# Article information:

Social Disconnectedness and Loneliness: Do Self-Perceptions of Aging Play a Role? - PMC  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9071429/>

# Article summary:

1. Self-perceptions of aging (SPA) have effects on social well-being among older adults: The study found that negative SPA at baseline was associated with greater loneliness and social disconnectedness in older Americans. Older adults with negative SPA were more likely to experience loneliness, which then led to social disconnectedness.

2. Social disconnectedness and loneliness are prevalent among older adults: Both objective social disconnectedness (lack of social contact and involvement) and subjective loneliness (subjective experience of a shortfall in social relationships) are common among older adults in the United States. Depending on the definition used, 24%–40% of community-living older Americans are socially disconnected, and 43% of adults aged 60+ reported feeling lonely.

3. Sociodemographic characteristics and health factors are risk factors for social isolation: Previous studies have identified sociodemographic characteristics (age, gender, marital status, socioeconomic status), self-rated health, functional health, depression, and cognitive function as risk factors for both social disconnectedness and loneliness among older adults. However, few studies have examined the role of SPA in social isolation.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

这篇文章探讨了自我对老龄化的感知（SPA）与社交脱节和孤独感之间的关联。然而，文章存在一些潜在的偏见和问题。

首先，文章没有提及可能存在的潜在偏见。例如，作者没有考虑到可能与年龄主义有关的社会因素对社交脱节和孤独感的影响。年龄主义是指对老年人的负面刻板印象和歧视。这种偏见可能导致老年人被排斥在社交网络之外，增加他们的社交脱节和孤独感。

其次，文章只关注了自我对老龄化的感知与社交脱节和孤独感之间的关系，但并未探讨其他可能影响这些问题的因素。例如，家庭支持、居住环境、文化背景等都可能对老年人的社交脱节和孤独感产生重要影响。忽略这些因素可能导致对问题的片面报道。

此外，文章中提出了自我对老龄化的感知与社交脱节和孤独感之间存在关联，并暗示了因果关系。然而，文章并未提供足够的证据来支持这种观点。文章只是通过观察老年人的自我对老龄化的感知和社交脱节、孤独感之间的关系，但并未进行实验证明这种关联的因果性。

最后，文章没有平等地呈现双方观点。它主要关注了自我对老龄化的感知与社交脱节和孤独感之间的关系，而忽略了其他可能解释这些问题的因素。这种片面报道可能导致读者对问题的理解不完整。

综上所述，这篇文章存在一些潜在偏见和问题，包括忽略潜在的年龄主义影响、缺乏全面考虑其他相关因素、缺乏足够证据支持提出的观点以及片面报道问题。在进一步研究和讨论中，应该更加全面地考虑各种因素，并提供更多有力的证据来支持观点。

# Topics for further research:

* 年龄主义对老年人的社交脱节和孤独感的影响
* 家庭支持对老年人社交脱节和孤独感的影响
* 居住环境对老年人社交脱节和孤独感的影响
* 文化背景对老年人社交脱节和孤独感的影响
* 自我对老龄化的感知与社交脱节和孤独感之间的因果关系
* 全面考虑各种因素和提供更多证据来支持观点的必要性

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