

ISCET



LONELINESS IN PORTUGAL

PORTO, ISCET

June, 6th 2019

LONELINESS IN PORTUGAL



LONELINESS OBSERVATORY (ISCET)

Obsolidão is part of a research project within CIIC - Center for Interdisciplinary Research and Community Intervention of ISCET, in association with the Institute of Philosophy of the University of Porto



EVENTOS NOTÍCIAS CONTACTOS ISCETV 222 053 685
CURSOS ESTUDANTES CONHECE O ISCET ADMISSÕES INVESTIGAÇÃO E INTERVENÇÃO

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DESTAQUES

EVENTOS

PUBLICAÇÕES

NOTÍCIAS

INVESTIGAÇÃO

ARTES

LIGAÇÕES

Observatório da Solidão

O **Obsolidão** integra-se num projeto de investigação que funciona no âmbito do CIIC – Centro de Investigação Interdisciplinar e de Intervenção Comunitária do ISCET - Instituto Superior de Ciências Empresariais e do Turismo, em colaboração com a unidade de I&D Instituto de Filosofia da Universidade do Porto.

Objetivos

De uma forma geral, o **Obsolidão** procura abordar com rigor o fenómeno da solidão enquanto problemática social, psicológica e antropológica, determinante para a compreensão das nossas sociedades, instituindo-se como um lugar ao serviço de investigadores, comunicação social, instituições de solidariedade social, autarquias, poder central e, de uma forma geral, como um espaço indutor do aprofundamento da consciência crítica e

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- **Obsolidão primary goals:**

- Collect news that are directly or indirectly relevant to the monitoring of the phenomenon of loneliness;
- Announce meetings, seminars, congresses and other events;
- Disseminate periodical and non-periodical publications;
- Promote autonomous research projects and support projects with scientific and social interest;
- Provide links to research centers, institutions and other organizations in the field of loneliness.

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LONELINESS

- Deep feeling of dispossession and rupture of personal and social relationships, perceived as negative and deprived of any expectation to be overcome.
- It can occur either in isolation situations or in other people's environment.

STATISTICS

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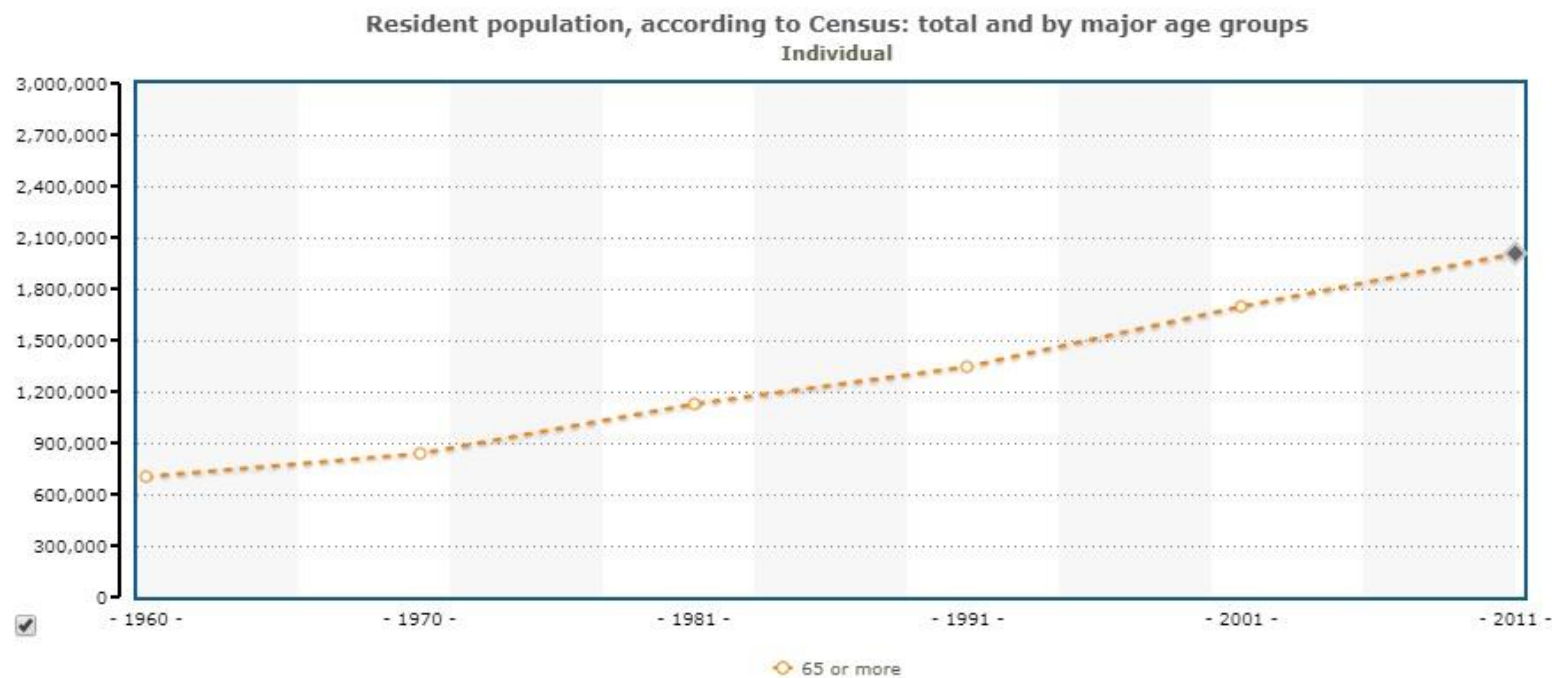


Resident population in Portugal: total and by major age groups (N)

	Major age groups				
	Total	0-9	10-19	20-64	65 or more
2017	10.300.304	913.211	1.076.983	6.115.151	2.194.959
		9%	11%	59%	21%

Source: Pordata, 2017

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Sources/Entities: INE, PORDATA

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Single person households: total and with a person aged 65 and over (N)

	Single person households in Portugal	
	Total	With a person aged 65 and over
2009	692.900	405.400
2014	850.900	443.300
2018	938.800	508.100

Source: Pordata, 2019

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Resident population at-risk-of poverty or social exclusion (%)

	Total	65 or more
2017	17,3	17,7

Source: INE, 2018

Unemployment rate (%)

	Total
1st Quarter 2019	6,8

Source: INE, 2019

Crimes recorded by the police (N)

	Crimes	
	Total	Domestic violence
2017	341.950	22.599

Source: Pordata, 2018

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ACADEMIC STUDIES

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LONELINESS AND INTERNET USE

- Problematic internet use and social networking has been related to loneliness
- Online communication revealed an increase of loneliness
- Poorer family environment did not explain the association between problematic internet use and loneliness
- Lack of face-to-face interactions due to time online also did not explain it

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LONELINESS AMONG BRAZILIAN MIGRANTS LIVING IN PORTUGAL

- Loneliness was negatively associated with the strategy of integration, and positively associated with marginalization
- Ethnic identity was negatively associated with loneliness, but, contrary to expectations, national identity was positively associated with loneliness
- Perceived discrimination predicted positively loneliness. Finally, as expected, self-esteem and perceptions of the in-group predicted negatively loneliness

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LONELINESS ACROSS THE ADULT LIFE SPAN IN PORTUGAL

- Age and marital status were significant predictors of loneliness
- Loneliness increased with age
- Divorced or widowed participants reported higher loneliness than single or married people
- Gender did not significantly contribute to loneliness

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LONELINESS IN MIDDLE AND OLD AGE

- 12% of participants reporting feeling lonely often or always
- 40% reporting never feeling lonely
- 48% self-reported felt lonely seldom or sometimes
- marital status, type of housing, health conditions, social satisfaction, social isolation, lack of interest, and age were predictors of loneliness

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LONELINESS IN TEENAGERS AND ELDERLY PEOPLE

- Emphasis on the importance of the still existing family bonds: informal caregivers
- Old people complain about the progressive loss of neighborhood bonds
- Teenagers tend to reveal higher states of solitude than the elderly
- However, teenagers liberate themselves from loneliness more easily than the elderly

POLITICAL MEASURES

Portuguese National Strategy for Active and Healthy Aging 2017-2025

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HEALTH

- Promote actions aimed at health surveillance, medical examinations and other health care, including regular assessments for the early detection of chronic diseases
- Establish an Individual Care Plan as an integrated intervention tool for all elderly people with various pathologies and include a system of "red flags" that can be used as an alert whenever there are frequent visits to hospitals or signs of negligence or violence
- Create care units for the elderly and multidisciplinary teams capable of providing an integrated response to the elderly

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EDUCATION AND PARTICIPATION

- Invest in the training on aging at all levels of education
- Encourage academic research in the area of aging
- Support the development of senior universities and develop Senior Erasmus to promote exchanges in Europe for the elderly who attend the university
- Develop monitoring systems that allow “aging in place” with quality and safety

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SECURITY

- Yearly systematic evaluation of signs of violence in the elderly population in health centers
- Generalize the movement of buses with lowered floor and train bus drivers for the transportation of old people
- Adapt traffic lights with appropriate timing for the elderly
- Regular visits by the Republican National Guard to the elderly to advise them and avoid situations of vulnerability

INSTITUTIONS

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Ajuda de Berço

Shelters children from 0 to 3 years old, in need of urgent protection, in case of situations such as mistreatment, sexual abuse, alcoholic parents or drug addicts, prostitution, homelessness or abandonment.

Associação Coração Amarelo

Volunteer based organization tackling social isolation and loneliness amongst the Portuguese elderly.

Associação Amigos Improváveis

Helps to end the loneliness among the elderly. It was founded in 2014 with the aim of restoring good neighborly relations and bringing generations together.

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Associação dos Albergues Nocturnos do Porto

Institution that seeks to provide accommodation, food and hygiene care to any person who requests it.

Ajudaris

Non-profit social and humanitarian association that fights hunger, poverty and social exclusion.

SOS Voz Amiga

Gives emotional support by telephone to all those who are in situations of loneliness, anxiety, depression or risk of suicide.



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