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Adolescents and loneliness

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LONELINESS AND ADOLESCENTS

Background: According to the World Health Organization, suicide is the third most common cause of death amongst 15-19-year old adolescents in the world, which is associated with feelings of hopelessness and loneliness. With a considerable increase in loneliness amongst adolescents in the Nordic countries there is a call for an understanding of the phenomenon of loneliness.

Results:

Method: The study uses a hermeneutical approach and has a qualitative design.

Method used is systematic literature review.

Data consists of 22 peer-reviewed research articles from three databases (2009–2019).

The texts were interpreted through thematic analysis.



Life satisfaction and self-esteem related to loneliness



Gender differences related to loneliness



Shame and mental health problems related to loneliness



Wellbeing and fears related to loneliness



Friendship, education and isolation related to loneliness

Aim: The aim of this study is to explore the mechanisms of loneliness amongst adolescents.

Conclusions: Fundamental issues are highlighted from a societal point of view, regarding what health promotion should focus on in order to diminish loneliness amongst adolescents.

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