

G. Mirzakulova

I. Zhansugurov Zhetysu University, Taldykorgan, Kazakhstan

e-mail: mirzakulova.gulnur@mail.ru

**SOCIAL ISOLATION OF ELDERLY PEOPLE
IN URBAN SPACES**

The growing number of problems experienced by the elderly living in the cities of Kazakhstan, who experience social isolation, are causing a new perspective on the problem. The purpose of the research is to examine the impact of social and spatial isolation on daily activities and the loneliness perception of elderly people living in Kazakhstan cities. 78 senior citizens participated in this study from these three locations; they filled out questionnaires which were then used to collect data regarding their loneliness levels as well as how often they feel cut off from others around them due to where they reside. The responses were analyzed statistically through SPSS software version 27 for Windows which employed both descriptive statistics techniques alongside the correlation analysis method to reveal any possible relationships existing among different variables considered by researchers during the investigation process. It is suggested that in Kazakhstan cities, research is needed to develop comprehensive programs that take into account social status and resource accessibility as well as the necessity for social contacts and support of family ties. Study results can be used to work out effective strategies aimed at preventing and overcoming social isolation among old people living in towns of Kazakhstan thus improving their life quality and creating a friendlier environment for citizens of all age groups. The findings of the research emphasize the importance of purposeful assistance to elderly persons for their social integration to improve their quality of life and make the urban environment more friendly to all groups of the population.

Key words: social isolation, elderly individuals, urban space, Kazakhstan, loneliness, social connections.

Г.А. Мирзакулова

I. Жансүгіров атындағы Жетісу университеті, Талдықорған қ., Қазақстан

e-mail: mirzakulova.gulnur@mail.ru

**Қалалық кеңістіктегі қарттарды
әлеуметтік оқшаулау**

Қазақстан қалаларында тұратын, әлеуметтік оқшаулануды бастан өткерген егде жастағы адамдар бастан кешіретін проблемалардың санының артуы мәселеге жаңа көзқарас туғызуда. Зерттеудің мақсаты – Қазақстан қалаларында тұратын егде жастағы адамдардың күнделікті іс-әрекетіне әлеуметтік және кеңістіктік оқшауланудың әсерін және жалғыздықты қабылдауды зерттеу. Зерттеуге үш қаладан 78 қарт адам қатысты. Сауалнама жүргізу үшін әлеуметтік кеңістіктік оқшаулану мен жалғыздықты бағалайтын сауалнама пайдаланылды. Деректер сипаттама статистикасы мен корреляциялық талдауды қамтитын SPSS 27 нұсқасы бағдарламалық құралының көмегімен талданды. Зерттеу жалғыздық пен әлеуметтік оқшаулану деңгейінің жас, жалғыз тұру және жұмыссыздық сияқты факторлармен маңызды корреляциясын анықтады. Әлеуметтік мәртебе мен ресурстарға қолжетімділікті ғана емес, сонымен қатар әлеуметтік байланыстар мен отбасылық қарым-қатынастарды қолдау қажеттілігін де ескеретін кешенді бағдарламаларды әзірлеуге назар аудару қажет. Зерттеу нәтижелерін Қазақстан қалаларындағы егде жастағы азаматтардың әлеуметтік оқшаулануының алдын алу және жеңудің тиімді стратегияларын әзірлеу үшін пайдалануға болады, бұл олардың өмір сүру сапасын жақсартуға және барлық жас топтары үшін неғұрлым инклюзивті қалалық ортаны құруға мүмкіндік береді. Зерттеу нәтижелері егде жастағы адамдардың өмір сүру сапасын жақсарту және халықтың барлық топтары үшін неғұрлым инклюзивті қалалық ортаны құруға ықпал ету үшін олардың әлеуметтік интеграциясын мақсатты түрде қолдаудың маңыздылығын көрсетеді.

Түйін сөздер: әлеуметтік оқшаулану, қарт адамдар, қалалық кеңістік, Қазақстан, жалғыздық, әлеуметтік байланыстар.

Г.А. Мирзакулова

Жетысуский университет им. И. Жансугурова, г. Талдыкорган, Казахстан
e-mail: mirzakulova.gulnur@mail.ru

Социальная изоляция пожилых людей в городском пространстве

Решение проблемы социальной изоляции пожилых людей в городских районах Казахстана становится все более актуальным в связи с растущими трудностями, с которыми сталкивается стареющее население при поддержании социальных связей и участии в общественной жизни. Цель исследования выявить влияние социальной пространственной изоляции на повседневную деятельность и восприятие одиночества пожилых жителей городов Казахстана. В исследовании приняли участие 78 пожилых людей из трех городов. Для проведения опроса была использована анкета, оценивающая социальную пространственную изоляцию и одиночество. Данные были проанализированы с использованием программного обеспечения SPSS версии 27, которое включало описательную статистику и корреляционный анализ. Исследование выявило значимую корреляцию между уровнем одиночества и социальной изоляции с такими факторами, как возраст, одинокое проживание и безработица. Необходимо уделять внимание разработке комплексных программ, учитывающих не только социальный статус и доступ к ресурсам, но и потребности в социальных контактах и поддержке семейных отношений. Результаты исследования могут быть использованы при разработке эффективных стратегий профилактики и преодоления социальной изоляции пожилых граждан в городах Казахстана, что позволит повысить качество их жизни и создать более инклюзивную городскую среду для всех возрастных групп. Результаты подчеркивают важность адресной поддержки социальной интеграции пожилых людей с целью повышения их уровня жизни, а также продвижения к более инклюзивному городскому пространству для всех.

Ключевые слова: социальная изоляция, пожилые люди, городское пространство, Казахстан, одиночество, социальные связи.

Introduction

Increasing life expectancy globally has become a major challenge for older persons living in urban areas of Kazakhstan, given its growing relevance in the face of significant social and demographic changes. Unfortunately, because of this trend, older persons now face a higher risk of social exclusion than ever before. This has adversely affected their physical and mental health, resulting in a deterioration in their quality of life. This issue remains extremely topical, even though there are few studies on it specifically focusing on the social exclusion of older persons within the city of Kazakhstan. Neglect of comprehensive analysis and understanding of the factors affecting the social integration of older persons in urban settings severely limits the ability to develop effective prevention and coping strategies. For that reason, there was an urgent need to study the issue in greater depth. So looking into how big the problem is, figuring out why older people feel alone in cities, and coming up with good ideas will create a solid social policy. This policy aims to make life better for older folks living in Kazakhstan's urban areas.

The problem of research

The issue with investigating the social isolation of elderly people in urban areas of Kazakhstan is that as the proportion of the elderly population increases, it becomes more difficult for them to sustain social ties and engage in public life. Urban spaces are usually designed with a bias towards the youthful and working class and so may not offer appropriate conditions for active participation by aged persons. This is worsened by the absence of special social services programs, inadequate public transport systems, architectural barriers that impede movement as well as low levels of awareness about these problems among both governments at different levels or societies as a whole contribute greatly towards the isolation of aged members within our communities. The research therefore seeks to determine particular dimensions that make up this challenge including among others socio-cultural factors pertaining thereto; accessibility levels within the city's infrastructural facilities especially those meant for use by handicapped persons like parks and toilets and last but not least medical matters like whether there are any psychological issues affecting interac-

tion among old folks who live alone or with others but still feel lonely at times. Solving these puzzles not only will benefit those above sixty years of age alone rather than all citizens regardless of their age groups as well will bring brought closer together while at the same creating more accommodating town environments than ever before.

The object of the study is the social isolation of elderly people in the cities of Taldykorgan, Konaev, and Almaty.

The subject of the study is the phenomenon of social isolation among elderly citizens in the urban environment.

The research aims to determine the influence of socio-spatial isolation on the daily activities and perception of loneliness among elderly individuals residing in different cities (Taldykorgan, Konaev and Almaty) in Kazakhstan.

Research question: What is the impact of socio-spatial isolation on the daily activities and perception of loneliness among elderly individuals from different cities (Taldykorgan, Konaev and Almaty) in Kazakhstan?

Social spatial exclusion refers to an individual's limited social contacts and restricted access to resources within a specific spatial realm. Geographic location, social structures, economic status, physical mobility, and technological possibilities are some of the many reasons that account for this phenomenon. In particular, it affects the elderly people most, who often confine their social connections within certain places or facilities where they can find necessary help or supporting materials. 'With them gone', what follows? According to research findings from different studies on social isolation among aged persons; if nothing is done about it soon enough (before long) then there will be a poor quality of life experienced due to increased stress levels caused by intensified feelings of loneliness resulting from depression which is one of its effects also. In addition to this, their social network may be weakened as well as their accessibility to health care services, etc., since some of these networks could have been established on a neighborhood basis (Schnell, 2001: 622), (Buffel, 2013: 89).

The results of the study can be used to develop effective strategies for preventing and overcoming the social isolation of older citizens in the cities of Kazakhstan, thereby helping to improve their quality of life and create a more inclusive urban environment for all age groups.

Literature review

Buffel T. is deepening the social exclusion of older persons in urban areas, highlighting key aspects of this complex problem. They discuss factors that contribute to social exclusion, such as loss of social cohesion, reduced mobility, financial constraints, and changes in social networks (Buffel, 2014: 800). The distinction between social isolation and loneliness is emphasized, defining the former as a lack of contact and the latter as a subjective sense of loneliness (Buffel, 2013: 90), (Buffel, 2015: 13). The challenges of measuring social exclusion are recognized, and the authors propose a comprehensive assessment that takes into account both objective aspects such as social fragmentation and subjective aspects such as perceived social exclusion. The study focuses on the dynamics of neighborhoods, focusing on the experiences of disadvantaged urban areas in Belgium and England (Buffel, 2014: 802). The importance of community involvement and social participation in combating social exclusion among older persons is emphasized, offering social activities and social initiatives as potential strategies (Buffel, 2014: 803). (Buffel, 2015:17), (Klapka, 2020: 239).

Frantál B. promotes the understanding of social exclusion, emphasizing the important role of everyday activities in the perception of isolation and loneliness. They present a model of sociospatial isolation based on diaries and questionnaires measuring components such as passivity, isolation, and loneliness. Factors such as income, leisure time, age, sex, education, health, financial opportunities, and spatial mobility influence socio-spatial isolation (Frantál, 2020: 325). It is important to note that the study highlights the gender-specific nature of loneliness, especially for women who experience a decrease in family contact during their old age. Activities such as nature trips, sporting events, cultural events, public gatherings, and restaurant visits are effective in reducing isolation and loneliness among older people (Frantál, 2020: 327). Policies proposed to address the identified barriers include the expansion of a flexible workplace, the development of digital skills among older persons, and the provision of accessible and safe public transport (Frantál, 2020: 329), (Klapka, 2020: 238).

Lapena K. writes that social isolation and loneliness highlight their close connection. Social exclusion is defined as the objective absence of

relationships, and loneliness is described as the subjective experience of an unpleasant lack of social connections (Lapena, 2020: 1488), (Klapka, 2020: 239). The study notes that the social exclusion of older persons is influenced by factors such as living in disadvantaged areas, poor health, loneliness, and triggers such as retirement or severe loss (Lapena, 2020: 1488), (Frantál, 2020: 322). Loneliness is reported to be higher in southern Europe, including Spain, where it is 11.5 percent among people over 60 years of age. Interventions aimed at reducing social exclusion and loneliness among older persons in urban areas should take into account contextual circumstances, such as cultural aspects, household type, location, or area income. The authors stress the importance of adapting measures to the specific needs and circumstances of the target population and assessing success beyond process indicators (Lapena, 2020: 1489), (Landeiro, 2017: 78), (Klapka, 2020: 241).

Dahlberg and McKee talk about the social complexities that older adults face, such as atmospheric phenomena, as well as difficult situations (Dahlberg, 2018: 177), (Yaylagül, 2021: 197). They highlight challenges facing older people in middle regions, including limited social security, limited access to services, and reduced neighborhood cohesion. Quantitative research is highlighted as the most important for understanding and comparing economic phenomena in the face of variable climate and change (Dahlberg, 2018: 176). The result highlights the particular challenges faced by older people in traditional settings and raises the need for targeted interventions to address social employment issues in these communities. Understanding and solving the problems of social projects is crucial for improving the well-being and social cohesion of people in cities (Dahlberg, 2018: 177). In their early work, Dahlberg and McKee examined the financial exclusion paid to people in border regions during twenty years of social problems. They highlight the challenges facing urban residents, including changing social structures, shrinking social networks, and limited access to public resources. Implementation understands the impacts that have a significant impact on well-being and quality of life and provides targeted interventions and strategies that take into account the specific type and context of care for people in cities. According to Dahlberg, informal care provided by friends, friends, and neighbors is critical to preventing social failure and negative consequences caused by unmet care needs (Dahlberg, 2016:3).

Miranti and Peng provide insight into the broader concept of social exclusion among older people in

Australia. Although their work does not directly address social exclusion, it provides a valuable context for understanding the factors contributing to social exclusion and the potential consequences of social exclusion (Miranti, 2015: 112). Spoor M. Views social exclusion among older persons through the lens of multidimensional social exclusion (Spoor, 2013: 139). The article emphasizes three key aspects: exclusion from economic life, social services, civil life, and social networks. Access to health care, medicines, social protection, infrastructure, and transport is considered crucial to well-being. Inequalities in political, cultural, and civic opportunities are discussed, highlighting the importance of addressing all three dimensions to reduce social exclusion and improve the well-being of older persons (Spoor, 2013: 139).

Arkhipov and Aringazina discuss the relationship between social exclusion or loneliness and chronic illness among older persons. The study highlights the importance of understanding this relationship for the development of health and social policies. Loneliness is considered a risk factor for depressive symptoms, and primary prevention strategies are proposed as a promising approach. Social exclusion is associated with an increased need for medical care and various medicines for chronic diseases (Arkhipov, 2022: 110).

Stickley et al. highlight the consequences of social exclusion and loneliness among older persons in the countries of the former Soviet Union. Economic difficulties, including high divorce rates and male mortality, contribute to social exclusion. Social disintegration affecting access to essential goods and services, including health care, is highlighted. The study discusses the relationship between loneliness and poor health, highlighting the importance of addressing loneliness in improving quality of life and reducing the risk of adverse health effects associated with social exclusion (Stickley, 2013: 679).

Krivo L.Y. et al argue that in urban areas, disadvantaged and advantaged people experience social exclusion. High-income households in affluent areas can be just as isolated as disadvantaged households. Ethnoracial dynamics exacerbate social exclusion, as African Americans, Latinos, and residents of neighborhoods where many Latinos face additional penalties. The authors call for more comprehensive site data, emphasizing the need for a thorough understanding of the sources and consequences of social exclusion for different ethno-racial groups (Krivo, 2013: 141).

Lamanna M. et al. discuss the relationship between public transport and social exclusion in the

elderly. In urban areas, older persons may face social exclusion due to transport-related factors. Barriers such as accessibility problems, safety problems, lack of awareness, and discomfort in the use of public transport contribute to a decrease in social activity. The authors advocate for age-friendly transport initiatives, including improved accessibility, specialized services, educational programs, and improved user experience for older passengers, to promote social integration and connections between urban older persons (Lamanna, 2020: 393).

Levasseur M.M. emphasizes the critical role of older people's participation in society in strengthening the vitality of communities, promoting health, and preventing disability. The study focuses on older people in rural areas to reduce isolation and vulnerability by identifying and prioritizing needs for social participation (Levasseur, 2020:4).

Weldrick R. and Grenier A. challenge the dichotomy of rural and urban exclusion by emphasizing the influence of geographical, spatial, and place-based factors on social exclusion. They advocate for the inclusion of living conditions, neighborhoods, institutions, accessibility, and perceived safety in research and policy interventions, advocating for a broader conversation about social exclusion, inequality, and exclusion (Weldrick, 2018:76).

According to Poscia A. et al., overcoming social isolation and loneliness among older adults is of global importance. Their extensive review explores different interventions that cover group, mixed, and individual approaches while focusing on the potential efficacy of new technologies and participation in society-oriented art projects in mitigating social isolation (Poscia, 2018: 133), (Devine, 2019: 273). The authors stress the need for further research to enhance methodological rigor, which would ensure reliable evidence on intervention effectiveness (Poscia, 2018: 133). In the same vein, Khosravi P. elaborates in great length on the detrimental effects of social isolation and loneliness on the health and well-being of elderly people (Khosravi, 2016: 594), (Cohen, 2017:3). Their study identifies a whole range of negative consequences associated with social isolation, starting from cognitive decline and increased mortality risk to sleep quality disturbance, decreased physical activity, worsened mental health, and susceptibility elevation to conditions such as Alzheimer's disease (Cohen, 2017:4). The authors stress the prevalence of social isolation among elderly individuals and advocate for alternative strat-

egies to mitigate its deleterious impact (Khosravi, 2016: 594). Kozyreva P.M. discuss the prevalence of social isolation among elderly people—paying particular attention to the sharpening of isolation during the COVID-19 pandemic crisis (Parlapani, 2020). The authors emphasize the importance of studying social isolation in old age and loneliness, especially in the context of adaptation to the current Russian reality, noting that the issues must be addressed to promote social well-being (Kozyreva, 2022: 46).

Jacquibek A.A. explores social exclusion in the context of factors influencing social exclusion, such as ageism and negative perceptions of aging. The review highlights the importance of social relations in reducing social exclusion, as well as the potential risks associated with social exclusion, including its impact on health and well-being (Zhakypbek, 2019: 44).

Lipich T. discusses various factors contributing to the social isolation of elderly people, including changes in social status, loss of contacts, excessive free time, and traumatic situations related to retirement. They identify the role of gerontological centers in developed countries as innovative approaches to the problem of social isolation resolution and assistance in resocialization for the well-being and integration of elderly people (Lipich, 2012:46).

The challenges faced by elderly people during the COVID-19 pandemic are addressed by Mirzakulova et al. (2022), focusing on the negative implications of social isolation, increased loneliness, and reduced emotional well-being (Klapka, 2020: 241), (Mirzakulova, 2022: 158). The study explores how the elderly are adapting to digital technologies as a means of overcoming social isolation during the pandemic, providing an understanding of their response to challenges posed by the disruption of social ties (Mirzakulova, 2022: 158).

In conclusion, an extensive review of the literature has deepened the multifaceted problem of social exclusion among older persons in urban and rural settings. The differentiation of social exclusion and loneliness was emphasized, with emphasis on the objective absence of social ties and the subjective sense of loneliness (Matthews, 2016: 339). The review identified many contributing factors, including loss of social cohesion, reduced mobility, financial constraints, and changes in social networks. Various studies have highlighted the importance of individual action, community participation, and social participation to combat so-

cial exclusion among older persons. Cultural, economic, and contextual circumstances were found to be influential, underlining the need for interventions that take into account the specific needs and circumstances of different population groups. The impact of social exclusion on health and well-being was carefully studied, with adverse effects such as increased risk of chronic morbidity, poor cognitive functioning, and higher risk of mortality. The COVID-19 pandemic has become an important factor exacerbating social exclusion, requiring adaptable responses to unforeseen challenges (Smith, 2020). The review of the literature highlights the importance of addressing socio-spatial factors, ethno-racial dynamics, and the impact of living conditions on social exclusion. It challenges the dichotomy between rural and urban exclusion, advocating a broader discussion of social exclusion, inequality, and exclusion. The importance of public transport, public art, and new technologies in addressing social exclusion was also recognized and calls for future research to improve methodological quality and provide conclusive evidence of effective interventions. Looking at what the research says shows we need to tackle social exclusion in older people from all angles. We should consider how different factors work together and make sure our solutions fit the specific needs of different groups. The thoughts shared here help build knowledge that can shape policies, actions, and programs to improve the lives and social connections of older folks.

Materials and methods

Representatives from three cities took part in the study: Taldykorgan, Konaev and Almaty. The total number of study participants was 78 elderly people: 27 from Taldykorgan (N=27), 23 from Konaev (N=23), and 28 from Almaty (N=28). Some questionnaires were distributed by the students and relatives to their grandparents living in the mentioned cities, while another part of the questionnaire was distributed by the researchers themselves to single elderly people to obtain monetary compensation. The sample did not include elderly people living in nursing homes. The subgroups of respondents from different cities did not differ significantly in age, gender, number of children, or proportion of the economically active population. The data collection tool used was the Older People's Questionnaire, which was devel-

oped by Böcker (2017) and previously used in a study by Frantál (2020). The questionnaire included questions about perceptions of isolation and loneliness, and the survey lasted a week, from 9 to 15 October 2023. The questionnaire allowed us to estimate the frequency of leisure activities at home and the frequency of activities outside the home, including work. The purpose of the evaluation was to identify the subjective perception of social exclusion using a scale developed by Frontal (2020), consisting of 9 statements with answers in the format of a 5-point Likert scale. The Frontal scale (2020) developed by the author included scales from previous studies, namely the «Scale of Social Exclusion», Cornwall and Waite's Perceived Isolation Scale (2009), «Scales of Emotional and Social Loneliness» by Geerweld and Van Tilburg (2010), and California University Loneliness Scale» Russell (1996). The survey also included a section on socio-demographic characteristics (Klapka, 2020: 239). The data were analyzed using the SPSS version 27 software using descriptive statistics, mapping table, and correlation analysis (Böcker, 2017: 831), (Frantál, 2020: 322), (Cornwell, 2009: 31), (Gierveld, 2010: 121), (Russell, 1996: 20), (Klapka, 2020: 240), (Buffel, 2013: 91).

Results and discussion

The results of the study show that Table 1 shows several key aspects that reflect the socio-demographic profile of the respondents (Klapka 2020: 241). The first important aspect is the age structure dominated by respondents aged 65 years and over (51.5 percent), indicating a predominance of older persons in the sample before retirement age. Women make up a large majority (64.1 percent) due to their longer life expectancy. Those with higher education predominate (56.4 percent). Data on marital status show that most respondents are not alone in their households (70.5 percent). Concerning the number of children, it can be seen that most of them have one or two children (67.9 percent), which may affect the level of family support in old age. Income distribution has a major concentration in the range of 100 001-300,000 tenge, indicating a moderate level of income. The structure of employment status shows that the majority of respondents are retired (57.7 percent), which may have an impact on their access to resources and participation in government programs.

Table 1 – Socio-demographic characteristics of respondents

Age	N	%
less than 65	19	24,4
65-69	21	26,9
70-74	15	19,2
75-79	9	11,5
80 and more	14	17,9
Gender	N	%
M	28	35,9
F	50	64,1
Education	N	%
School diploma	15	19,2
College diploma	19	24,4
Bachelor's degree	37	47,4
Doctoral or candidate degree	7	9,0
Place of residence	N	%
Almaty	28	35,9
Taldykorgan	27	34,6
Konaev	23	29,5
Living alone	N	%
Yes	23	29,5
No	55	70,5
Number of children	N	%
0	3	3,8
1	28	35,9
2	25	32,1
more than 3	22	28,2
Household income	N	%
45001 – 100.000 KZT	18	23,1
100.001 – 200.000 KZT	42	53,8
200.001 – 300.000 KZT	15	19,2
300.001 – 400.000 KZT	3	3,8
400.001 – 500.000 KZT	0	0
more than 500.000 KZT	0	0
don't have an income	0	0
Work activity	N	%
I work full-time	22	28,2
I work part-time	11	14,1
Pensioner	45	57,7

The analysis of the survey results in Figure 1 shows several key observations. Firstly, the majority of respondents (56.4%) spend a significant amount of time at home after retirement. It's possible that this is because of personal preferences or external factors, like the COVID-19 pandemic. Secondly, there is a certain level of activity in keeping up with news from their past work, as reported by 30.8% of the respondents. Maintaining this interest suggests that many elderly individuals maintain connections with former colleagues and remain interested in their professional activities. Moreover, 44.9% of the respondents expressed a willingness to dedicate time to learning and improving their professional skills, indicating a desire for self-development. Additionally, retirement provides an opportunity to dedicate more time to hobbies, as confirmed by 28.2% of the survey participants. The importance of family relationships should also be noted, as the majority of respondents (62.8%) stated that they are willing to discuss their joys and concerns with their loved ones, highlighting the significance of family support and communication. The opinions of the respon-

dents regarding working during retirement are also interesting, as the majority of them (53.8%) believe that working during retirement interferes with their enjoyment of this stage of life, indicating a desire for rest and freedom from obligations.

However, half of the respondents (51.3%) experience feelings of loneliness after retirement, which may be due to limited social activity or lack of support from loved ones. Furthermore, a significant portion of the respondents (42.3%) expressed concern that their children have their responsibilities and cannot visit them frequently. Additionally, the observation showed that more than half of the respondents (51.3%) confirmed a low interest in social activities, stating that they cannot spend much time in the company of friends and acquaintances. Low social activity and infrequent meetings with friends and family contribute to the growing social isolation of the elderly. Overall, the analysis of the survey results provides insights into the needs and preferences of elderly individuals after retirement and identifies important aspects of their life and well-being.

Statement	Response [%]				
	Strongly agree	Agree	Neither	Disagree	Strongly disagree
I spend almost all my time at home since I retired	0	56,4	24,4	19,2	0
I am actively involved in news from former work and work specialisation	0	30,8	38,5	30,8	0
I can spend a lot of time meeting my friends and acquaintances	0	28,3	20,5	51,3	0
I can spend a lot of time learning and increasing my professional skills	5,1	16,7	44,9	33,3	0
In retirement, I can focus more on my hobbies that I couldn't do before	6,4	28,2	28,2	32,1	5,1
I can make me happy by buying something nice for myself	10,3	44,9	26,9	17,9	0
I can talk and share my troubles and joys with my partner and family	5,1	62,8	12,8	15,4	3,8
Our children have their own worries and do not have much time to visit us	7,7	39,7	10,3	42,3	0
I have often feelings of loneliness since I retired	14,1	37,2	26,9	15,4	6,4

Figure1 – Results of respondents' answers on the assessment of social isolation of elderly people according to B. Frantál, P. Klapka

The correlation analysis in Table 3 showed significant links between some factors and levels of loneliness and social exclusion among older persons. First, age has a strong negative correlation with loneliness and social exclusion (-0.436 and -0.539, respectively), indicating that with age peo-

ple tend to experience greater loneliness and social exclusion. Furthermore, living alone is also highly correlated with loneliness and social exclusion (0.430 and 0.191 respectively), confirming that people living alone are more likely to feel loneliness and social exclusion. Employment also has

a strong negative correlation with loneliness and social exclusion (-0.677 and -0.711, respectively), suggesting that older workers feel less alone and isolated than the unemployed. The analysis thus

shows that age, loneliness, and lack of employment are important factors that significantly affect the level of loneliness and social exclusion among older persons.

Table 3 – Results of Spearman correlation analysis of social isolation and loneliness

	Loneliness	Social isolation
Age	-,436**	-,539**
Gender	0,32	-,025
Education	0,37	,220
Living alone	,430**	,191
Number of children	,007	-,198
Household income	-,256**	-,259**
Work activity	-,677**	-,711**

***Correlation is significant at the 0.01 level (2-tailed).*

The correlation analysis reveals that income has a moderate negative link to loneliness and social exclusion (-0.256 and -0.259). This suggests that older people with higher incomes tend to feel less lonely or isolated. But it's worth noting that income's correlation isn't as strong as other factors like age, employment, and living alone. This might mean that while income has an impact on loneliness and social exclusion levels, it's not as crucial and could be overshadowed by other elements such as social standing, resource availability, and chances to interact. Still, for older folks higher incomes might open doors to a range of social activities like joining events, activities, or clubs, which could help reduce loneliness and social exclusion. So even though income plays a part in loneliness and social isolation among older people, its effect might be less straightforward and more intricate than the influence of other factors such as age and employment.

The study's findings shed light on several key aspects of the respondents' socio-demographic profile. Age structure stands out as the main feature, with people 65 and older making up 51.5% of the group showing a high number of older folks nearing retirement. Women make up a big chunk (64.1%) of the respondents likely because they tend to live longer. People with college degrees or higher are in the majority (56.4%). When it comes to relationships most respondents don't live by themselves (70.5%), and a good number have one or two kids (67.9%), which could affect how much family support they get in their golden years. Most people in the study make between 100,001 and 300,000 tenge

putting them in the middle-income bracket. Looking at jobs, we see that retirees make up the biggest group (57.7%), which might affect how they tap into resources and take part in government programs. The study also found that after retiring most respondents (56.4%) spend a lot of time at home. This could be because they want to or because of outside factors like the COVID-19 pandemic. At the same time, 30.8% of respondents still keep up with news from their old jobs showing they stay in touch with former workmates. It's worth noting that 44.9% of respondents say they're up to learn new things and sharpen their work skills showing they want to keep growing. most respondents (62.8%) think it's crucial to talk about their ups and downs with their loved ones highlighting how important family support is to them.

Even so, 51.3% of those surveyed feel lonely after retiring because they don't get out much or their family doesn't check in often. Also, 42.3% worry that their kids are too busy with their own lives to stop by. More than half (51.3%) say they're not that interested in hanging out with others, which shows older folks are becoming more cut off from society.

The analysis of correlations showed strong links between certain factors and how lonely and isolated people felt. Age has a big negative connection to loneliness and social isolation. This means that as people get older, they often feel more lonely. Living by yourself also has a close tie to feeling lonely and cut off from others. This backs up the idea that folks who live alone are more likely to deal with these issues. Having a job also has a strong negative

link to loneliness and social isolation. This suggests that older adults who work don't feel as lonely or isolated as those who don't.

Also, health status and getting health care were found to be key factors that have an influence on social isolation and loneliness. People with long-term illnesses or who couldn't see a doctor were more likely to feel cut off. Social life also matters a lot: joining clubs going to events or helping out as a volunteer helps fight loneliness and isolation. New tech is important too: older folks who often go online and use social media tend to feel less lonely. This means that to cut down on loneliness and social isolation for older people, we need to look at the whole picture. We should make it easier to get health care, help people stay social, and teach them how to use computers and the internet.

Conclusion

To wrap up this research, our survey and correlation analysis shed light on some crucial points about retired people's lives and what contributes to their feelings of loneliness and being left out. For starters, we found that most retirees spend a lot of their time at home. Despite this, however, restrictions on social contact and feelings of loneliness are becoming serious problems within this group.

This is confirmed by the correlation analysis, which shows strong links between levels of loneliness and social exclusion and factors such as age, loneliness, and unemployment. age. This is probably due to the decline in social interactions and the loss of social roles that characterized employment. Living alone also has a significant impact on loneliness and social exclusion due to reduced daily interaction. It is also worth noting that employment has a positive impact on the level of loneliness and social exclusion. This is supposed to happen through regular communication with colleagues and the preservation of social roles. However, the impact of income on loneliness and social exclusion is less significant than other factors. This suggests that access to resources is not always able to fully compensate for the loss of social ties or roles inherent in active employment. Based on these results, integrated programs are being developed that go beyond social status and access to resources. but also the need for social contacts, support, and opportunities for participation in public life. In addition, low family relationships should be noted as they have a significant impact on levels of loneliness and social transfers among people. Overall, these results include the complex social problems faced by older persons in modern society and the need for a targeted approach to support their social opportunities to improve their quality of life.

Reference

- Arkhipov V., Aringazina A. (2022) Effect of Different Homework on Chronic Morbidity among Single Older People. *The Open Public Health Journal*, vol.15, no 1, pp. 1-15.
- Arkhipov V.A., Aringazina A.M. (2020) Social'naya otranyonnost' kak risk faktor zaboлеваemosti lic pozhilogo vozrasta: obzor literatury [Social withdrawal as a risk factor for morbidity in the elderly: a review of the literature]. *West Kazakhstan Medical Journal*, vol. 2, no 62, pp. 110-124.
- Böcker L., Van A.P., Helbich M. (2017) Elderly travel frequencies and transport mode choices in Greater Rotterdam, the Netherlands. *Transportation*, vol. 44, pp. 831-852.
- Buffel T., Phillipson C., Scharf T. (2013) Experiences of neighborhood exclusion and inclusion among older people living in deprived inner-city areas in Belgium and England. *Ageing & Society*, vol. 33, no 1, pp. 89-109.
- Buffel T., De D.L., Phillipson C., De W.N, Dury S, Verté D. (2014) Place attachment among older adults living in four communities in Flanders, Belgium. *Housing Studies*, vol. 29, no 6, pp. 800-822.
- Buffel T., Remillard-Boilard S., Phillipson C. (2015) Social isolation among older people in urban areas: A Review of the Literature for the Ambition for Ageing program in Greater Manchester. *University of Manchester Institute for Collaborative Research on Ageing, Manchester*, pp. 1-32.
- Cornwell E.Y., Waite L.J. (2009) Social disconnectedness, perceived isolation, and health among older adults. *Journal of health and social behavior*, vol. 50, no 1, pp. 31-48.
- Dahlberg L., McKee K.J. (2018) Social exclusion and well-being among older adults in rural and urban areas. *Archives of gerontology and geriatrics*, vol. 79, pp. 176-184.
- Dahlberg L., McKee K.J. (2016) Living on the edge: Social exclusion and the receipt of informal care in older people. *Journal of aging research*, pp. 1-10. <https://doi.org/10.1155/2016/6373101>
- De Jong G.J., Van T.T. (2010) The De Jong Gierveld short scales for emotional and social loneliness: tested on data from 7 countries in the UN generations and gender surveys. *European journal of ageing*, vol. 7, pp. 121-130.
- Devine P., Montgomery L., Anand J., NiDhónaill C. (2019) Social isolation and older men – learning from research. *Community Development Journal*, vol. 54, no 2, pp. 273-289.

- Frantál B., Klapka P., Nováková E. (2020) When home becomes a cage: Daily activities, space-time constraints, isolation and the loneliness of older adults in urban environments. *Moravian Geographical Reports*, vol. 28, no 4, pp. 322-337.
- Khosravi P., Rezvani A., Wiewiora A. (2016) The impact of technology on older adults' social isolation. *Computers in Human Behavior*, vol. 63, pp. 594-603.
- Klapka P., Ellegård K., Frantál B. (2020) What about Time-Geography in the post-Covid-19 era? *Moravian Geographical Reports*, vol. 28, no 4, pp. 238-247.
- Kozyreva P.M. (2022) Social'naya izolyaciya i odinochestvo v pozhilom vozraste [Social Isolation and Loneliness in the Elderly]. *Sociological science social practice*, vol. 10, no 4, pp. 46-63.
- Krivo L.J., Washington H.M., Peterson R.D., Browning C.R., Calder C.A., Kwan M.P. (2013) Social isolation of disadvantage and advantage: The reproduction of inequality in urban space. *Social forces*, vol. 92, no 1, pp. 141-164.
- Lamanna M., Klinger C.A., Liu A., Mirza R.M. (2020) The association between public transportation and social isolation in older adults: A scoping review of the literature. *Canadian journal on aging/La Revue canadienne du vieillissement*, vol. 39, no 3, pp. 393-405.
- Landeiro F. (2017) Reducing social isolation and loneliness in older people: a systematic review protocol. *BMJ open*, vol. 7, no 5. <https://doi.org/10.1136/bmjopen-2016-013778>
- Lapena C., Contente X., Sanchez M.A., Pons V.M., Pujol R.E., Lopez M.J. (2020) Qualitative evaluation of a community-based intervention to reduce social isolation among older people in disadvantaged urban areas of Barcelona. *Health & Social Care in the Community*, vol. 28, no 5, pp. 1488-1503.
- Levasseur M., Routhier S., Clapperton I., Dore C., Gallagher F. (2020) Social participation needs of older adults living in a rural regional county municipality: Toward reducing situations of isolation and vulnerability. *BMC geriatrics*, vol. 20, no 456, pp. 1-12.
- Lipich T.I., Azarina M.S. (2012) Sociokul'turnye determinanty resocializacii pozhilyh lyudej v usloviyah postsovetsoj modernizacii [Sociocultural Determinants of Resocialization of the Elderly in the Conditions of Post-Soviet Modernization]. *Nomothetika: Filosofiya. Sotsiologiya. Pravo*, vol. 21, no 14, pp. 46-53.
- Miranti R., Peng Y. (2015) Why social exclusion persists among older people in Australia. *Social Inclusion*, vol. 3, no 4, pp. 112-126.
- Mirzakulova G.A., Sarsenova A.B., Rakhipova S.K. (2022) Social isolation and self-isolation and digitalization of services during the COVID-19 pandemic: a sociological analysis. *The Journal of Psychology & Sociology*, vol. 82, no 3, pp. 150-158.
- Poscia A., Stojanovic J., La Milia D.I., Duplaga M., Grysztar M., Moscato U., Magnavita N. (2018) Interventions targeting loneliness and social isolation among the older people: An update systematic review. *Experimental gerontology*, vol. 102, pp. 133-144.
- Russell D.W. (1996) UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. *Journal of personality assessment*, vol. 66, no 1, pp. 20-40.
- Schnell I., Yoav B. (2001) The sociospatial isolation of agents in everyday life spaces as an aspect of segregation. *Annals of the Association of American Geographers*, vol. 91, no 4, pp. 622-636.
- Spoor M. (2013) Multidimensional Social Exclusion and the 'Rural-Urban Divide' in Eastern Europe and Central Asia. *Sociological ruralis*, vol. 53, no 2, pp. 139-157.
- Stickley A., Koyanagi A., Roberts B., Richardson E., Abbott P., Tumanov S., McKee M. (2013). Loneliness its correlates and association with health behaviours and outcomes in nine countries of the former Soviet Union. *PloS one*, vol. 8, no 7. <https://doi.org/10.1371/journal.pone.0067978>
- Weldrick R., Grenier A. (2018) Social isolation in later life: Extending the conversation. *Canadian Journal on Aging/La revue canadienne du vieillissement*, vol. 37, no 1, pp. 76-83.
- Yanguas J., Pinazo-Henandis S., Tarazona-Santabalbina F.J. (2018) The complexity of loneliness. *Acta Biomed*, vol. 89, no 2, pp. 302-314.
- Zhakypbek A.A. (2019) Social'naya eksklyuziya pozhilyh: literaturnyj obzor [Social Exclusion of the Elderly: Literary Review]. *The Journal of Psychology & Sociology*, vol. 70, no 3, pp. 44-51.

Литература

- Arhipov V., Aringazina A. Effect of Different Homework on Chronic Morbidity among Single Older People // *The Open Public Health Journal*. – 2022. – Vol.15. – №1. – P. 1-15.
- Архипов В.А., Арингазина А.М. Социальная отстранённость как риск фактор заболеваемости лиц пожилого возраста: обзор литературы // *Западно-Казахстанский медицинский журнал*. – 2020. – Т. 2. – № 62. – С. 110-124.
- Böcker L., Van A.P., Helbich M. Elderly travel frequencies and transport mode choices in Greater Rotterdam, the Netherlands // *Transportation*. – 2017. – Vol. 44. – P. 831-852.
- Buffel T., Phillipson C., Scharf T. Experiences of neighborhood exclusion and inclusion among older people living in deprived inner-city areas in Belgium and England // *Ageing & Society*. – 2013. – Vol. 33. – № 1. – P. 89-109.
- Buffel T., De D.L., Phillipson C., De W.N., Dury S., Verté D. Place attachment among older adults living in four communities in Flanders, Belgium // *Housing Studies*. – 2014. – Vol. 29. – № 6. – P. 800-822.
- Buffel T., Remillard-Boilard S., Phillipson C. Social isolation among older people in urban areas: A Review of the Literature for the Ambition for Ageing program in Greater Manchester // *University of Manchester Institute for Collaborative Research on Ageing, Manchester*. – 2015. – P. 1-32.

- Cornwell E.Y., Waite L.J. Social disconnectedness, perceived isolation, and health among older adults // *Journal of health and social behavior*. – 2009. – Vol. 50. – № 1. – P. 31-48.
- Dahlberg L., McKee K.J. Social exclusion and well-being among older adults in rural and urban areas // *Archives of gerontology and geriatrics*. – 2018. – Vol. 79. – P. 176-184.
- Dahlberg L., McKee K.J. Living on the edge: Social exclusion and the receipt of informal care in older people // *Journal of aging research*. – 2016. – P. 1-10, doi: <https://doi.org/10.1155/2016/6373101>
- De Jong G.J., Van T.T. The De Jong Gierveld short scales for emotional and social loneliness: tested on data from 7 countries in the UN generations and gender surveys // *European journal of ageing*. – 2010. – Vol. 7. – P. 121-130.
- Devine P., Montgomery L., Anand J., NiDhónaill C. Social isolation and older men – learning from research // *Community Development Journal*. – 2019. – Vol. 54. – № 2. – P. 273-289.
- Жакыпбек А.А. Социальная эксклюзия пожилых: литературный обзор // *Вестник КазНУ. Серия психологии и социологии*. – 2019. – Т. 70. – № 3. – С. 44-51.
- Frantál B., Klapka P., Nováková E. When home becomes a cage: Daily activities, space-time constraints, isolation and the loneliness of older adults in urban environments // *Moravian Geographical Reports*. – 2020. – Vol. 28. – № 4. – P. 322-337.
- Khosravi P., Rezvani A., Wiewiora A. The impact of technology on older adults' social isolation // *Computers in Human Behavior*. – 2016. – Vol. 63. – P. 594-603.
- Klapka P., Ellegård K., Frantál B. What about Time-Geography in the post-Covid-19 era? // *Moravian Geographical Reports*. – 2020. – Vol. 28. – № 4. – P. 238-247.
- Козырева П.М. Социальная изоляция и одиночество в пожилом возрасте // *Социологическая наука и социальная практика*. – 2022. – Т. 10. – № 4 (40). – С. 46-63.
- Krivo L.J., Washington H.M., Peterson R.D., Browning C.R., Calder C.A., Kwan M.P. Social isolation of disadvantage and advantage: The reproduction of inequality in urban space. *Social forces*, vol. 92, no 1, pp. 141-164.
- Lamanna M., Klinger C.A., Liu A., Mirza R.M. (2020) The association between public transportation and social isolation in older adults: A scoping review of the literature // *Canadian journal on aging/La Revue canadienne du vieillissement*. – 2013. – Vol. 39. – № 3. – P. 393-405.
- Landeiro F. Reducing social isolation and loneliness in older people: a systematic review protocol // *BMJ open*. – 2017. – Vol. 7. – № 5. <https://doi.org/10.1136/bmjopen-2016-013778>
- Lapena C., Continente X., Sanchez M.A., Pons V.M., Pujol R.E., Lopez M.J. Qualitative evaluation of a community-based intervention to reduce social isolation among older people in disadvantaged urban areas of Barcelona // *Health & Social Care in the Community*. – 2020. – Vol. 28. – № 5. – P. 1488-1503.
- Levasseur M., Routhier S., Clapperton I., Dore C., Gallagher F. Social participation needs of older adults living in a rural regional county municipality: Toward reducing situations of isolation and vulnerability // *BMC geriatrics*. – 2020. – Vol. 20. – № 456. – P. 1-12.
- Липич Т.И., Азарина М.С. Социокультурные детерминанты ресоциализации пожилых людей в условиях постсоветской модернизации // *Номотетика: Философия. Социология. Право*. – 2012. – Т. 21. – № 14. – С. 46-53.
- Miranti R., Peng Y. Why social exclusion persists among older people in Australia // *Social Inclusion*. – 2015. – Vol. 3. – № 4. – P. 112-126.
- Mirzakulova G.A., Sarsenova A.B., Rakhipova S.K. Social isolation and self-isolation and digitalization of services during the COVID-19 pandemic: a sociological analysis // *The Journal of Psychology & Sociology*. – 2022. – Vol. 82. – № 3. – P. 150-158.
- Poscia A., Stojanovic J., La Milia D.I., Duplaga M., Grysztar M., Moscato U., Magnavita N. Interventions targeting loneliness and social isolation among the older people: An update systematic review // *Experimental gerontology*. – 2018. – Vol. 102. – P. 133-144.
- Russell D.W. UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure // *Journal of personality assessment*. – 1996. – Vol. 66. – № 1. – P. 20-40.
- Schnell I., Yoav B. The sociospatial isolation of agents in everyday life spaces as an aspect of segregation // *Annals of the Association of American Geographers*. – 2001. – Vol. 91. – № 4. – P. 622-636.
- Spoor M. Multidimensional Social Exclusion and the 'Rural-Urban Divide' in Eastern Europe and Central Asia // *Sociologia ruralis*. – 2013. – Vol. 53. – № 2. – P. 139-157.
- Stickley A., Koyanagi A., Roberts B., Richardson E., Abbott P., Tumanov S., McKee M. Loneliness its correlates and association with health behaviours and outcomes in nine countries of the former Soviet Union // *PLoS one*. – 2013. – Vol. 8. – № 7. <https://doi.org/10.1371/journal.pone.0067978>
- Weldrick R., Grenier A. Social isolation in later life: Extending the conversation // *Canadian Journal on Aging/La revue canadienne du vieillissement*. – 2018. – Vol. 37. – № 1. – P. 76-83.
- Yanguas J., Pinazo-Henandis S., Tarazona-Santabalbina F.J. The complexity of loneliness // *Acta Biomed*. – 2018. – Vol. 89. – № 2. – P. 302-314.

Information about author:

Mirzakulova Gulnur – teacher-lecturer of the educational program of social and humanitarian direction Zhetysu University named after I. Zhansugurov, Taldykorgan, Kazakhstan, e-mail: mirzakulova.gulnur@mail.ru

Автор туралы мәлімет:

Мирзакулова Гулнур Алтинбековна – әлеуметтік-гуманитарлық бағыт бойынша білім беру бағдарламаларының оқытушы-дәріскері, І. Жансүгіров атындағы Жетісу университеті, Талдықорған, Қазақстан, e-mail: mirzakulova.gulnur@mail.ru

Сведение об авторе:

Мирзакулова Гулнур Алтинбековна – преподаватель-лектор образовательной программы социально-гуманитарного направления, Жетысуский университет им. И. Жансугурова, Талдықорған, Казахстан, e-mail: mirzakulova.gulnur@mail.ru

*Келіп түсті: 16 ақпан 2024 жыл
Қабылданды: 29 тамыз 2024 жыл*