

## NETWORK

The network is based on different actions directed at varying target groups. These include participatory research events, events with practitioners and with the scientific community, as well as conferences, etc.. The aim of networking is to improve and develop strategies and measures to tackle loneliness based on existing knowledge and experiences. Furthermore, we would like to raise awareness on loneliness among the public, science and professionals, inform and connect different actors in order to destigmatise loneliness.

The network will foster dialog among various actors of civil society, social work, science and politics who are involved in preventing and tackling loneliness.



## RESEARCH

The "KOMPETENZNETZ EINSAMKEIT (KNE)" (LONELINESS NETWORK GERMANY) investigates how loneliness can be prevented and how to help persons concerned in the best way.

The KNE aims to address research gaps and supports exchange of knowledge between science and practice.

Existing knowledge will be pooled and complemented by our own research and made accessible to the public through various publications and events.

In addition to the research, the KNE aims to act as a knowledge platform that contributes to the further development of scientific approaches on loneliness.

The application of basic research in the form of expert reports and the practice-oriented field research provide a broad scientific perspective on the topic of loneliness and provide well-founded insights into the factors that promote and hinder the prevention and intervention of loneliness.



## LONELINESS NETWORK



A project by:

**ISS**  
Gemeinnütziger e. V.

Funded by:

 Bundesministerium  
für Familie, Senioren, Frauen  
und Jugend

[www.kompetenznetz-einsamkeit.de](http://www.kompetenznetz-einsamkeit.de)

# WHAT IS LONELINESS?

**LONELINESS** describes “a perceived discrepancy between desired and actual social relationships“

(Peplau/Perlman 1982 cited in Luhmann 2019:4).

Loneliness is a subjective feeling, i.e. whoever feels lonely is lonely. Whether the discrepancy between actual and desired social relationships is due to their quantity or their quality is irrelevant. Surveys from 2013 and 2017 suggest that about one in ten people living in Germany often or very often feel lonely.

Loneliness can affect people at every age. Studies show that even among younger people the problem intensified with the corona pandemic.

Loneliness is problematic when the feeling of loneliness becomes chronic accompanied by a lasting sense of suffering. Regardless of the cause of loneliness individually: Chronic loneliness lowers the quality of life and has a negative impact on body and mind, human behaviour and experience. This makes it an important task for the individual person, but also for politics and society.

# PROJECT GOALS

Loneliness Network Germany (KNE) addresses the causes and consequences of loneliness and promotes the development and exchange of knowledge on possible prevention and intervention measures in Germany.

To this end, the KNE combines research, networking and knowledge transfer. The aim of the project is to pool existing knowledge on the topic of loneliness, to close gaps and to incorporate the findings into political and social practice. In this way, the project pursues the overarching goal of promoting solidarity and social cohesion.

## THE LONELINESS NETWORK GERMANY WORKS TOGETHER IN THREE PROJECT PILLARS:

- 1. Research:** research on factors that promote and hinder the prevention and tackling of loneliness.
- 2. Network formats:** discursively based development of strategies against loneliness in cooperation with science, as well as political and actors from civil society.
- 3. Transfer:** dissemination of knowledge among professionals and the public.



# PROJECT ADVISORY BOARD

The work of the **LONELINESS NETWORK GERMANY (KNE)** is accompanied by a project advisory board in a consultative function. The project advisory board meets twice a year. Its purpose is to ensure close cooperation and coordination with political representatives at different levels, including the central organisations of the non-statutory welfare, the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth (BMFSFJ) and actors from science and civil society.

# OFFICE

The Loneliness Network Germany (KNE) is a project of the Institute for Social Work and Social Education (ISS e.V.)

# CONTACT

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