



SOCIALISING AND ITS IMPACT ON MENTAL HEALTH

Zakkiyah Wareshallee, Student, Department of Psychology, Master's in Psychology

University of Delhi, India

wareshalleezakkiyah@gmail.com

Dr. Shalini Choudhary, Assistant Professor; Department of Psychology

University of Delhi, India

schoudhary1@psychology.du.ac.in

ABSTRACT

The COVID-19 pandemic has highlighted the important role socialization plays in mental health, highlighting the necessity for more thorough research in this area. The current study explored into how different socialization modalities, such as in-person and online interactions, affect people's mental health. Twenty adults in Delhi with a range of demographic backgrounds took part in semi-structured interviews using purposive sampling. Eight major themes emerged from the thematic analysis; how to understand socialization; what people prefer to socialize in person versus online; how socializing patterns have changed because of external factors like the pandemic; what constitutes mental health; how social interactions affect mental well-being; how social connections contribute to mental health; negative experiences in social interactions; and

coping mechanisms. The significance of supporting social networks in reducing loneliness and promoting mental health is highlighted by the findings.

INTRODUCTION

According to Giddens (1977) socialization is the “process whereby the helpless infant gradually becomes a self-aware, knowledgeable person, skilled in the ways of the culture into which she or he is born.” Socialization is the process through which an individual's character is developed and taught. The process also includes adopting the norms, cultures, and values of a culture, like family, friends, co-workers, and others. Socialization is the culture's inheritance from one age to another; family customs and traditions are taught which are then passed from generation to generation. This process is vital and advantageous when it comes to learning and carrying out the various roles and responsibilities that individuals have picked up from their elders. As a result, connecting one generation to the others is beneficial (Giddens, 2006; Johnson, 1960). The World Health Organisation (WHO) defines mental health as “mental well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.” In general, those who socialize more have lower rates of mental health issues and, if they do, require less mental health care (Bellido-Zanin et al., 2015). Additionally, research indicates that individuals who are having difficulty socializing may eventually develop mental health issues, even if they do not currently have any (Obradovic et al., 2009). Individuals who struggled with socialization as children are especially likely to experience anxiety or depression symptoms as adults. Humans are social animals; hence socialization affects how mental health develops and is maintained. Because social connection and communication foster a sense of belonging, emotional support, and validation, they are critical to psychological well-being.

It is imperative to understand how individuals cope with challenges and maintain social connection, to promote well-being and resilience. Social connections have always played a vital role in helping individuals to deal with challenges such as loneliness and stress. In a study by Choi et al., (2021), four main categories of coping behaviors were found to exist: a) Socialization and social connections for advice and disclosure; b) enjoyable pursuits like hobbies, time-outs, and creating a work-life balance; c) cognitive strategies like cognitive reframing and defusing from thoughts; and d) self-care strategies like regular exercise, a balanced diet, and enough sleep. However, the idea of using an online app to help friends was highly desired (88%). Similarly, Loades et al. (2020) research delved into the effects of disease containment strategies and loneliness on young people's mental health. There were 61 observational studies, 18 longitudinal studies, and 43 cross-sectional studies that evaluated healthy children and adolescents' self-reported feelings of loneliness. According to the results, social isolation and loneliness were associated with a higher risk of depression and potentially anxiety. In the same line, the duration of loneliness showed a stronger correlation with mental health symptoms. Additionally, a study conducted by Tough et al. (2017) highlighted that social connections are critical to the mental health and general wellbeing of people with disabilities, where constructs like reciprocity, quality of relationships, and loneliness have varying degrees of associations.

The COVID-19 pandemic has been a great example of how social connection can help individuals to mitigate the feelings of isolation and loneliness. For instance, according to the findings of a survey conducted on 400 students, using a smartphone lessens the detrimental effects of social distancing on wellbeing and social connections and using a smartphone more frequently during a pandemic may encourage social connection and wellbeing (David & Roberts, 2021).

The pandemic and quarantine had detrimental impacts such as loneliness, anxiety,

feelings of isolation and psychological issues, due to social distancing and a decrease in socializing. An extensive review of the psychological impact of quarantine was conducted by Brooks et al. (2020) using three electronic databases. The results highlight a plethora of negative psychological effects including post-traumatic stress symptoms, confusion, and anger. The stressors identified were longer quarantine duration, minimized social interaction, infection fears, frustration, boredom, inadequate supplies, inadequate information, financial loss, and stigma.

In today's world where there is an increase in globalization, there is a strong link between social media and socialization. A study was conducted by Ellison et al. (2007) to examine the relationship between use of Facebook, a popular online social network site, and the formation and maintenance of social capital. The findings highlight an interaction between Facebook usage and psychological well-being measures, indicating that Facebook might be more beneficial for users who are not satisfied with their lives and have low self-esteem.

There has also been a shift in the patterns of socializing, where individuals prefer online socializing due to factors such as convenience, however in person socializing still prevails. Amelia and Balqis (2023) conducted a study to explore the changes in communication patterns in the digital era with a focus on the influence of social media on social interaction. The results highlight that social media has changed traditional communication patterns and formed new ways of social interaction. However, the use of social media presents challenges such as privacy, changing communication norms and new forms of nonverbal communication. Similarly, In a research, Rosen et al. (2010) utilized a survey (N=452) of young adults to understand the existence of gender- and culture-influenced variations in online behavior, offline networks, and satisfaction. The findings indicate that people who identify as coming from more individualistic cultural backgrounds tend to promote themselves, be more connected, and be happier in their social lives. When it comes to psychological health, offline networks are more significant than mediated networks.

For overall well-being, it is crucial to understand the influence of our interaction on mental health and our coping strategies as well. A study was conducted to investigate the relationship between adolescent mental health and online socialization, both directly and indirectly, as well as the influence of family dynamics and friendship quality. The findings showed that while active social networks may lessen family ties and stifle teenage mental health, they also directly or indirectly support adolescents' healthy psychological development by improving friendship quality. Conversely, uncommunicative passive social networks can have a negative impact on friendships and family ties, which can lead to unpleasant feelings and detrimental effects on normal development (Zhang, 2023).

METHOD

Research Objectives

The objective of the current research is to investigate the impact of different types of socializing such as in-person, online, group activities on individuals' mental health. By highlighting the factors through which socializing impacts mental health, this study seeks to develop interventions, policies, and practices that create a more supportive and resilient society.

For this study, the terms 'socializing' and 'socialization' have been used interchangeably to mean interacting with people and integration into the community.

Participants

The study used a purposive sampling to recruit participants. The 20 participants were 10 males and 10 females, of which 5 males and 5 females staying alone and 5 males and females staying with family. The study's inclusion criteria were: (i) Adults aged 18 to 60 from various demographics backgrounds in Delhi.

Measure

An interview schedule was meticulously developed. Semi-structured interviews were conducted to allow the flexibility of participants' response. The semi-structured interview protocol was chosen to delve into the participants' socialization patterns, experiences and their impact on mental health. The interview questions were developed after a comprehensive review of existing literature on socializing, mental health and coping strategies. The interview consisted of open-ended questions mixed, which aimed at gathering detailed and in-depth responses from participants. The interview was divided into different sections: Demographic information, Socializing Patterns, Impact on Mental Health, Mental Health, Coping Strategies and Challenges. Each interview was conducted by using a semi-structured format, where the Interviewer had the flexibility to probe for additional information. The interviews were audio-recorded with consent provided by the participant and were further transcribed for analysis. The designed semi-structured interview was conducted on an individual as a pilot study to identify any discrepancies and ensure relevance of the questions. The feedback received from the pilot interview was used to refine the final interview schedule, which was further approved by the academic supervisor.

Procedure

A proper documentation was prepared prior to the commencement of data collection activity. It included a Letter of Consent, followed by which the data has been collected through semi-structured interviews, which provided an in-depth and detailed exploration of participants' experiences and perceptions regarding socializing and its impact on mental health. However, the participants could also discuss other related aspects and were encouraged to share any experiences they thought were relevant to the study. The interviews lasted 20 to 40 minutes, depending on the depth of the discussion that occurred in response to the additional information provided by the participants. Some participants consented to having the interview audio-recorded whilst others preferred written notes during the interview. Participation was on a voluntary basis;

no reward for participation was offered or provided.

Data Analysis

After the 20 interviews had been completed, the audio recordings and notes were transcribed. Data were analyzed using thematic analysis, as this was a flexible method that suited the research question and helped to identify common patterns across participants' experiences. Thematic analysis is a method for identifying, analyzing and reporting patterns (themes) within data. However, frequently it goes further than this, and interprets various aspects of the research topic (Boyatzis, 1998). The entire dataset was reviewed, through which themes, sub themes and codes emerged. First, the themes were derived from the data, followed by sub themes and codes. The codes were further revised and renamed to overcome overlapping. The thematic analysis thus performed revealed several key themes that emerged from the interviews with the participants. The themes are as follows: (a) Understanding socialization, (b) Preference for socializing, (c) Changes in socializing patterns, (d) Mental health, (e) Influence of social interactions on mental health, (e) Contributions of social connections to mental health, (f) Negative experiences and coping mechanisms in social interaction and (g) Overall understanding of socializing and mental health. These themes shall be discussed in detail in the Results section.

LIMITATIONS

The study used a purposive sampling technique which may have introduced bias into the sample selection process. The sample size of 20 participants may be too, which limits the generalizability of the findings to diverse populations with different demographic details. As the study was conducted on participants from Delhi, this may limit the generalizability of findings to other cultural or geographical contexts.

IMPLICATIONS

This study provides various implications. By understanding the preferences and socializing patterns of individuals can help to develop relevant intervention strategies. For example, interventions that promote in-person socializing can emphasize on creating opportunities for genuine interactions and encouraging a sense of belongingness. Similarly, interventions for online socializing could aim to reduce the negative effects such as with lack of validation and nonverbal cues.

RESULTS

THEMES	SUBTHEMES	CODES
Understanding Socialization	Definition and perspectives on socialization	● Communication ● New connection ● Empathy ● Essential for personality ● Sharing ● Process of shaping individuals ● Way to avoid isolation
	Personal engagement in social activities	● Online: Social media, Gaming platforms ● In person: Daily meetings, college, outdoor activities, family time

Preference for socializing	Preference between in-person and online socializing	• In person: 16 • Online: 2 • Both: 2
	Factors influencing preference	<i>In person:</i> • Genuineness • Comfort • Fewer distraction • Nonverbal cues (Facial expression, body language) • Convenience • In depth • Engagement of all senses • Immediacy • Reduced screen time
		<i>Online:</i> • Comfort • Convenience
		<i>Both:</i> • Situational context • Mood

Changes in socializing patterns	Impact of external factors on socializing patterns	● COVID-19 ● Transition from UG to PG ● New city ● Decreased socialization ● Shift to online socializing ● Anxiety ● Introversion ● Adaptation issues
	Impact on mental health	● Improved mental health ● Introspection ● Feelings of isolation ● Increased maturity ● Stressful ● Change in perception ● Emotional drainage ● Personal growth ● Emotional resilience
Mental health	Definition and perspective on mental health	● Holistic Wellbeing ● Coping mechanism ● State of happiness ● Satisfaction ● Ability to function ● Resilience ● Peace

	Personal mental health assessment	• Neutral (1) • Good (13) • Negative (4) • Situational (1) • Average (1)
Influence of social interactions on mental health	Effect of social interaction on mental health	• Emotional wellbeing • Support • Decreased feeling of loneliness • Source of escape • Draining • Toxicity
	Comparison between in-person and online socializing	<i>In person:</i> • Genuineness • Safety • Clarity • Immediacy • Reciprocity of energy • Sense of belongingness • Reduced screen time related issues
		<i>Online:</i> • Uncertainty • Lack of emotional intensity • Convenience • Lack of nonverbal cues • Less engaging • Need to filter communication

Contributions of social connections to mental health	Impact of social connections on overall mental health	• Positive • Boost confidence • Support • Source of stress • Emotional wellbeing • Detrimental • Shared experiences • Sense of belongingness • Tone • Topics of conversation • Healthy relationships • Clarity • Nature of interaction • Interest • Reciprocity • Attention • Mutual respect • Physical presence • Frequency of engagement • Meaningfulness
	Factors contributing to mental health within social interactions	

Negative experiences and coping mechanisms in social interaction	Negative experiences influencing mental health	● Gossips ● Lack of reciprocity ● Conflicts ● Bullying ● Lack of reliability ● Unhealthy topics ● Expectations ● Low self esteem ● Nature of response ● Lack of validation ● Triggering topics ● Rejection ● Ghosting ● Miscommunication
	Coping strategies for negative experiences	● Set boundaries ● Shift to offline interaction ● Self-esteem boosting activities ● Family support ● Learn from experiences ● Distraction ● Ignorance ● Forgetting ● New connection ● Journaling ● Self-care ● Meditation ● Immediate disengagement

Overall understanding of socializing and mental health	Synthesis of relationship between socializing and mental health	• Improved emotional wellbeing • Source of identity • Inverse relationship • Subjective • Personal growth • Interconnectedness • Source of confidence • Human need • Inevitable process • Learning of norms • Holistic wellbeing • Feelings of satisfaction
---	--	---

DISCUSSION OF RESULTS

The first theme is **Understanding Socialization**, which explores the participants' comprehension of socialization such as their perception about social activities and interactions. The theme includes two sub themes: Definition and Perspectives of socializing and Personal Engagement in social activities. First, *Definition and Perspectives of Socializing* is how individuals view socializing and what are their views about it. Majority of the participants reported that socializing is a way of interaction and communication. A study conducted by Maria (2019) highlighted that 'Socialization is an interactive communication process that involves both individual development and personal influences.' It was reported that socialization is a way to combat loneliness and this statement can be justified by a research which was conducted by Jutai and Tuazon(2022), which found that Assistive Technologies, an efficient tool to promote social connectedness among older adults affected by the COVID-19 pandemic, have been shown to reduce loneliness and social isolation, reinforce social support, and increase resilience among older adults. (Jutai & Tuazon, 2022). Additionally, the participants have been defining socialization as a way of learning acceptable norms of the society. As a matter of fact, socialization is defined as a process where individuals learn about the norms, values and beliefs of the society. In the same lime, it has been reported that socialization is also a vital process to shape an individual's personality. This can be supported by the definition of socialization by Hurrelmann (1988), Socialization is the process "of the emergence, formation, and development of the human personality in dependence on and in interaction with the human organism, on one hand, and the social and ecological living conditions that exist at a given time within the historical development of a society on the other". Second, *Personal Engagement in social activities* seeks to understand the different kinds of activities that individuals engage in, with respect to both in person and online activities. Online engagement included social media such as WhatsApp, Instagram and gaming platforms. This can be supported by research conducted which

highlights that the majority of individuals now socialize online, for instance, 68% of U.S. adults are Facebook users, and among teenagers, 95% report using smartphones and 45% report being online constantly' (Lieberman & Schroeder, 2020). The offline engagement includes daily meetings and outdoor activities such as going to college, visiting restaurants, meeting new people in the metro and participating in extracurricular activities.

The second theme is **Preference for Socializing**, which explores whether the participants are inclined towards in-person or online socializing. The first subtheme is ***Preference between in-person and online socializing***, where it has been found that most of the participants are inclined towards in person socializing. In the same line, there are also participants who are inclined towards online socializing and both types of socializing. However, this remains low in number. The second sub theme is ***Factors influencing Preference***, which highlights the major reasons as to why the participants prefer online socializing, in person socializing or both. The participants who have reported for an in-person socializing have put forward a plethora of factors such as genuineness, nonverbal cues (facial expressions, body language), immediacy, engagement of all senses and reduced screen time. Out of 20 participants, 2 participants were inclined towards online socializing and the reasons were comfortability and convenience. This can be supported by the fact that being in the era of globalization, individuals are prone to have everything in one touch from ordering food to making a friend. As such, individuals can connect with people according to their convenience of time and platform. In the same vein, Amelia and Balqis (2023) conducted a study to explore the changes in communication patterns in the digital era with a focus on the influence of social media on social interaction and the results highlight that social media has changed traditional communication patterns and formed new ways of social interaction. However, there are 2 participants who have reported that they are inclined towards both in person and online socializing, and this has been justified by the situational and mood factors.

The third theme is **Changes in Socializing Patterns**, which delves into the participants' change in socializing behaviors due to external factors such as the COVID-19 pandemic, life events. The first sub theme is ***Impact of external factors on socializing patterns***. The external factors mentioned include COVID-19, transition from graduation to post graduation and moving to a new city. These factors have led to several consequences such as decreased socialization, shift to online socializing, adaptation issues and psychological issues such as anxiety. Research by Larivière-Bastien et al. (2022) was conducted to understand children and adolescents' perspectives regarding their social life and friendships during the COVID-19 pandemic and the findings show that friendship occupies a huge place in the lives of children and adolescents and physical distancing has been difficult. The second sub theme is the ***Impact of these external factors on mental health***, which seeks to understand how these external factors have influenced the participants in terms of their mental health. The impacts highlighted are improved mental health, introspection, feelings of isolation, change in perception, emotional resilience and emotional drainage. With respect to the COVID-19 pandemic, it can be noted that it was a time during which individuals could get to know themselves better through introspection where they could get to know about their strengths, weaknesses and coping mechanisms.

The fourth theme is **Mental Health**, which seeks to delve into the participants' overall mental well-being by tapping on their subjective assessment of psychological functioning, emotional state, and coping abilities. The first subtheme is the ***Definition and Perspective on Mental Health***. Majority of the participants have defined mental health as holistic wellbeing which includes being psychologically, socially, physically, spiritually and emotionally well. In addition, other participants reported that mental health is the ability to function, cope with situations and be resilient. This aligns with the definition of mental health by the World Health Organization (WHO): "A state of well-being in which the individual realizes his or her own

abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community. It is a crucial element of health and well-being that supports both our individual and group capacity to decide, form connections, and influence the world we live in.” The second sub theme is ***Personal Assessment of Mental Health*** which has been identified as good, bad, average, neutral and situational. The findings are: Good (13), Bad (4), Average (1), Neutral (1) and Situational (1).

The fifth theme is ***Influence of Social Interaction on Mental Health***. This theme explores the positive and negative effects of social interactions on participants' mental health. The first sub theme is ***Effect of social interaction on mental health*** and most of the participants reported that social interaction has a positive impact on their mental health because it reduces the feelings of loneliness and promotes emotional wellbeing. This can be justified by a study which consisted of 61 observational studies, 18 longitudinal studies and 43 cross sectional studies that evaluated individuals' self-reported feelings of loneliness. The findings suggest social isolation and loneliness were associated with a higher risk of depression and potentially anxiety. Additionally, the duration of loneliness showed a stronger correlation with mental health symptoms (Loades et al., 2020). On the other side of the coin, some participants said that social interaction has a negative effect on their mental health as it promotes toxicity and negative feelings. A study conducted by Valkenburg (2022) reveals that online socializing through social media increases loneliness, the fear of missing out, and decreases subjective well-being and life satisfaction. Similarly, another study based on the Bergen Social Media Addiction Scale (BSMAS) highlights that 4.5% of the adolescents reported low self-esteem, high level of depression symptoms, and elevated social media use (Bányai et al., 2017). The second sub theme is the ***Comparison between Online and In Person Socializing***. With respect to online socializing, the participants have associated it with uncertainty, lack of emotional intensity, less engagement and a need to filter communication. On the other hand, in person socializing was

associated with genuineness, safety, clarity, immediacy, reciprocity of energy, sense of belongingness and reduced screen time. A study revealed that facial features are crucial to convey and correctly recognize specific emotions, that is, the eyes and mouth represent important cues for detecting angry and happy expressions (Calbi et al., 2021).

The sixth theme is **Contributions of Social Interactions to Mental Health**. This theme highlights the participants' point of view of the role of social connections, networks and how they promote emotional equilibrium, inner peace and strong resilience. The first sub theme is ***Impact of Social Connections on Overall Mental Health***. The findings show that most of the participants regard the contribution of social interaction on mental health as positive, that is, social interactions lead to emotional wellbeing, sense of belongingness, shared experiences and source of support. Dimmock et al. (2021) conducted research to explore the extent to which online interactions, as well as traditional face-to-face interactions, satisfy the psychological needs and support wellbeing during different periods of the COVID-19 pandemic. The findings suggested that the feeling of being understood, cared for and connected to others significantly mediated the relationship between technology-based interaction and wellbeing. On the other hand, the feeling of initiating and making decisions mediated the relationship between in person interactions and wellbeing. However, few participants reported that social interaction has contributed negatively to their mental health. This can be supported by a study's findings which highlight that individuals with high perceived stress were more likely to engage in a larger call and text network and have a higher call and text frequency compared to individuals with low perceived stress (Dissing et al., 2019). The second sub theme is the ***Factors contributing to mental health within social interactions***. The findings include the nature of conversation, topics being discussed, reciprocity, active listening, physical presence and meaningfulness. A study was conducted to explore how daily variations may be understood in terms of the degree to which

three basic needs: autonomy, competence, and relatedness are satisfied in daily activity. The findings highlighted that meaningful conversation and feeling understood and valued by interaction partners are the best indicators. (Reis et al., 2000)

The seventh theme is **Negative Experiences and Coping Mechanisms in Social Interactions**, which explores the various negative experiences that individuals encounter during social interaction and how they overcome these experiences. The first sub theme delves into the *Negative Experiences within Social Interactions*. The participants reported several negative experiences: lack of reciprocity, gossip, conflicts, bullying, lack of validation, low self-esteem, rejection, ghosting and miscommunication. A study was conducted to examine the emotional experiences of ghosting, and the findings show that ghosting has negative consequences like low self-esteem, lack of control and feeling of loneliness (Freedman et al., 2022). Similarly, a research study suggests that conversations include a lot of disturbances like the speaker's hesitations, distractions or when communicating online. In addition, silence and delays in mediated communication may lead to the feeling of not being validated or listened to (Freedman et al., 2022). The second theme highlights the *Coping Strategies for Negative Experiences*. The coping strategies stated were immediate disengagement, setting of boundaries, family support, self-care, meditation, journaling and forgetting. An interviewee stated: "whenever I feel that the conversation is not meaningful or the other person is not interested in listening, I cut off right there."

The last theme refers to the **Overall Understanding of Socializing and Mental Health**, which demonstrated the comprehension of the relationship between socializing and mental health. Majority of the participants have stated that socializing is an inevitable process, which in turn leads to positive mental health such as a sense of belongingness, satisfaction, resilience and feeling of peace. Furthermore, it was highlighted through the interviews that through socializing,

individuals can develop skills which can help them to live in the society. Similarly, the process of socialization helps to learn the acceptable ways of behaving, that builds the personality of individuals. Considering mental health, most of the participants have defined it as a holistic wellbeing which encompasses being psychologically, physically, socially, emotionally and spiritually well.

CONCLUSION

The study highlights the delicate connection between socializing and mental health and offers insights into how various social interactions affect people's psychological well-being. The results demonstrate the critical role that socialization plays in mitigating loneliness and fostering mental health, as individuals noted the significance of both face-to-face and virtual connections, which are shaped by personal preferences and outside events such as the COVID-19 epidemic. The study also discusses the various elements of mental health, such as the psychological, social, physical, spiritual, and emotional aspects, as indicated by the participants' varied subjective evaluations. The study also looks at the good and negative consequences, emphasizing the importance of building supportive relationships and using coping methods like self-care, setting boundaries, and journaling to address unpleasant situations.

REFERENCES

- Amelia, L. T. D., & Balqis, N. R. (2023). Changes in communication patterns in the digital age. *Arrus Journal of Social Sciences and Humanities*, 3(4), 544–556. <https://doi.org/10.35877/soshum1992>
- Backer, S. (2022). Influence of Interpersonal Relationship and Mental Health Among Young Indian Expats. *The International Journal of Indian Psychology*. 10. 504-513. 10.25215/1003.050.
- Bányai, F., Zsila, Á., Király, O., Maráz, A., Elekes, Z., Griffiths, M. D., Andreassen, C. S., & Demetrovics, Z. (2017). Problematic Social Media Use: Results from a Large-Scale Nationally Representative Adolescent Sample. *PloS One*, 12(1), e0169839. <https://doi.org/10.1371/journal.pone.0169839>
- Bellido-Zanin, G., Pérez-San-Gregorio, M. Á., Martín-Rodríguez, A., & Vázquez-Morejón, A. J. (2015). Social functioning as a predictor of the use of mental health resources in patients with severe mental disorder. *Psychiatry Research*, 230(2), 189-193.
- Bilton, T. (1981). *Introductory Sociology*. London: The Macmillan Press Ltd.
- Brooks, S. K., Webster, R., Smith, L., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *The Lancet*, 395(10227), 912–920. [https://doi.org/10.1016/s0140-6736\(20\)30460-8](https://doi.org/10.1016/s0140-6736(20)30460-8)
- Calbi, M., Langiulli, N., Ferroni, F., Montalti, M., Kolesnikov, A., Gallese, V., & Umiltà, M. A. (2021). The consequences of COVID-19 on social interactions: an online study on face covering. *Scientific Reports*, 11(1). <https://doi.org/10.1038/s41598-021-81780-w>
- Choi, G. (1997). Acculturative stress, social support, and depression in Korean American

- families. *Journal of Family Social Work*, 2(1), 81–97.
https://doi.org/10.1300/j039v02n01_06
- Choi, Isabella & Petrie, Katherine & Einboden, Rochelle & Collins, Daniel & Ryan, Rose & Johnston, David & Harvey, Samuel & Glozier, Nicholas & Wray, Alexis & Deady, Mark. (2021). Apprentices’ healthy coping strategies and attitudes to using a smartphone app to support their mental health (Preprint). 10.2196/preprints.35629.
- Chu, M., Ma, H., Lee, C., Zhao, Z., Chen, T., Zhang, S., & Chiang, Y. (2023). Effect of online and offline social network group clusters on life satisfaction across age groups. *Heliyon*, 9(5), e16176. <https://doi.org/10.1016/j.heliyon.2023.e16176>
- Daft, Richard & Lengel, Robert. (1983). Information Richness. A New Approach to Managerial Behavior and Organization Design. *Research in Organizational Behavior*. 6. 73.
- Dimmock, J. A., Krause, A. E., Rebar, A. L., & Jackson, B. (2021). Relationships between social interactions, basic psychological needs, and wellbeing during the COVID-19 pandemic. *Psychology & Health*, 37(4), 457–469. <https://doi.org/10.1080/08870446.2021.1921178>
- Dissing, A. S., Jørgensen, T. B., Gerds, T. A., Rod, N. H., & Lund, R. (2019). High perceived stress and social interaction behavior among young adults. A study based on objective measures of face-to-face and smartphone interactions. *PloS One*, 14(7), e0218429. <https://doi.org/10.1371/journal.pone.0218429>
- Einav, M., & Margalit, M. (2023). Loneliness before and after COVID-19: Sense of Coherence and Hope as Coping Mechanisms. *International Journal of Environmental Research and Public Health* (Online), 20(10), 5840. <https://doi.org/10.3390/ijerph20105840>
- Ellison, N. B., Steinfield, C., & Lampe, C. (2007). The benefits of Facebook “Friends:” social capital and college students’ use of online social network sites. *Journal of Computer-*

- Mediated Communication, 12(4), 1143–1168. <https://doi.org/10.1111/j.1083-6101.2007.00367.x>
- Forsman, A. K., Herberts, C., Nyqvist, F., Wahlbeck, K., & Schierenbeck, I. (2012). Understanding the role of social capital for mental wellbeing among older adults. *Ageing & Society*, 33(5), 804–825. <https://doi.org/10.1017/s0144686x12000256>
- Freedman, G., Powell, D. N., Le, B., & Williams, K. D. (2022). Emotional experiences of ghosting. *the Journal of Social Psychology*, 1–20. <https://doi.org/10.1080/00224545.2022.2081528>
- Giddens, A. and Sutton, P.W. (2014). *Essential Concepts in Sociology*. Cambridge: Polity Press.
- Giddens, A. (2014). *Introduction to Sociology*, 9th Edition. New York: W.W. Norton & Company. <https://doi.org/10.1080/17483107.2021.2021305>
- Jutai, J. W., & Tuazon, J. R. (2022). The role of assistive technology in addressing social isolation, loneliness and health inequities among older adults during the COVID-19 pandemic. *Disability and Rehabilitation: Assistive Technology*, 17(3), 248–259
- Konstantinovs, N., & Da Silva Lapa, J. D. (2021). The impact of COVID-19 on young people's mental health in latvia. *European Psychiatry*, 64(S1), S296. <https://doi.org/10.1192/j.eurpsy.2021.794>
- Larivière - Bastien, D., Aubuchon, O., Blondin, A., Dupont, D., Libenstein, J., Séguin, F., Tremblay, A., Zarglayoun, H., Herba, C. M., & Beauchamp, M. H. (2022). Children's perspectives on friendships and socialization during the COVID - 19 pandemic: A

- qualitative approach. Child: Care, Health and Development, 48(6), 1017–1030.
<https://doi.org/10.1111/cch.12998>
- Loades, M., Chatburn, E., Higson-Sweeney, N., Reynolds, S., Shafran, R., Brigden, A., Linney, C., McManus, M., Borwick, C., & Crawley, E. (2020). Rapid Systematic Review: The Impact of Social Isolation and Loneliness on the Mental Health of Children and Adolescents in the context of COVID-19. *Journal of the American Academy of Child and Adolescent Psychiatry*, 59(11), 1218-1239.e3. <https://doi.org/10.1016/j.jaac.2020.05.009>
- Maslow, A. H. (1943). A theory of human motivation. *Psychological Review*, 50(4), 370–396.
- McCoy, David. (1990). The Impact of Socialization on Personality Formation and Gender Role Development.
- McKeown, B., Poerio, G. L., Strawson, W. H., Martinon, L. M., Riby, L. M., Jefferies, E., McCall, C., & Smallwood, J. (2021). The impact of social isolation and changes in work patterns on ongoing thought during the first COVID-19 lockdown in the United Kingdom. *Proceedings of the National Academy of Sciences of the United States of America*, 118(40). <https://doi.org/10.1073/pnas.2102565118>
- Niu, G., Zhou, Z., Sun, X., Yu, F., Xie, X., Liu, Q., & Lian, S. (2018). Cyber-ostracism and its relation to depression among Chinese adolescents: The moderating role of optimism. *Personality and Individual Differences*, 123, 105–109.
<https://doi.org/10.1016/j.paid.2017.10.032>
- Obradović, J., Burt, K. B., & Masten, A. S. (2009). Testing a dual cascade model linking competence and symptoms over 20 years from childhood to adulthood. *Journal of Clinical Child & Adolescent Psychology*, 39(1), 90-102.
- Pronin, E., Puccio, C., & Ross, L. (2002). Understanding misunderstanding: Social psychological

- perspectives. In T. Gilovich, D. Griffin, & D. Kahneman (Eds.), *Heuristics and biases: The psychology of intuitive judgment* (pp. 636– 665). Cambridge, UK: Cambridge University Press.
- Rosen, D., Stefanone, M. A., & Lackaff, D. (2010). Online and Offline Social Networks: Investigating Culturally Specific Behavior and Satisfaction. 2010 43rd Hawaii International Conference on System Sciences. <https://doi.org/10.1109/hicss.2010.292>
- Tibbetts, M., Epstein-Shuman, A., Leitao, M., & Kushlev, K. (2021). A week during COVID-19: Online social interactions are associated with greater connection and more stress. *Computers in Human Behavior Reports*, 4, 100133. <https://doi.org/10.1016/j.chbr.2021.100133>
- Tough, H., Siegrist, J., & Fekete, C. (2017). Social relationships, mental health and wellbeing in physical disability: a systematic review. *BMC Public Health*, 17(1). <https://doi.org/10.1186/s12889-017-4308-6>
- Valkenburg, P. M. (2022). Social media use and well-being: What we know and what we need to know. *Current Opinion in Psychology*, 45, 101294. <https://doi.org/10.1016/j.copsyc.2021.12.006>
- Zhang, X. (2023). The impact of online socialization on adolescent Mental health: the mediating role of friendship quality and family relationships. *New Directions for Child and Adolescent Development*, 2023, 1–10. <https://doi.org>