



ANTHROPOLOGICAL IMAGINATION

Video Transcript

What is “Loneliness”

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What is loneliness?

The first image that comes to mind is that of a solitary figure, someone separated from the presence of others, often an elderly person.

But loneliness is not the same as isolation; nor is it reserved for a particular age group. It is possible to be alone without ever feeling lonely.

One can be alone in a house, alone in nature or alone with one's thoughts – and not feel lonely at all.

Conversely, one can be surrounded by a crowd, seated among classmates in school or even within a family gathering – and experience an intense sense of loneliness.

Loneliness, then, is not a mere absence of others but an emotional experience shaped by subjective and contextual factors.

It is less about physical separation – the situation of being alone – and more about a sense of disconnection, of feeling lonely.

This feeling may be fleeting or situational, emerging during specific life events, or it can become a chronic condition experienced most or all of the time.

Moreover, the intensity and meaning of loneliness can vary greatly, not only among different individuals, but even within the same individual across different situations and stages of life.

This subjectivity makes loneliness an elusive concept, challenging to define consistently. And yet, loneliness seems a pervasive phenomenon, one that appears to be affecting lots of us, and, by many accounts, on an increasingly global scale.