



Loneliness Among Asian Elders: A Focused Literature Review

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Abstract

- Aims to cover predictors of loneliness and results of loneliness among Asian elders
 - Focused on Filipino elders in particular
- 30 articles relating to loneliness in Asian elders from the PsycInfo database were reviewed
- Social isolation and lack of familial support were two notable predictors of loneliness among East and South Asian elders, especially Chinese elders
- Loneliness was also found to result in adverse psychological effects (e.g. anxiety, low self-esteem, depression)
- More research is still needed due to inadequate findings as well as too few articles on Filipino elders

Findings

- Depression was the most prevalent outcome of loneliness
 - Mentioned in 9/19 articles that addressed outcomes
- Social isolation from peers and friends was the most notable predictor of loneliness
 - Mentioned in 16 articles that addressed predictors
- Family factors were another notable predictor of loneliness, being mentioned in 9 articles

Conclusion

- Results suggest that Asian societies place great value on familial relationships as well as connections with peers
- A significant number of articles called for further research before drawing final results (5/30)
 - Only 9 articles covered Filipinos and an even fewer 3 covered Filipino elders specifically
- As social isolation and family factors are the two largest predictors of loneliness, social workers may design more measures related towards group work or continuous remote contact with family
 - Already seen with interventions being a popular method
- Neuroscience approach advised as it prevents biases in surveys and interviews
- Vast majority of studies covered were on a Chinese population
 - I suggest covering a wider range of ethnicities moving forward

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Introduction

- Loneliness is a problem as it is widespread and predicts several adverse mental and physical effects (Murthy, 2023)
 - It is the feeling of distress caused by being alone while social isolation is the lack of social connections
- Older populations are one of a handful of groups with higher risk of loneliness (Murthy, 2023)
- This study seeks to address the following questions:
 - How do Asian elders define and think about loneliness and social connections (LSC)?
 - How has LSC been measured among these groups?
 - Are there demographic characteristics related to LSC?
 - What are the predictors of loneliness and what does loneliness function as a predictor of?
- While particularly aimed towards Filipino elders, this literature review covers articles addressing those of many different ethnic groups

Method

- 30 articles relating to loneliness in Asian elders from the PsycInfo database were reviewed
- The articles were then organized based on various categories, including but not limited to:
 - Age group
 - Gender
 - Birth location of participants
 - Study location
 - Ethnic populations
 - Predictors of loneliness mentioned
 - What was loneliness was a predictor of

Figure 1

Most frequently mentioned outcomes of loneliness

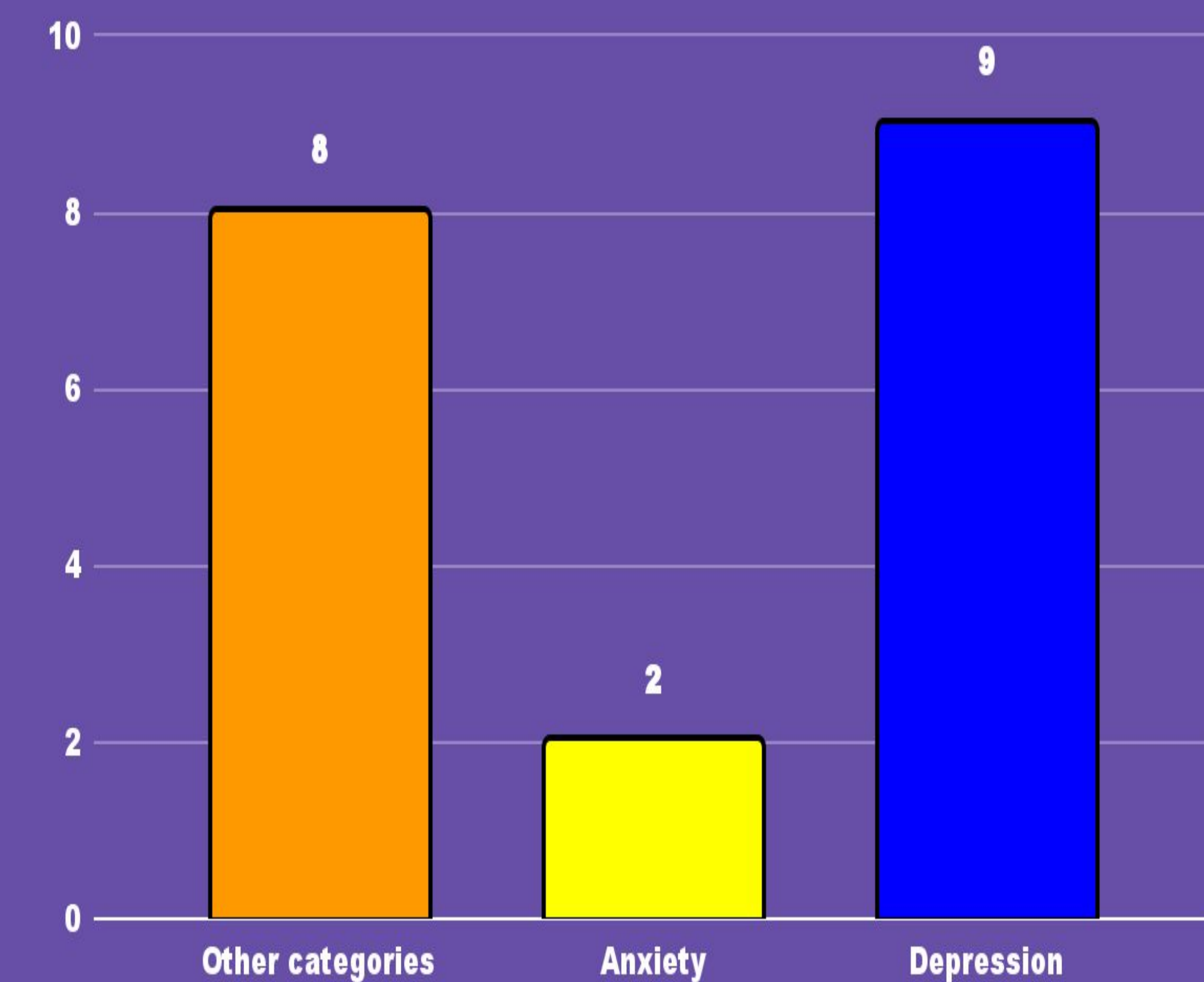


Figure 2

Most frequently mentioned predictors of loneliness

