

THEME 1 [People]
THEME 2 [Things]

Data analysis

Telling the story of loneliness

* Afgesny van mense
- loss

What does loneliness look like?

4	Crying and eating	trapped.
6+7	Longing for past <i>it's van wat??</i>	longing (2)
6	Reminiscence because in earlier years they had family and friends	referring back (1) longing
6	Inability to let memories and past go because something is keeping them from moving on and forgetting	not making peace longing for doing something purposeful (2) lack in comm. exp. (1/2)
7	Loss of purpose in life because they can't do anything purposeful	loss (2)
7	Reduction of life because they can't do what they use to in old life	reduction / trapped (2)
8	Loss in activities of importance in their life	loss + trapped
8	Routine of eat and sleep	trapped (1+2) - Bai, moai!
11	Loss in social involvement	loss (1) ✓
19	Struggle to accept losses	loss
19	Restlessness at night because of thoughts and memories <i>it's family act.</i>	not peaceful longing lack in comm. exp. (1) + (2)
14	Struggle to accept loss of family	loss (1) ✓
17+18	Tuimeling/skommeling of thoughts during the night - lonely <i>it's family act.</i>	not peaceful longing lack in comm. (1)
18	Alone with thoughts	out of. lack in comm. (1) + (2)
20	Broken/lack in meaningful and loving relationships with family <i>because of child thing that won't change</i>	out of. loss (1) trapped (1) + (2)
21	Loss in sense of ownership	loss (2)
21	Loss in control	loss (2)

(8) trapped because of feeling of depression + frustration caused by feeling of longing for child

(1) trapped

(20) loss of things of importance (2) loss

longing for past thing
longing for past thing
longing for past thing

21	Missing places of importance	Longing (2)
21	Miss being involved in things that happen in places of importance <i>miss being involved</i>	Longing (2)
23	Longing for past that was happy, beautiful with family in it	Longing (1)
23	Loss of family because of death and rejection	loss (1)
23	Little involvement of family, because of person being difficult/made mistakes <i>for perfect past</i>	cut of trapped longing (1) (1)
23	Lack of forgiveness for themselves	not peaceful
24	Feelings of anxiety and anger	not peaceful X pas ne??
25	Loss/broken contact/relationships with important others	out of loss (1)

(11) trapped - can't do anything - that stimulates

(2) trapped.

(11) loss in activities

(2) loss

(11) longing for a child

(2) longing.

(13) longing for things that he did in past.

(2) longing

(22) loss in family relationships because of rejection by family

(1) loss

(22) loss in self-worth that ~~causes~~ because of broken relationships

(1) loss -

(22) trapped because of ↓ self-worth (1) trapped ✓

(23) lack in expression of feelings of regret (1) lack in exp.

(22) lack in expressing / communicating feelings of rejection to others + children (1)

What does loneliness feel like?

4,2,9,18,8	Trapped: - Can't move/not mobile (1) (2) - Can't do activities that they love (2) - Can't communicate (1) - No freedom because they eat and sleep (trapped in routine)(10) (2)	Trapped in routine (1) (2)
8	Hopeless and bored because they don't have anything to do with the time and they can't do anything about it	+trapped (2)
7+8	Feeling of loss in activities and doing things of importance	loss (2)
8	Frustration and depression because they miss children	longing (1)
14	Loss in relationships with family because of death	loss/out of (1) ✓
16	Reminding of past and activities and death/loss	reminding longing (2)
15	* Getting opstandig because of new situation that is difficult it's more good	not peaceful longing ??
16	Longing for perfect past with family and husband	longing (1)
18	Referring back to busy past it's all in the past	reminding longing (2)
20	longing Miss having things of importance around them	miss/longing (2)
22	Worthless to important people in life (children)/meaningless	out of: loss/trapped
22+25	Rejected by important people	out of (1)
22	Feelings of not existing to children anymore and existing to self	not peaceful longing to be accepted life in past out of trapped?

(2) lack in communication causes feelings of emptiness

(18) lack in expressing / communicating thoughts

trapped + lack in expr.

(1) (2)

(1) (1)

loss of important relationships with other because of rejection

Hoekom eensaamheid?

8	Longing for children because they have little contact/visits	~~cut off~~ longing ①
6	Boundries that is keeping from adapting	trapped ??
7	Reduction of life (loss in friends and activities)	~~cut off~~ loss. longing ① + ②
	Little stimulation in terms of not being able to do activities	trapped, loss in skin. ②
	Struggle to accept losses/can't accept losses	trapped by losses ① Don't communicate feelings
	Loss of partner/children to death	loss. lack in community ①

about losses

lack in community ①

Hantering van eensaamheid?

3	Presence of others	⊕ left to commun
13	Supporting others by doing things for them (older people)	finding meaning
13	Finding a meaning in life/sense of life/getting involved	finding meaning involvement
12	Keeping busy with other activities	involvement
13	Doing things for people, communicating?	involvement
14	Letting go of past/accepting	acceptance
	Humour	
15	Religious comfort/support to deal with losses causing loneliness	religion
15	Keeping busy with creative activities stimulates thoughts	involvement/ stimulation
17	Socially involved with other older residents	involvement

Tema 3 : Coping with loneliness

1. * 3. Can't be lonely, I have people around me. (Presence of others)
2. * 13. Supporting others - doing things for them
+ 12. - thought this he finds a purpose in life.
3. * 15. Spiritually/religious support to deal with losses that cause feelings of loneliness
4. * 14. Humour - laughing for others strange ways/reactions
- makes him go ahead or on.
5. * 15. Keeping busy with activities on her own, activities of importance to her - stimulates her thoughts to not think about loneliness.
6. * 17. Engaging with other people in the care facility to deal with loneliness