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Essay Example on Perceived Social Isolation and Loneliness: Unrequited Love to Rejection Essay

Introduction

Perceived social isolation or loneliness refers to chronic distress which is based on redeeming features. The measure of loneliness has been heightened and justified with several research approaches to ensure that the term is not exposed to questionnaire measurements. The social relationship is always superficial and is based on a variety of events in people's social environment which ranges from unrequited love, grief and homesickness to social isolation or rejection with little or no control by the person involved thereby affects the person's feelings of loneliness. This paper examines the effect of isolation on social relationship based on the nature of social relations and the mechanism around such associations. It also captures research from social epidemiology with suggestions based on the impact of lack of positive social ties between people and the evidence which heightens sensitivity concerning the renewal of social connections. Through the celebration of individualism and autonomy among the western cultures, the authors argued that social relationships are essential for both the physical and mental well-being of a person across his or her lifespan. However, concerning the ability to discriminate the hostile from the hospitable external stimuli, social recognition is addressed as the central orchestration, maintenance as well as the overall formation of social relationship although it is represented uniquely.

Availability of a stable bond between conspecifics is characterized by common species which bring them together. Absence of stable bonds detaches people from their social settings and exposes them to isolation which eventually threatens their lives. According to Cacioppo et al. the relationship between social isolation and length of stay is determined by the cohesiveness of the social setting which brings people together. Social location can lead to a reduction in lifespan among people concerned as well as lead to exposure to various diseases which influences their social lives.

Isolation and Sadness

Loneliness or isolation makes people feel sad and depressed. Loneliness and its effects among people with actions of those concerned towards it. Social epidemiology suggests a lack of positive social relationship among people is a significant risk in terms of broad-based mortality and morbidity. The nature of the social contact as exhibited among people, as well as the mechanisms which underlie such association, decreases the individual's interest towards specific issues which is essential in shapes their levels of isolation. Similarly, evidence shows that the nature and levels of loneliness as portrayed among people heightens their sensitivity to social threats as well as motivates social connections renewal thus making most of them feel sad. (Cacioppo et al. 43). Notably, perceived social isolation which is adversely known as loneliness was maximally characterized in the early scientific investigations as one of the chronic distresses without redeeming it outrageous features.

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