

Lonely life – a new way to happiness of modern human?!

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Abstract – The article discusses the choice of a lonely life. Therefore, the aim of this study was to show both advantages and disadvantages of living alone. The principal supporters of a strong, traditional marriage is becoming less and less. Despite a number of positive aspects a lonely life, it is proved that better in this life to have a couple, than do not go through life alone.

Key words – lonely life, happiness, a career, single people, married people.

I. Introduction

According to statistics, more than 300 million people around the world choose a lonely life, and a lot of them conscious and happy to go for it. Pollsters predict that in 2020 the number of bachelors in the world will reach 331 million. Today, in all developed countries, the families as well as a social institutions, are experiencing not the best of the times. Every year fewer and fewer couples design their marital relationship "as expected", and the number of registered divorces in families literally rolls over. Even today in the United States only 51% of the population are married instead in Ukraine of all marriages end in divorce 42%. Others live on their own. In EU countries, the loneliest are Germany, Denmark, Sweden and Norway. The principal supporters of a strong, traditional marriage is becoming less and less.

Obviously, there must be certain benefits in a lonely life. Is there something that inspires them to live such life? Is lonely life really a new way to be happy!?

II. The main results of researches

It is this idea that suggests a new study of British researchers, (Knowles, 2005) [4] which found that in reality the individual are aiming at a successful career, happy people, happy with their status. Today, the phrase «I'm alone» does not cause joyless thoughts of lonely cold nights. In today's hectic lifestyle lonely people are much more charmed and have great memories than their «engaged» friends. Perhaps modern single people no longer feel the unspoken discrimination because of their position and use their status to travel and experience new sensations in life.

A growing percentage of singles are due to later age of marriage and starting family after thirty years or closer to forty. «Social curse» loneliness behind. Single people use this time to make a career and explore the world before settling down. This is due to the gender revolution, because more and more women get engaged in profession

and career, by it postponing marriage. There are a lot of selfconfident, strong women who live alone, and are independent of men. Of course this is not a permanent condition, but only a phase which people go through (Skices, 2005) [4].

A researcher, whose publication coincided with a national week of singles, showed that 82% of respondents say that their status gives them the opportunity to «experience something new in the life», 89% say that traveling alone increases their selfconfidence and allows them to be more spontaneous and easy going (Knowles, Skices, 2005) [4].

Describing their lifestyle, study participants said that employment at work creates the conditions for self esteem. 83% pointed out that a good career for single people is more important than for those who are married.

One of the modern demographers Jitya Rychtarikova, notes that in the modern Western world there is a trend : women tend to abandon the career of housewives to work alongside men (Rychtarikova, 2014) [5].

Single people can more clearly focus on the achievement of certain goals, not being distracted by family and interpersonal relationships. They quickly and effectively solve the problems of workers and reach career peaks rapidly. In contrast to the family of people whose career resembles a pyramid: increases gradually, based on kinship, acquaintances, a good relationship, and only then on the qualifications, education, ambition and career, singles can be faster. It resembles a candle: fast growing horizontally, is primarily based on self serving relationships, ambition, opportunity to get a better education and to get the best business experience, not bound by family obligations. They prefer to less depend on stable long term relationship, a more pragmatic and cynical (Whitehead, Poug, 2004) [5].

It is interesting to note that there are some religious and philosophical trends, who believe that to truly understand the divine is only capable of a lonely man, unfettered relationship with others. It is assumed that the state alone facilitates a focus on finding and reaching the other states of consciousness, finding themselves present, «the God within».

Despite all the positive aspects of a lonely life, there are less pleasant aspects in it too, that encourages people to it. One of the reasons why people choose a lonely life, is due to the fear of being abandoned, fear of the thought that a happy family that is united because of some circumstances, may end in divorce. Also due to previous unfortunate experiences, people are holding back in remarriage.

Today, in all developed countries, the families as well as a social institutions, are experiencing not the best of the times. Every year fewer and fewer couples design their marital relationship "as expected", and the number of registered divorces in families literally rolls over. This situation is not liked by many, but no matter how much government tries to influence it, the principal supporters of a strong, traditional marriage is becoming less and less (Lenders, 2012) [2].

The reasons for such situations are: economical, moral and religious. They all lead to the same result - the number of divorces is increasing simply at an alarming rate.

A very high a standards of life and a very powerful social protection, due to which people do not need each other. Hence, as soon as people get a slight feeling of discomfort or unattraction to the partner, it leads to immediat separation. Today, divorce is so common that it is accepted by public a very naturally and do not dramatis about it in anyway.

However, the status of loneliness, there is an opposite point of view. In particular, (Hall, 2013) [1], the scientists conducted a study involving thousands of men and women of all ages for 10 years and have shown that people who feel loved and desired look an average of seven years younger than those who love life. In this study, the age of the volunteers was assessed each other by their appearance. It was assumed that the decisive factor in preserving youth was regularly having sex. During sex, the body's production of endorphin, hormones of pleasure and tranquility. They help sleep better, relax anxiety, improve the circulatory system, which of course affects the appearance of the person.

Interestingly, married people live longer (Ziegler, 2013) [3]. American researchers have found that men who were never married, have three times higher chance of premature death than those who tied the knot. This is especially important after the onset of 40 years.

In the study, the researchers took into account the way of life of volunteers and the presence of harmful habits. In spite of everything, married people are 2-3 times lower risk of premature death. This interesting fact, that scientists explain the fact that married couples regularly eat right and otherwise care for each other, which contributes to high quality care for the health and improve the emotional background.

Conclusion

According to the results of the theoretical analysis of the problem of loneliness of modern people can summarize that lonely lives can have both advantages and disadvantages. In particular, in single people it is aimed at a career and success, happy people, 82% say that their status gives them the opportunity to «experience something new in the life», 89% say that traveling alone increases their self confidence and enable them to be

more spontaneous and easy going, busy at work creating conditions for self esteem. Describing their lifestyle, study participants said that employment at work creates the conditions for self esteem. 83% pointed out that a good career for single people is more important than for those who are married. However, on the other hand, single people with age are statistically more likely to have medical problems and generally shorter life expectancy.

The main factors that mediate a healthy married life scientists call: regular sex, mutual caring and emotionally warm relations. It can be assumed that the family life forms, despite some obstacles in career and personal development, continues to maintain its benefits for physical well being of the individual. But loneliness is not bad too, it is assumed that the state alone facilitates a focus on finding and reaching the other states of consciousness, finding themselves present quite often prevents a person to organize their lives around the above resources. Therefore, losing to regular sex, caring attitude of the partners and emotional warmth, lonely man loose their own health and longevity. Interesting, is a lot of lonely people of today are aware of this?

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