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Dec 13, 2019

Changes over time in social isolation and connection



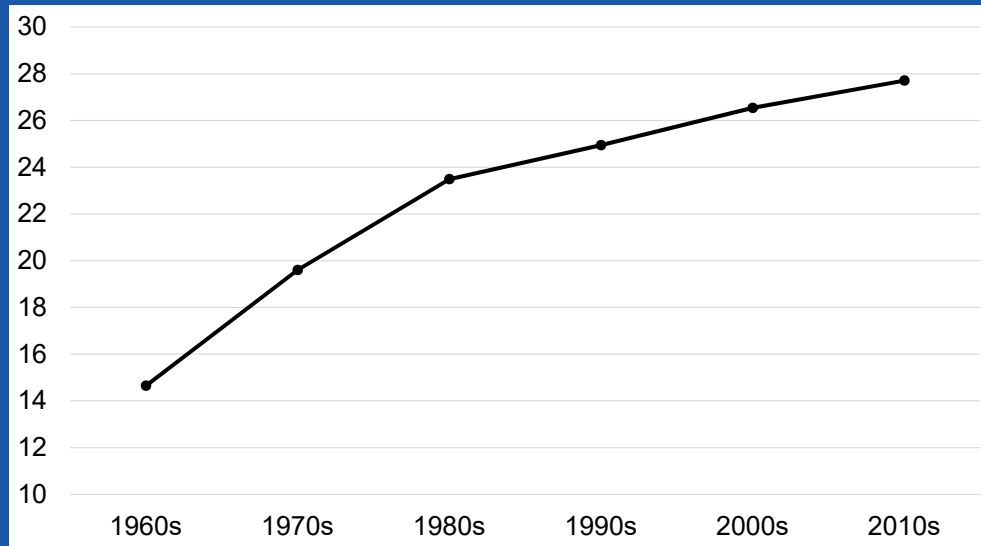
health implications

	risk of mortality
lonely (vs. not lonely)	26%
live alone (vs. with others)	32%
socially isolated (vs. connected)	29%

Holt-Lunstad et al, 2015



% US households with only 1 person



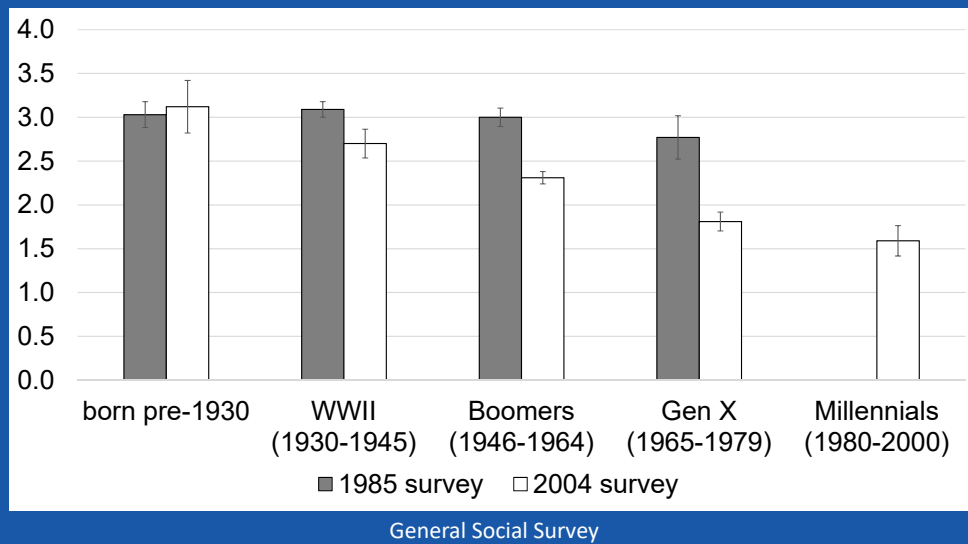
<https://www2.census.gov/programs-surveys/demo/tables/families/time-series/households/hh4.xls>

decline in US marriage rates, 1960 to 2016

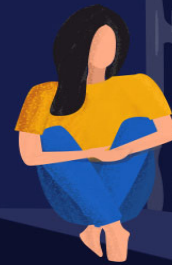
	1960	2016
% unmarried	32%	48%
% in 20s unmarried	32%	84%
average age of marriage:		
women	20	27
men	23	29

US Census; Pew Social Trends

average # of confidants, by generation, 1985 to 2004



changes over time
in loneliness

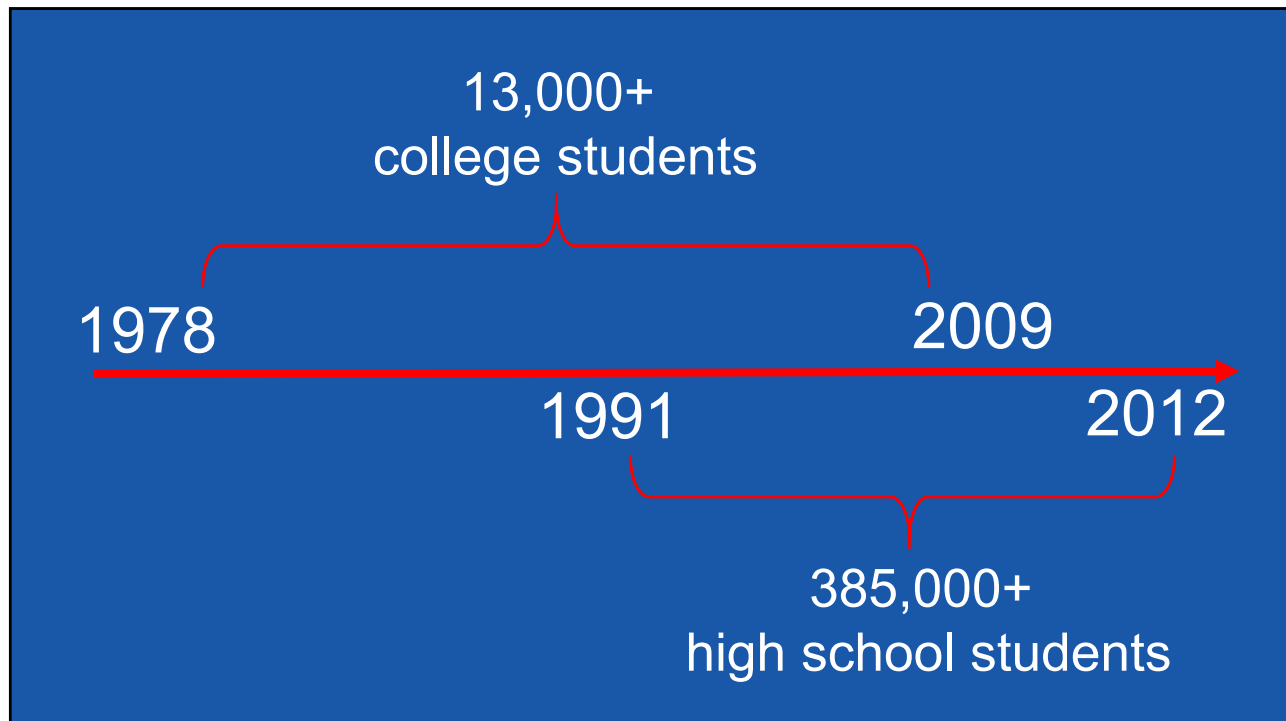


measuring loneliness

“A lot of the time I feel lonely.”

“I often feel left out of things.”

“I often wish I had more good friends.”

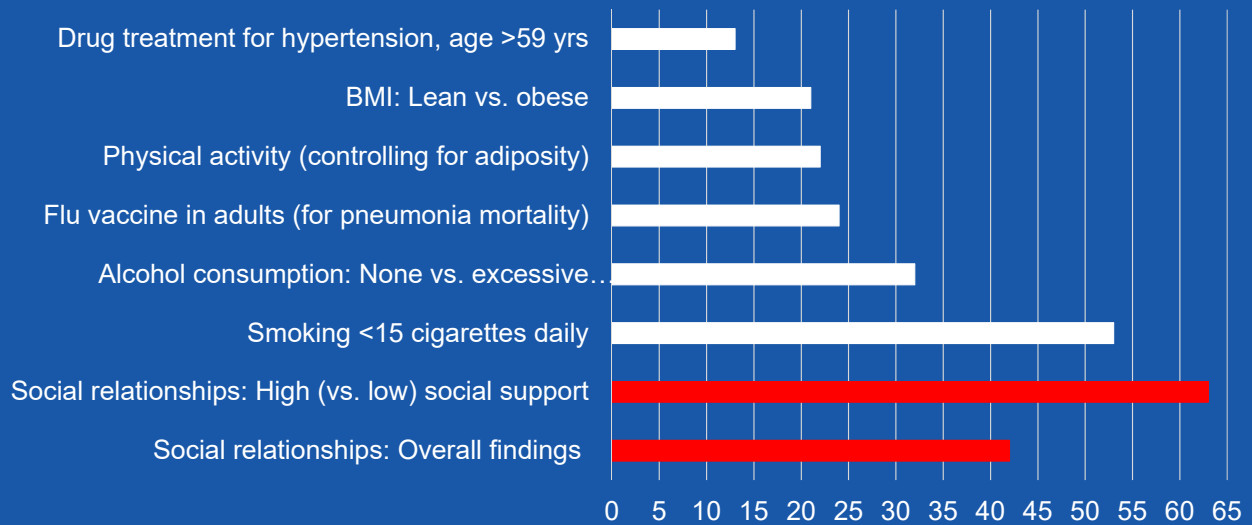


changes over time in social connectedness



health implications

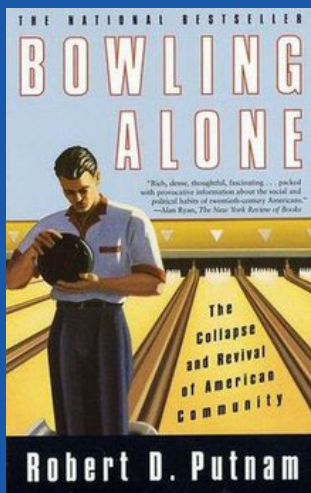
% increased likelihood of survival



Holt-Lunstad et al, 2010

changes in spending time together

spending time with others



- 1960s to 2000s:
- ↓ socializing with neighbors
 - ↓ socializing with coworkers
 - ↓ voluntary association participation
 - ↓ labor unions
 - ↓ religious participation
 - ↓ family sizes
 - ↓ time with friends

No change:
time with relatives and family members

spending time with others

deeper investments in fewer close
connections
e.g. family, relatives

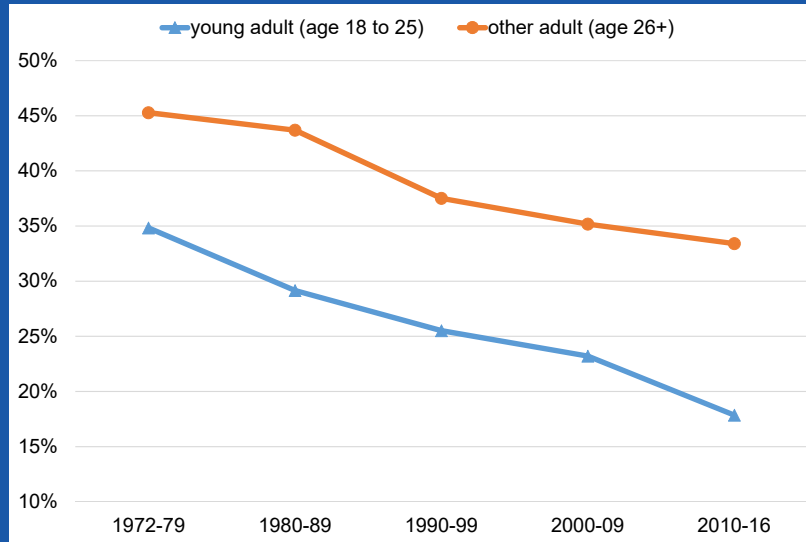


increasing number of shallow
connections



changes over time
in trust

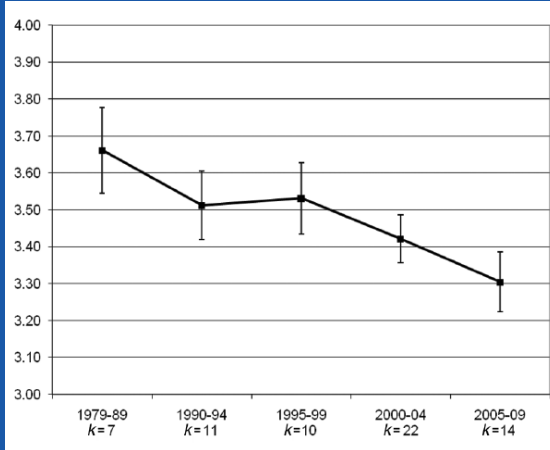
% of Americans saying that most people can be trusted



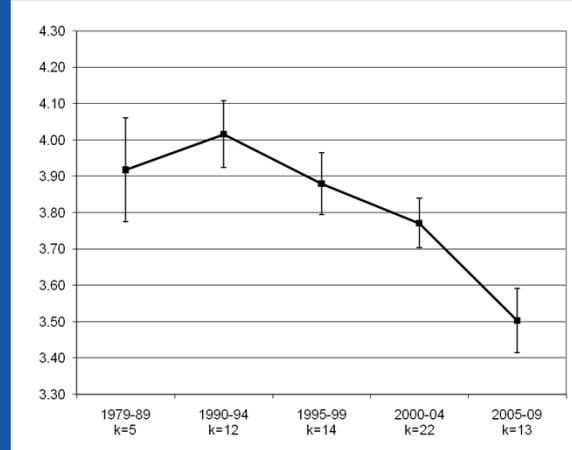
General Social Survey; +lots of other research, including high school students and college students

changes over time
in empathy

perspective taking



empathic concern



konrath, o'brien, & hsing, 2011

*72 samples; almost 14,000 college students

concern for others

1966 to 2009:
national samples of
high school seniors
&
1st year college
students

“I get very upset when I see other people treated unfairly.”

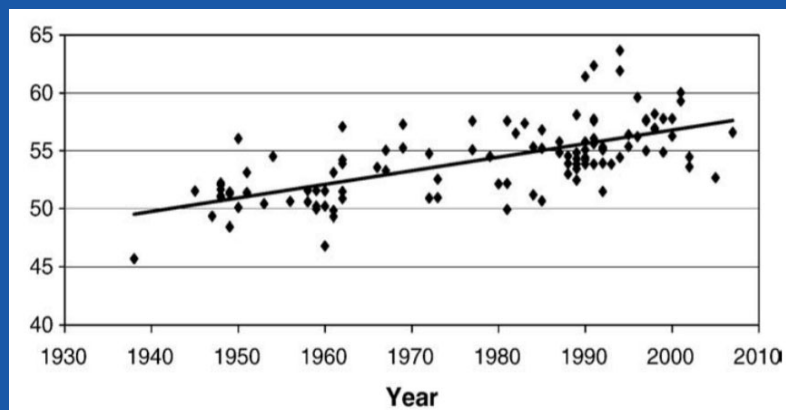
“It’s not really my problem if others are in trouble and need help.”

“I find it hard to be sympathetic toward starving people in foreign lands, when there is so much trouble in our own country.”

twenge, campbell, & freeman, 2012



↑ depressive symptoms



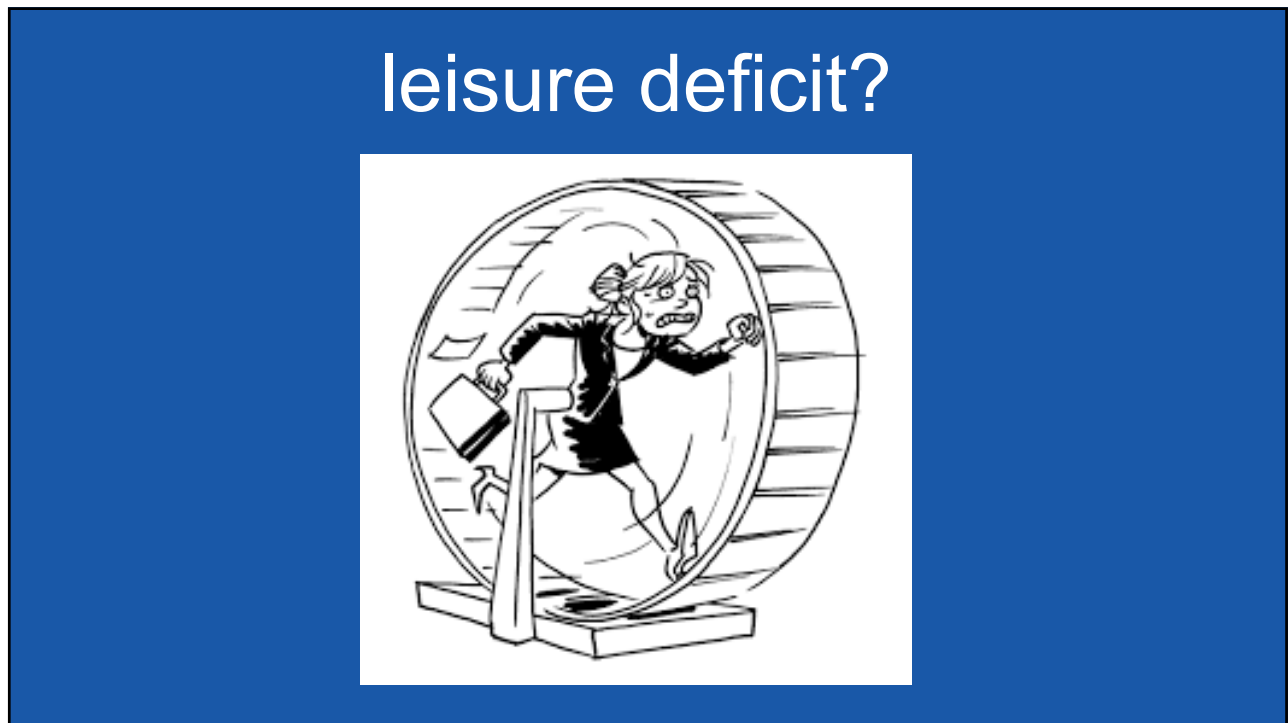
*117 samples
*over 60,000 college students

Twenge et al, 2010; Twenge, 2015; Twenge et al, 2018; Olfson et al, 2014; Mojtabai & Olfson, 2014

Culture of **Burnout**

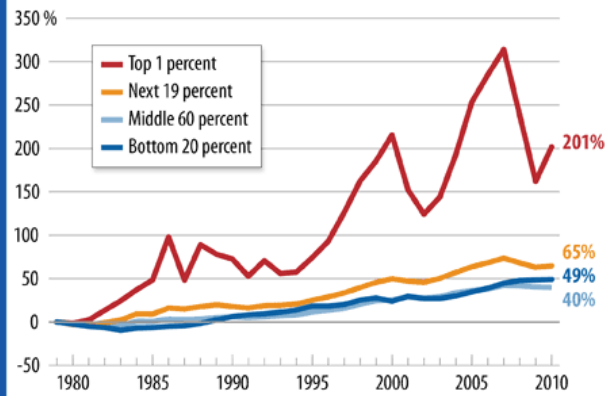
why?



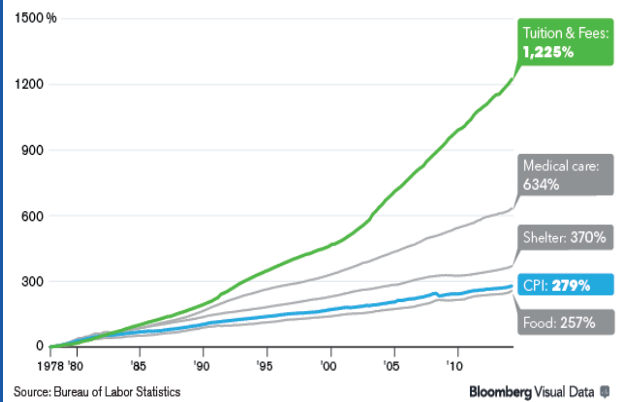


economic insecurity?

Percent change in real after-tax income since 1979



Percentage increase in consumer prices since the first quarter of 1978



thanks!

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