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## THE PROBLEM OF LONELINESS IN RELIGIOUS STUDIES AND PHILOSOPHY

Loneliness is a disease of the modern XXI century, especially a characteristic phenomenon for urbanized, developed countries. Even living in a city with millions of inhabitants, a person can feel lonely. There are many reasons contributing to the deepening of loneliness in modern society: evenly standardized life, intellectual degradation, weakening of contacts with other people, i.e. fuss, employment, the rhythm of time and money, all of which together are the actualities of the presented study. To date, the concept of "life on the Internet" has appeared in society. Your friends are also virtual, all communication takes place via the Internet, and social networks are the main place where you can share your opinion. Communication with friends, relatives, and even the closest people you live with is limited. This trend has created a new problem in modern society—there is no place for individualism, social stereotypes are widespread here, a person feels lonely in society among people who are identical to him, who do not control themselves, who have similar values. It is difficult to predict exactly how this will end. Thus, it is not in vain that we list the aspects and secrets of the phenomenon of loneliness. All this helps a particular person to look into the causes of dissatisfaction with life, to try to get out of such a difficult mental situation. To eliminate the consequences, you must first find out the cause. Otherwise, the consequences of loneliness are serious—personality depression, depression, suicidal tendencies, existential vacuum, and manifestation of antisocial behavior. There is no denying that there is even demographic damage. So, is loneliness a punishment for voluntary-involuntary distancing from people, or, conversely, a source, the beginning of spiritual and personal growth? However, both considering loneliness as a human problem and striving to eliminate it.

**Key words:** education, problem, loneliness, religious, philosophy.

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### Дінтану мен философиядағы жалғыздық мәселесі

Жалғыздық – қазіргі ХХІ ғасырдың дерті, әсіресе, ол урбандалған, дамыған елдерге тән құбылыс. Миллиондаған тұрғыны бар қалада тұрып та адам өзін жалғыз сезінуі мүмкін. Бүгінгі қоғамдағы жалғыздықтың тереңдей түсуіне ықпал ететін себептер көп: біркелкі стандартталған өмір, интеллектуалдық деградация, айналадағы адамдармен байланыстың әлсіреуі, яғни қарбалас тірлік, жұмысбастылық, уақыт-ақша ритмі аталған себептердің бәрі де ұсынылған зерттеудің өзектілігі. Тіпті «ғаламтордағы өмір» деген түсінік пайда болды. Достарың да виртуалды, қарым-қатынастың бәрі интернет арқылы жасалады, әлеуметтік желі – ой-пікіріңді бөлісетін басты орын. Бұрынғыдай барыс-келіс, аралас-құраластық, шын мәнінде сиреп барады. Достарыңмен, туыстарыңмен, тіпті бірге тұратын ең жақын адамдарыңмен байланыс шектеулі. Бұл үрдіс заманауи қоғамның жаңа проблемасын туғызды – индивидуализмге орын жоқ, мұнда әлеуметтік стереотиптер кең таралған, адам социумда өзімен бірдей, өзінен аұмайтын, құндылықтары ұқсас адамдар арасында өзін жалғыз сезінеді. Мұның соңы неге апарып соғарын дәл болжау қиын. Осылайша, жалғыздық феноменінің қыры мен сырын тізбелеуіміз тегін емес. Мұның бәрі нақты адамның өмірге қанағаттанбауының себептеріне үңілуге, осындай ауыр жан жағдайынан шығуға тырысуына көмектеседі. Салдарды жою үшін алдымен оның себебін білу керек. Әйтпесе, жалғыздықтың салдары ауыр – тұлғаның күйзеліске түсуі, депрессия, суицидке бару, экзистенциалдық вакуум, қоғамға қарсы мінез-құлық көрсету. Тіпті демографиялық зияны да барын жоққа шығаруға болмайды. Сонымен, жалғыздық адамдардан ерікті-еріксіз

алшақтағаның үшін берілген жаза ма, немесе керісінше, рухани және жеке тұлғалық өсудің көзі, бастауы ма? Бірақ, жалғыздықты жеке адамның проблемасы деп қарастыру да, оны теріс құбылыс деп жоюға ұмтылу да біржақтылыққа ұрындырары сөзсіз. Ең алдымен, жалғыздық – адамның ішкі ахуалының құрамдасы, тұлғаның өзіндік санасы және өзін өзі тануы үшін қажетті аса маңызды феномен деген жөн.

**Түйін сөздер:** білім, проблема, жалғыздық, дін, философия.

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### Проблема одиночества в религиоведении и философии

Одиночество-болезнь современного XXI века, особенно характерное явление для урбанизированных, развитых стран. Даже живя в городе с миллионами жителей, человек может чувствовать себя одиноким. Причин, способствующих углублению одиночества в современном обществе, много: равномерно стандартизированная жизнь, интеллектуальная деградация, ослабление контактов с окружающими людьми, т. е. суета, занятость, ритм времени-денег это все совокупности является актуальностью представленного исследования. На сегодняшний день в обществе появилось понятие «жизнь в интернете». Ваши друзья тоже виртуальные, все общение происходит через интернет, социальные сети-главное место, где можно поделиться своим мнением. Связь с друзьями, родственниками и даже с самыми близкими людьми, с которыми вы живете, ограничена. Эта тенденция породила новую проблему современного общества-нет места индивидуализму, здесь распространены социальные стереотипы, человек чувствует себя одиноким в социуме среди людей, идентичных ему, не владеющих собой, имеющих схожие ценности. Трудно точно предсказать, чем это закончится. Таким образом, не зря мы перечисляем аспекты и секреты феномена одиночества. Все это помогает конкретному человеку заглянуть в причины неудовлетворенности жизнью, попытаться выбраться из такой тяжелой душевной ситуации. Чтобы устранить последствия, вы должны сначала выяснить причину. В противном случае последствия одиночества серьезны-подавленность личности, депрессия, суицидальные наклонности, экзистенциальный вакуум, проявление антиобщественного поведения. Нельзя отрицать, что существует даже демографический ущерб. Итак, является ли одиночество наказанием за добровольное-непроизвольное десантирование от людей или, наоборот, источником, началом духовного и личностного роста? Но как рассматривать одиночество как проблему человека, так и стремление устранить его как негативное явление неизбежно приведет к предвзятости. Прежде всего, следует отметить, что одиночество – это составляющая внутреннего состояния человека, важнейшее явление, необходимое для самосознания и самосознания личности.

**Ключевые слова:** образование, проблема, одиночество, религия, философия.

### Introduction

The existing socio-philosophical approaches and directions explaining the essence of the problem of loneliness are insufficiently elaborated. These approaches lack a philosophical understanding of the phenomenon of loneliness. Among the most elaborated and systematized approaches, phenomenological and existential approaches deserve special attention, first of all.

### Justification of the choice of articles and goals and objectives

Loneliness is one of the psychogenic factors that contribute to the emotional state of a person exposed

to a changed (not habitual) situation, isolated from other people. As the time of a person's stay in a state of loneliness increases, the need for communication and communication becomes stronger. In response to the lack of opportunity to satisfy this need, people act as if by personifying objects, various animals, create partners with the power of imagination (in a number of cases in the form of bright eidetic images seen in a dream), begin to communicate with them aloud. These exteriorizing reactions are considered as protective (but compensatory) reactions and are considered within the framework of the psychological norm. During the period of unstable psychological anxiety, when observing the subject through a special device or observing prisoners through the "glass-eye" at the door, a number of people develop

a special psychological state; at the same time, they begin to feel uncomfortable, painful, as if they are sitting naked or all their thoughts are clearly visible (Sobol, 2023: 45).

At this stage, dominant ideas also appear and there are cases of confusion of the colors seen with reality being. The longer you stay in the harsh conditions of loneliness, the more valuable ideas, communication ideas, dual personality divisions, and reactionary hallucinations appear during a period of profound psychological changes. Loneliness also means boredom. Being alone is also a ritual of loneliness, a person is also lonely in the family, in the family alone is his own existence. In Psychological Science, the study of a person's personality is called individuality or differential psychology.

In personality research, the study of the nature and psychological characteristics of a person's soul is considered a complex problem, and special attention is paid to the disclosure of the development of his personal qualities, individual processes and characteristics. Other characteristic features of the individual are temperament and character, the identification of the ability of the individual, which is considered an important problem that occupies a special place in science. Loneliness is no one, idleness. It is also known that loneliness is one and the same thing, a little bit, a marriage. According to the popular concept-concept, loneliness is a human-humanistic feeling that tolerates difficulties and sympathizes with their existence. He had to help her as much as he could (Lucas, 2019: 241).

In addition, according to recent medical research, the problem of loneliness affects not only the psycho-emotional state, but also the physical health of a person, namely: it provokes the development of serious diseases, the spread of which is currently taking on a massive character.

### **Scientific research methodology**

The methodological basis of the research of this article is the dialectical method, as well as philosophical and general scientific principles of cognition, such as the principle of universal connection of phenomena, the principle of determinism, the principle of development, the principle of reflection, the principle of representation, the principle of unity of the world.

Theoretical analysis and synthesis in the study and generalization of literary sources, in the development of the concept of research; in the justification of the methodology for creating didactic means

of designing computer courses; methods of expert assessments, questionnaires, interviews during the identification of pedagogical features of a textbook for teaching computer courses.

### **Main part**

Although this mysterious and multifaceted phenomenon has existed for a long time, the attitude towards it is different. Some tend to perceive it unambiguously as a negative phenomenon, evil, while others say that loneliness is the norm for a person, it has many benefits. However, Kazakhs hate loneliness, because "Loneliness suits only God", "The name of the only one does not come out, the dust does not come out", "Until you find a way to walk alone, get lost with many", etc. (Turan, 2018: 1714).

But there are also those who consider loneliness a boon. They say that every person voluntarily needs to be alone for a while and immerse himself in thought. In this way, the desire for solitude can also be a kind of desire for isolation and individualization from others.

And the third point of view is that loneliness is a part of human existence, and not every person can avoid it, whether he wants it or not. We were born alone, we die alone, you need to give in to this, it is impossible to find complete harmony even with the person closest to you. You should not put the burden of personal pain on someone else, you are obliged to bear it only yourself.

In fact, as you rise to spiritual heights, there are fewer and fewer people on the side of a person who understands himself. It would seem that such a phenomenon should be called laziness, individuality, rather than loneliness. Obviously, individuality is also a form of loneliness, but it happens mainly at the discretion of that person himself, and he can get pleasure, inspiration from it (Smilowitz, 2023: 140).

In any era, people born out of their environment were saints, geniuses, thinkers, famous scientists, etc. For a genius person, isolation from his surroundings, desolation from his surroundings, being alone is one of the conditions for spiritual perfection, self – improvement, the full realization of all abilities in himself. All the discoveries that have led human society forward were born in a moment of inspiration when the person who invented it was left alone and thought in comfort. "Science did not come for long, it spread immediately" (Abay). To do this, he renounces everyday life, some of its curiosities (which are considered interesting for normal people), and lives a life that combines existence with

loneliness. The link of his relationship with the environment, a connecting phenomenon with people, life-works, scientific novelty, the result of his work. Therefore, a wise person, even if he is alone, lives as one with the whole person with the same essence, serves humanity.

"Who am I? What am I there for? Who do I live for? ». A person can ask himself these questions only when he is alone, and for this a person needs to reach a certain spiritual level (Mijuskovic 2015: 140).

The problem of human life, the mystery and mysticism of life, the vision of all mankind from the other side of their "I" is the subject of those born alone. The phenomenon of loneliness in such a philosophical context is a way to look into one's inner world, to find oneself, to recognize oneself. This is basically a necessary and important quality for perfect people, a measure of inner freedom. The loneliness of a gifted person energizes creativity, has a beneficial effect on the relationship with the surrounding world. In general, representatives of transcendentalism support the idea of intellectual isolation, approve of the choice of loneliness to activate the creative forces of the individual.

Genius people become a person through frequent experiences of the moment of loneliness, its unique, unique qualities develop.

This is a sign of spiritual depth. The desire to rise from one's own physical nature, for example, asceticism – to rise above one's bodily needs, not to bow to penalty – is a manifestation of spiritual growth.

This is especially common in religious practice, for example, it is known that Khoja Ahmed Yassawi sought the meaning of life in spiritual purity and true values, restraining lust. He chose spaciousness to achieve a deep understanding of his human worth and the status of rationality and perfection (Krueger, 2023: 174).

Thus, the ability of a person to communicate with himself, to correctly perceive loneliness is conscious, perfect isolation and this is a characteristic feature of the personality. It makes sense for a person who has become a person to stay with himself, communicate with him, he is completely free from fear, even his soul feels comfort from loneliness. This is his volitional desire. And if being alone leads to fear, internal contradictions, then the fact that such a person is alone is dangerous for himself.

Those who run away from loneliness and give in to cheap, false curiosities – alcohol, gambling, lust, etc. – also fall out of this line. People who are afraid

to be alone with their thoughts are looking for entertainment to escape from loneliness. Pascal says that even war, adventures, are not created by people in order to achieve a certain goal, this is a sign of self-escape. Also, many of those who commit suicide are people suffering from the disease of social loneliness (Balapashev, 2023: 30).

Some people feel that they are unique, that they value themselves highly, that they have created their talents in their minds, and that they are deliberately separated from the other world. Such people are arrogant and arrogant, devoid of feelings of love, love, compassion. He has a meekness, hypocrisy, he does not understand people with an ordinary family-hearth, a lot of friends, he is jealous of them from the inside, but he does not recognize them from the outside. Such loneliness means that a person does not fully understand his place in this world and the meaning of his life, cannot come into harmony with the world around him. Of course, each person has the right to independently choose his actions, he is responsible for his own choice. However, isolation, voluntary escape from relationships with other people, often focusing only on one's own personality, narcissism is a manifestation of a socio – psychological disease, the transformation of loneliness into anomie.

Sometimes it is common to say "I am not alone", to deceive oneself, to live with illusions. And this can also occur as a defense mechanism against childhood bullying and discrimination. His treatment is to admit that you are left alone, try to correct your behavior, relationship with the surrounding, learn common qualities and get used to living together in a group. A person who cannot assimilate into a group agrees to live a secluded life, choosing loneliness and, consequently, freedom. However, even now, given the fact that every person has a unique and unrepeatable soul, there are those who understand too late that living together, starting a family, sitting in old age in the company of children and grandchildren, being close friends, is happiness (Sheikholeslami, 2012: 28).

## Results and discussion

Loneliness is a problem that, after the post-industrial period, has come to the fore as a social disease and has become a difficult problem to overcome, which has acquired a complex character with the development of technology. Loneliness is characterized as a disease that negatively affects human health, comfortable life, life expectancy, as well as

the growth and prosperity of society as a whole. Loneliness is not alien to a person, but a feeling inherent in a person. However, with the biological age of a person, there is a time when it progresses. At the same time, when loneliness becomes a disease that deepens not only with the age of a person, but where dramatic changes occur rapidly, that is, leading to a crisis in society as a whole, like an epidemic of obesity (Muhammad, 2023: 45).

Taking this into account, scientists from the University of California School of Medicine conducted a special study in this area, thoroughly analyzing and studying the psychological and environmental factors that cause feelings of loneliness, which increase and subside with age. Loneliness today is a social disease that is not inferior in its negative impact on human health to environmental and economic factors. In the course of the study, scientists conducted a survey of 2,843 American citizens aged 20-69 in the format of online. With the help of the data obtained as a result of the survey, a map was created that shows when a person feels most acute loneliness. As it turned out, people on the other side of the 20-year-old suffered from loneliness. And those around 60 years have suffered less from this feeling.

According to the conclusion of scientists on the basis of this study, the absence of a partner or friend in the deepening of loneliness in people of all ages, as well as the violation of the solar regime, came to the fore as factors of permanent influence. And youth social inequality, etc. it was known that from stress or some kind of pressure on the factors, you can go into a cage of loneliness. Among those over the age of 40, there are many people who feel lonely because of their health problems, as well as when their children grow up or grow up and move away from themselves. Scientists, based on the map they have created, prefer to develop strategies to combat the factors that cause loneliness (Tietjen, 2021: 75).

Such an attitude to loneliness is combined with philosophical reflections. Let's say the science of philosophy delves into the origins of the feeling of loneliness, into its deep-rooted existential and spiritual foundations. Four of its dimensions, images are displayed here: cosmic, cultural, social, interpersonal loneliness.

Cosmic loneliness is a spiritual state in which a person feels alienation from the world, from the universe, from nature, is disturbed by thoughts about the non-realization of his "life program", about his neglect by society, about not leaving his mark.

Cultural loneliness is the lack of support from the surrounding people of the values, ideals, ideas

of the individual about the specific cultural environment in which he lives. Or inability to get along with the environment, people. It can be caused by migration from other sides, changes in society (revolutions, reforms), conflicts between fathers and children, the struggle between old and new. At the same time, the rapid development of the intellectual level of the individual, the superiority of others, and thus the inability to communicate with loved ones also affects (Martin Eden syndrome).

Social loneliness is when a person feels left out of some group, or unable to join a group. For example, quitting, retiring, leaving the team, being persecuted, rejected by the new environment, etc.

The harmful consequences of facing social loneliness prevail. A person who is left out of society feels abandoned, abandoned, forgotten, left without a portion, lost, unnecessary. It's a very painful feeling. Loss or complete absence of contact with loved ones, constant feeling of awkwardness, a state in the midst of rejection of the past and rejection of the future, uncertainty of the coming day. When you feel useless to anyone, thoughts of the worthlessness of your life accompany you, such feelings lead to yellow anxiety. According to the researchers, people who find themselves in isolation from their environment have a weakened immune system, which accelerates negative changes in the body, and a sick person comes to them. The longer isolation lasts, the stronger the health effects (Ishanov, 2019: 170).

According to research conducted by psychologists, the feeling of loneliness in a person forces the brain to work in a different way, the electrical activity of the brain flares up, it resembles a person who is in a video extreme situation, moment by moment waiting for danger from his surroundings. They even live near the danger of death. After all, a person who is separated from his loved ones subconsciously feels threatened by society and defends himself from it, everyone around him looks alien and hostile. This is an example of how a person experiences loneliness subjectively. Loneliness dominates his mind, pushes him to see danger everywhere and strengthens the mechanism of self-preservation. For this reason, scientists believe that people who are faced with social loneliness should try to reconsider their behavior and attitude towards other people. If such a condition lasts for a long time, it is more likely to lead to neurosis (Schirmer, 2015: 15).

The next type of the phenomenon of loneliness in the philosophical sense is interpersonal loneliness – the feeling that a person has a lack of spiritual connection with another real, only and unique person

(relative, friend, loved one) or has lost it. This is a feeling accompanied by deep psychological stress, the scourge of irreparable regret. A widowhood or an unfriendly mood after a divorce. There are even those who experience loneliness in the same family, even if they live together.

In this context, psychologist scientists point to two types of loneliness:

1) emotional-lack of intimacy of the soul, life outside of love and marital relationships;

2) social – lack of significant friendship, partnership ties and any sense of commonality for the individual.

In modern society, many women and men who have gone beyond the life of spouses are forced to live alone due to the fact that they do not find, meet or lose their equal, companion. A common conclusion for both versions is that loneliness occurs as a result of the individual's lack of interaction with other people.

In the first type, the need for a specific person (man or woman), the inability to find a reliable partner in human relations, the failure to fulfill dreams; in the 2nd-the lack of an accessible environment for social relations, the need for people with the same interests, goals-interests.

Human loneliness is a problem that concerns the meaning of human existence, its purpose and essence. This question is very popular among the problems of philosophy. This question has been considered by many philosophers. Here you can name such personalities as Aristotle, B. Pascal, F. Kafka, K.G. Jung, A. Schopenhauer, F. Nietzsche, E. Fromm. In the works of Camus, Sartre, Husserl, Heidegger and others, human loneliness occupies one of the leading places. The Russian scientist N.A. Berdyaev pays great attention to the phenomenon of loneliness in his research.

Fiction is also rich in reflections on loneliness, alienation. It is appropriate to recall the works of M.Y. Lermontov, F.M. Dostoevsky, D. Defoe, J. London, and the list can be continued for a long time. But the theme of loneliness is not so diverse in philosophical literature. The theme of loneliness is not present in the works of writers of all eras. It became especially popular in the XX century. N.A. Berdyaev considered it appropriate to call it the main problem of the human personality and the philosophy of human existence (Horowski, 2020: 89).

In most cases, loneliness is perceived as a problem. But maybe people are trying to avoid loneliness in vain? Maybe in our age loneliness is just a medicine for a person, and not a disease? In order

to answer these questions, it is necessary first of all to find out what different researchers and thinkers of different eras have written about the problem of loneliness.

Loneliness haunts a person throughout the entire historical process. It is such a philosophical problem, the meaning of which seems to be clear to ordinary consciousness. However, this is an erroneous opinion, since the problem of loneliness hides deep philosophical contradictions (Costache, 2013: 135).

The state of loneliness cannot arise just like that. This requires factors. One of these factors is the peculiarity of the age period. This problem affects teenagers most acutely. It is during this period that identity and self-esteem crises occur. Another factor is a person's personal qualities (self-esteem). There are also social factors (social rejection, lack of communication, etc.) and factors related to family.

The XX century brought many new things to the human world. These are both new technologies and new ideas. And it is not surprising that in this variety of everything new, a person is often lost. People find themselves caught up in too much of a whirlpool of information (Folker, 2020: 23).

## Conclusion

However, loneliness can be considered not only because of human activity, human existence, but also as a kind of internal constant that has always been present in a person. And it turns out that it is possible to put an equal sign between such concepts of human existence as "freedom", "choice" and "loneliness". According to the same Sartre, our choice cannot be justified by anything, neither by God nor by morality: "Even if God existed, it would not change anything" (Mcfadden, 2008: 80).

One way or another, loneliness is a phenomenon that is characteristic of all people, but has completely different manifestations. After all, it is impossible to talk in one context about loneliness, for example, a prisoner who is forced to be alone (in solitary confinement) and a person who voluntarily renounced people, who chose his own path. A person will not commit a crime on purpose, just for the sake of being imprisoned in a solitary cell, so that he thinks about the meaning of his life there (although it can be assumed that prison institutions have such an implicit function as the fact that through the imprisonment of a person, he is forced to think, rethink his existence) (Power, 2018: 220).

These are two completely different manifestations of loneliness in life. But, despite the fact that

loneliness is a natural phenomenon for absolutely every person, we, almost all people, are terrified of it, afraid to be alone. It is very important for us to be in society, to be aware of ourselves as a part of society. But, sometimes, this desire leads to such a concept as a "lonely crowd". Being in a crowd is easy. This is how a person feels part of the whole organism. But, if you think about it, it appears to be an insignificant speck of this organism (Tiwari, 2013: 157).

Why are we so offended when the definition of "herd" is applied to us? Probably because if we follow the crowd, then in the end many people somehow realize that it was all thoughtless, unconsciously. But human nature is so contradictory that even realizing our huge dependence on the so-called "herd", we still can't without the crowd. Probably, everyone noticed how good and easy it is to think alone. It is impossible to hear your own inner voice in a crowd. The crowd suppresses the personality. But as soon as a person separates himself from the crowd, a thinker, a creator wakes up in him immediately, a personality wakes up in him. Only alone with yourself is there an opportunity to think about fundamental issues. And if a person is sure that he will be better able to do it surrounded by people,

acquaintances, then this is just a search for an opportunity to shift his responsibility onto someone else's shoulders. But in this case, it is again important not to confuse such definitions as "loneliness" and "solitude".

There is no doubt that the phenomenon of loneliness depends on the personal qualities and mental states of a person. However, it is impossible to deny the influence of society, of what stage of development this society is at on the process of loneliness.

It makes no sense for people who work and earn only for themselves to enter into a relationship with anyone. The free market now focuses mainly on single people. This can be seen in advertising: the target audience is singles (mostly single women). It is quite clear that it is profitable. According to some studies, single people spend many times more than married people. And from this we can conclude that divorces are also part of this system. In this case, the divorce process becomes profitable.

But how to avoid loneliness in our age? How not to become a person who has fallen under the influence of the so-called "propaganda" of loneliness? Perhaps the main solution to this problem is to unite people. In addition, it is necessary to start families and soberly assess the impact of various spheres of advertising and media, etc.

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