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THE PHENOMENON OF LONELINESS DURING ADOLESCENCE

The relevance of the study. The problem of loneliness gains special importance in different aspects of social life during the age of globalization. The increase of formalization of the interpersonal relationship can cause the feeling of abandonment, uselessness and exclusion. In addition the technological development can decrease the amount of direct communication the people experience on average. People begin to spend larger share of time on their own in spite of the widening of the social circles, communication with aid of social networks and the expansion of professional tasks. The value of direct communication decreases and the use of anonymity is on the rise. This can lead to the feeling of social exclusion which can be characterized by the desire to avoid prolonged social interactions. For these reasons the study of the phenomenon of loneliness becomes more and more important both in its genesis and its manifestations.

The purpose of the study is to provide the support of the necessity of the extended study of loneliness during the adolescence.

The results of the theoretical analysis. The phenomenon of loneliness remains to be sufficiently clarified in the modern practical psychology. In the theoretical psychology this phenomenon was the studied as the special psycho-emotional state of personality which can be caused by the lack of communication and emotional attachment with others and/or fear of abandonment (I. Yalom, C. Mustakas); as the result of the current social situation (R. Weiss); as a strategy of behavioral adaptation to the social situation (R. Weiss, C. Mustakas, N.E. Pokrovsky, G.V. Ivanchenko); as a quality of personality (J.V. Puzanova, M.O. Yurchenko, N.S. Pozdaeva).

I.S. Kon connects the experience of loneliness with the emergence of self-consciousness and the personal differences from others. According to this point of view the orientation on the few "significant others" makes the psychological situation of the person undetermined and internally conflicted [5, p. 40].

J.M. Shvalb points to different qualities of loneliness. This feeling becomes a trial of self for the person, a way of self-affirmation in spite of external circumstances. In the end, it becomes a form of self-training to achieve the social maturity, creation of the social connections and makes the act of communication itself to be valuable [6, c. 95].

G.I. Kolesnikova affirms the subject of loneliness to be the person themselves. In her opinion the loneliness characterizes the relationship of disharmony between the person and the society. It's possible to be socially isolated while not to be lonely and vice versa. The conflict between "Self" and "Them" is always accompanied by the feeling of crisis and emotional suffering [4, c. 116].

Loneliness is usually considered to be the psychological manifestation of social isolation, a reflection of the dissatisfaction the individual experiences regarding the frequency and closeness of his or her social contacts or the discrepancy between the relationships they have and the relationships they would like to have.

The effects of loneliness seem to accrue over time to accelerate physiological aging [3, p.187-191]. For instance, loneliness has been shown to exhibit a dose-response relationship with cardiovascular health risk in young adulthood [1, p.811]. The greater the number of measurement occasions at which participants were lonely (i.e., childhood, adolescence, and at 26 years of age), the greater their number of cardiovascular health risks [7, p.132-141]

L.I. Dementiy and O.M. Koroteeva offer such socio-psychological determinants of the experience of loneliness in adolescence:

- Emotional instability;
- Demographical type of the family;
- Relationship between parental figures;
- Relationship with peers [2, c. 44].

The conclusion. The phenomenon of loneliness has different aspects that can affect the experience of any given case. However, it's possible to outline the two main tendencies in the theoretical understanding that clearly showcase its ambivalent nature:

- The first one suggests it as a negative, passive state that hinders the person experiencing it.
- The second one suggests it as a creative and active state within the personal and social development occurs.

However both of those tendencies don't reveal loneliness in the context of the globalizing world and the psychological science requires

a more developed approach in in order to customize the practical approach to the preventative and corrective side of the professional interaction with the clients. The characteristics of the adolescence can influence the socio-psychological development of this phenomenon. These experiences can combine in the feelings of social alienation and exclusion which greatly decrease the quality of life.

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