

## Prevalence of Loneliness

**30%** of Americans experience feelings of loneliness at least once a week.

Source: [American Psychiatric Association](#)

**10%** of Americans report feeling lonely every day.

Source: [American Psychiatric Association](#)

**39%** of single adults report feeling lonely on a weekly basis.

Source: [American Psychiatric Association](#)

**22%** of married adults report feeling lonely on a weekly basis.

Source: [American Psychiatric Association](#)

**43%** of American adults said their levels of loneliness had not changed since before COVID.

Source: [American Psychiatric Association](#)

**20%** of the world's employees experience daily loneliness.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

**Globally, one in five employees** report experiencing loneliness a lot of the previous day.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

**22%** of employees under 35 report experiencing loneliness a lot of the previous day, globally.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

**19%** of employees over 35 report experiencing loneliness a lot of the previous day, globally.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

**20%** of working adults are lonely, globally.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

**32%** of unemployed adults are lonely, globally.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

## Technology and Loneliness

**66%** of American adults agree that technology helps them form new relationships.

Source: [American Psychiatric Association](#)

**75%** of American adults agree that technology helps them connect with others more frequently.

Source: [American Psychiatric Association](#)

**69%** of American adults agree that technology is beneficial for forming and maintaining relationships.

Source: [American Psychiatric Association](#)

**54%** of adults believe technology fosters meaningful relationships.

Source: [American Psychiatric Association](#)

**46%** of adults believe technology fosters superficial relationships.

Source: [American Psychiatric Association](#)

## **Coping Mechanisms for Loneliness**

**50%** of Americans find a distraction like TV, podcasts, or social media to cope with feelings of loneliness.

Source: [American Psychiatric Association](#)

**41%** of Americans go for a walk to cope with feelings of loneliness.

Source: [American Psychiatric Association](#)

**38%** of Americans reach out to friends or family to cope with feelings of loneliness.

Source: [American Psychiatric Association](#)

**Eighty-six percent of employees say that their work life negatively impacts their happiness at home. The same percentage of people believe stress from work can greatly lower the quality of their lives. Furthermore, experiencing workplace stress affects job performance – about 59% state it decreases productivity and 56% argue that it prevents learning and growth.**

Source: [Indeed](#)

**31%** of Americans connect to a pet to cope with feelings of loneliness.

Source: [American Psychiatric Association](#)

**31%** of Americans exercise to cope with feelings of loneliness.

Source: [American Psychiatric Association](#)

**26%** of Americans eat more than usual to cope with feelings of loneliness.

Source: [American Psychiatric Association](#)

**13%** of Americans use drugs or alcohol to cope with feelings of loneliness.

Source: [American Psychiatric Association](#)

**9%** of Americans connect with a therapist or counselor to cope with feelings of loneliness.

Source: [American Psychiatric Association](#)

**6%** of Americans volunteer to cope with feelings of loneliness.

Source: [American Psychiatric Association](#)

**58% of employees do not feel comfortable talking about their mental health at work.**

Source: [The Harris Poll](#)

**31% of workers surveyed indicated experiencing emotional exhaustion because of work-related stress.**

Source: [APA](#)

**77% of workers surveyed reported experiencing work-related stress in the last month.**

Source: [APA](#)

**26% of workers surveyed indicated that they didn't feel motivated to do their very best because of work-related stress.**

Source: [APA](#)

**25% of workers surveyed indicated a desire to keep to themselves because of work-related stress.**

Source: [APA](#)

**23% of workers surveyed indicated a desire to quit because of work-related stress.**

Source: [APA](#)

**20% of workers surveyed indicated lower productivity because of work-related stress.**

Source: [APA](#)

**19% of workers surveyed indicated being irritable or angry with coworkers and customers because of work-related stress.**

Source: [APA](#)

**18% of workers surveyed indicated feelings of being ineffective because of work-related stress.**

Source: [APA](#)

## Demographic Differences in Loneliness

**Younger adults** are more likely than older adults to say they use drugs or alcohol when feeling lonely.

Source: [American Psychiatric Association](#)

**Females** are 1.5 times more likely than males to say they reach out to a friend or family member when feeling lonely.

Source: [American Psychiatric Association](#)

**Well-being** among employees under 35 dropped in 2023.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

## Sense of Community and Belonging

**65%** of Americans feel the highest sense of community and belonging with family.

Source: [American Psychiatric Association](#)

**53%** of Americans feel the highest sense of community and belonging with friends.

Source: [American Psychiatric Association](#)

**Only 20%** of Americans feel the highest sense of community and belonging in their neighborhood.

Source: [American Psychiatric Association](#)

**Only 3%** of Americans feel the highest sense of community and belonging in online communities and discussion forums.

Source: [American Psychiatric Association](#)

**Only 4%** of Americans feel the highest sense of community and belonging on sports and recreational teams.

Source: [American Psychiatric Association](#)

**Only 5%** of Americans feel the highest sense of community and belonging at the gym or in fitness classes.

Source: [American Psychiatric Association](#)

**Only 16%** of Americans feel the highest sense of belonging and social connection on social media.

Source: [American Psychiatric Association](#)

**Only 17%** of Americans feel the highest sense of belonging and social connection at work.

Source: [American Psychiatric Association](#)

**44% of employees with a best friend at work strongly agree they would recommend their organization as a great place to work.**

Source: [Gallup](#)

## **Workplace Loneliness**

**Fully remote employees** report significantly higher levels of loneliness than those who work fully on-site.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

**25%** of fully remote employees report feeling lonely, globally.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

**16%** of employees who work fully on-site report feeling lonely, globally.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

**Working adults** are less lonely than those who are unemployed.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

**Just 2 in 10 adult US employees say they definitely have a “best friend” at work.**

Source: [Gallup](#)

## Health Impact of Loneliness

The **risk of mortality** among people who lacked community and social ties was two times greater than that of people who had many social contacts.

Source: [Gallup \(State of the Global Workplace: 2024 Report\)](#)

**53% of US and Canada employees are thriving in life overall.**

Source: [Gallup](#)

**43% of US and Canada employees are struggling in life overall.**

Source: [Gallup](#)

**4% of US and Canada employees are suffering in life overall.**

Source: [Gallup](#)

**53% of female US and Canada employees are thriving in life overall.**

Source: [Gallup](#)

**54% of male US and Canada employees are thriving in life overall.**

Source: [Gallup](#)

**50% of US and Canada employees under 35 years old are thriving in life overall.**

Source: [Gallup](#)

**55% of US and Canada employees 35 and older globally are thriving in life overall.**

Source: [Gallup](#)

**62% of US and Canada managers are thriving in life overall.**

Source: [Gallup](#)

**51% of US and Canada individual contributors are thriving in life overall.**

Source: [Gallup](#)

**59% of US and Canada employees working exclusively remotely are thriving in life overall.**

Source: [Gallup](#)

**62% of US and Canada employees in hybrid work arrangements are thriving in life overall.**

Source: [Gallup](#)

**50% of US and Canada employees working in-person are thriving in life overall.**

Source: [Gallup](#)