

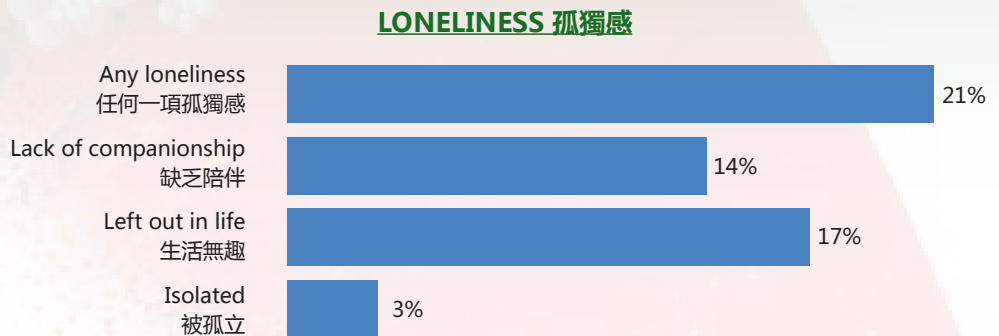


BACKGROUND The feeling of loneliness is often caused by a lack of quality and/or quantity in social relationships. It is estimated that one in five Americans suffers from loneliness. Chinese immigrants are at a higher risk of loneliness as they often have difficulties in maintaining established social connections in their home country while linguistic and cultural barriers impede them from building new social networks in the U.S. Loneliness is a public health concern, and often associated with morbidity, mortality, and premature death.

背景 孤獨感往往是由於缺少足夠的有質量的社會關係引起的。估計每五個美國人中就有一个人承受著孤獨感。因為在保持中國既有的社會聯繫方面的困難，和在美國建立新的社會網絡上語言和文化的障礙，華裔移民有較高的孤獨風險。孤獨是一個公共健康問題，經常和高發病率和高死亡率有關。

研究結果 21%的受訪者有孤單感受。分別有17%和14%的華人成年子女感到生活無趣和缺少陪伴。只有3%認為自己被孤立。

STUDY RESULTS In our study, 21% of participants reported a sense of loneliness. Feelings of being left out in life and lack of companionship were reported by 17% and 13% of Chinese adult children. Only 3% identified themselves as socially isolated.



CONCLUSION Loneliness affects over one in five Chinese adults. The prevalence of loneliness among Chinese adults is slightly higher than the prevalence among U.S. general population. Feeling left out is the most prevalent loneliness symptom, indicating a need for more satisfactory interactions with social others. Improving the quality of social relationships is as equally important as increasing the quantity of such relationships.

結論 孤獨感影響了超過五分之一的華裔成年子女。華裔孤單感的普遍性高於美國的平均水平。感到生活無趣是最常見的孤獨感症狀，這意味著他們需要更多與他人滿意的互動。增加社會關係的質量與增加數量同樣重要。