

Review of: "The Loneliness Epidemic: Exploring Its Impact on Mental Health and Social Well-Being in Modern Society"

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Potential competing interests: No potential competing interests to declare.

The concept of well-being has been developed and explored in various interdisciplinary dimensions, and the history can be traced as early as the work of Aristotle in the 4th Century BC itself (Waterman, 1990). The importance of well-being has been consistently recognized and prevailed in human society since the beginning of human civilization. It signifies more in a pandemic situation like Covid-19 - one of the most challenging public health crises of our time. While looking at the multi-disciplinary understanding of well-being, Izquierdo (2009) observed that defining well-being is not simple - as methodologies and definitions given by various researchers in anthropology, sociology, and other social science disciplines make it extremely difficult to derive a common meaning that can be compared cross-culturally. In its simplest way, well-being is something that is about how people identify their socio-political needs to make their lives good. It is also a way to look at how people engage in their day-to-day social and cultural life (Tandon, 2016).

From a health perspective, well-being is looked at as a state of physical, mental, social, and cultural wellness free from illness - not merely the absence of disease or infirmity, but a state of being happy, prosperous, and healthy (Mathews & Izquierdo, 2009). Scholarly works of Richerson & Boyd (2005); Helman (2007); Kim et al. (2008); Oyserman & Lee (2008); and Gurung (2010) emphasized the need to understand how well-being is socio-culturally generated and understood. Their seminal work recognized well-being as both a biological and social concept and advocated that well-being can be promoted by having a sound understanding of the socio-cultural conditions of people and how caring for one another succeeds or fails across socio-cultural divides.

In a pandemic situation like Covid, people living alone fear that if they are disconnected from their families and people in their native places, it will be difficult for them to remain together in a holding environment to preserve their culture and identity. Amid lockdown and travel restrictions, social media is the only option to maintain their identity and culture in the best possible ways.

The travel restrictions and lockdown compel people across the globe to follow certain official formalities related to their identity and purpose of visit, especially when they move out of their settlements. Regular information updates related to the pandemic outbreak, lockdown procedures, travel restrictions, and relaxations helped people to develop and maintain networks and associations through social media.

In this study, there is a need to have a better weaving of the method and in-depth analysis of the loneliness syndrome acceptance and diffusion selected for study. The method section is poor and lacks a clear description of the

methodological framework used to conduct the study. The study design lacks essential details. The whole study is presented loosely, and connecting points were missing. Further, what is missing is the theoretical contribution that the research forwards.

The conclusion is difficult to understand in terms of its connection with the findings – this section needs work to make connections.

Both the method and findings sections need major revision. The literature and conclusions make some good points but need considerable editing.