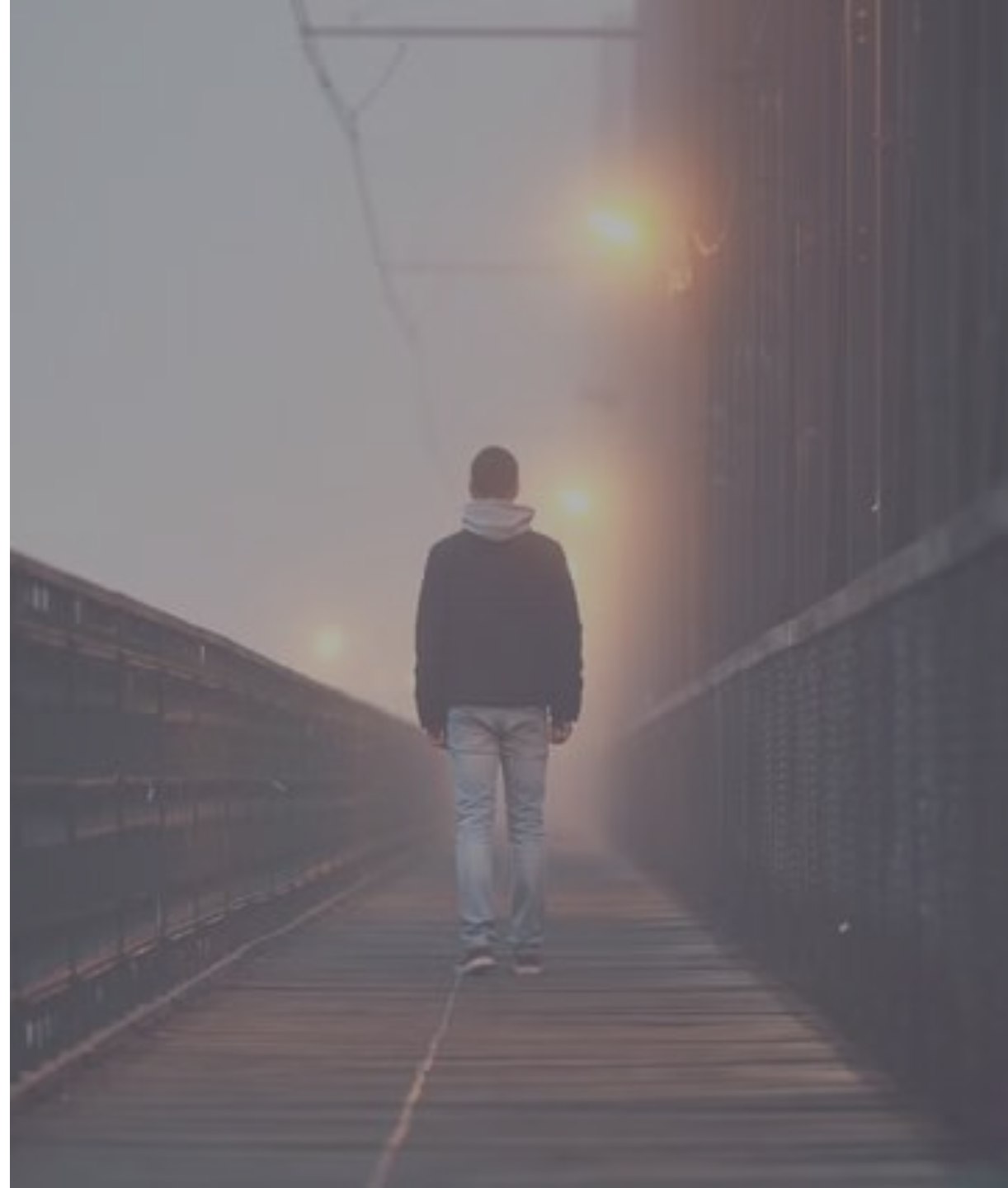


The Loneliness Epidemic

December 2025



The Loneliness Epidemic

In this series we will look at some of the relevant data around feelings of loneliness in America, and what that may mean for our culture and society.

- **Part 1: America The Lonely**
- **Part 2: Loneliness and Gender**
- **Part 3: Our Online Lives and Loneliness**
- **Part 4: Younger Women and the Breakdown of Societal Norms**

POS

Part 1: America The Lonely

People in America are really pretty lonely.



How often do you feel that people are around you but not with you?

48%
Often/Sometimes

How often do you feel alone?

45%
Often/Sometimes

How often do you feel left out?

40%
Often/Sometimes

How often do you feel part of a group of friends?

28%
Rarely/Never

Please indicate how often each of the statements below is descriptive of you.

Nearly half of all Americans experience 2 or more lonely sentiments frequently.



Using these questions...

47%

Are categorized as lonely
(expressing 2 or more lonely
sentiments)

53%

Are categorized as not lonely
(expressing 1 or no feelings of
loneliness)

Gen Zers are much more likely to experience these feelings of loneliness.



Loneliness Matrix	Overall	Gen Z (18-28)	Millennial (29-44)	Gen X (45-60)	Baby-Boomers/ Silent Generation (61-97)
Lonely on Two or More Measures	47%	65%	54%	51%	32%

Please indicate how often each of the statements below is descriptive of you.

Loneliness may have profound implications for our culture as more lonely Americans withdraw from public life.



Percentage who say their interest in the 2026 election is a 9-10 on ten-point scale.

40% Among the Lonely

64% Among the Not Lonely

The lonely feel increasingly at odds with America.

	Total Agree With Statement		
	Overall	Lonely	Not Lonely
The United States is the Greatest Country in the World	80%	72%	88%
I Feel More and More Like a Stranger in My Own Country	62%	70%	54%
It May Be Necessary at Some Point for Citizens to Take Up Arms Against the Government	46%	54%	38%