

3 in 4 Americans Struggle With Loneliness

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Folks feeling lonely as the holidays approach have a lot of company, a new study suggests.

Loneliness appears to be widespread among Americans, affecting three out of every four people, researchers have found.

Further, loneliness appears to spike at specific times during adulthood. Your late 20s, mid-50s and late 80s are times when you are most at risk of feeling lonely.

Julianne Holt-Lunstad is a professor of psychology and neuroscience with Brigham Young University in Utah. She said that while self-understanding is important, people fighting feelings of loneliness should not underestimate the importance of getting out there and interacting with others who share their values or interests.