of premature death than those who tied the knot. This is especially important after the onset of 40 years.

In the study, the researchers took into account the way of life of volunteers and the presence of harmful habits. In spite of everything, married people are 2-3 times lower risk of premature death. This interesting fact, that scientists explain the fact that married couples regularly eat right and otherwise care for each other, which contributes to high quality care for the health and improve the emotional background.

Conclusion

According to the results of the theoretical analysis of the problem of loneliness of modern people can summarize that lonely lives can have both advantages and disadvantages. In particular, in single people it is aimed at a career and success, happy people, 82% say that their status gives them the opportunity to «experience something new in the life», 89% say that traveling alone increases their self confidence and enable them to be more spontaneous and easy going, busy at work creating conditions for self esteem. Describing their lifestyle, study participants said that employment at work creates the conditions for self esteem. 83% pointed out that a good career for single people is more important than for those who are married. However, on the other hand, single people with age are statistically more likely to have medical problems and generally shorter life expectancy.

The main factors that mediate a healthy married life scientists call: regular sex, mutual caring and emotionally warm relations. It can be assumed that the family life forms, despite some obstacles in career and personal development, continues to maintain its benefits for physical well being of the individual. But loneliness is not bad too, it is assumed that the state alone facilitates a focus on finding and reaching the other states of consciousness, finding themselves present quite often prevents a person to organize their lives around the above resources. Therefore, losing to regular sex, caring attitude of the partners and emotional warmth, lonely man loose their own health and longevity. Interesting, is a lot of lonely people of today are aware of this?

References