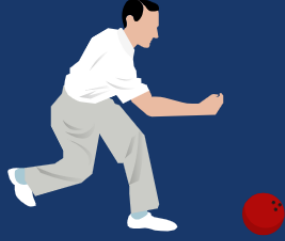




# *Utsatthet, helse og seksualitet*

Tilmann von Soest  
PROMENTA Forskningscenter  
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# Bowling Alone

Author  
**Robert D. Putnam**

Year Published  
**2000**

Original Language  
**English**



## MAIN IDEAS

### How Do We Regain Social Connection?

Between 1975 and 2000, declines in civic, political, religious, and personal connections amongst Americans resulted in major political and social problems. This book explains why readers should care and suggests that further research is needed to encourage social engagement.



#### Social Capital

Until the 1970s, Americans spent most of their time engaging with other people.

#### Power of Information Technology

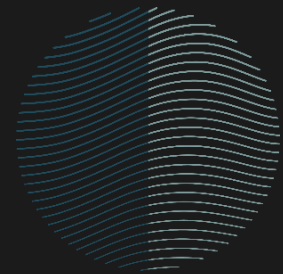
By 2000, Americans were socially disengaged and isolated from their communities.

#### The Past Points the Way Forward

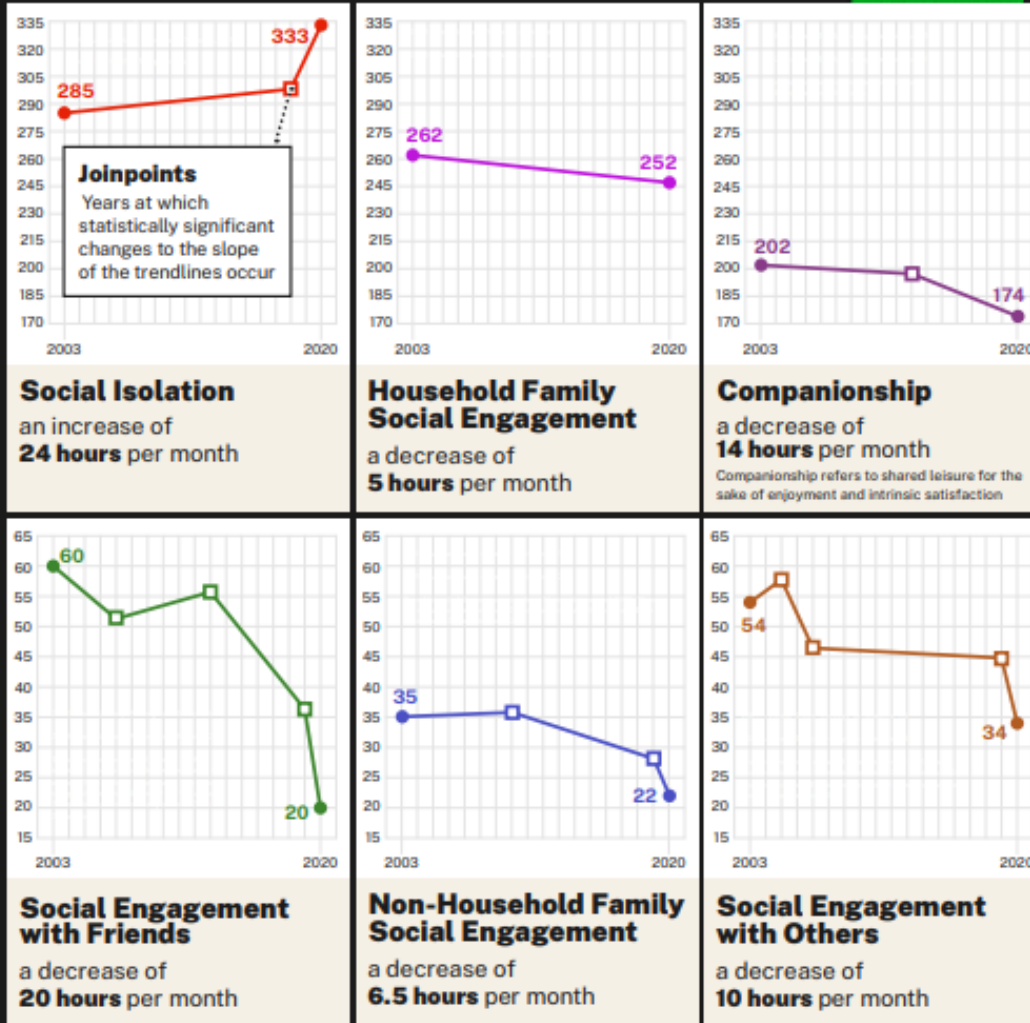
Americans must work to rebuild social capital for the 21st century.

# National Trends for Social Connection

From 2003 to 2020, time spent alone increased, while time spent on in-person social engagement decreased.



ANNUAL DAILY AVERAGE IN MINUTES



YEAR

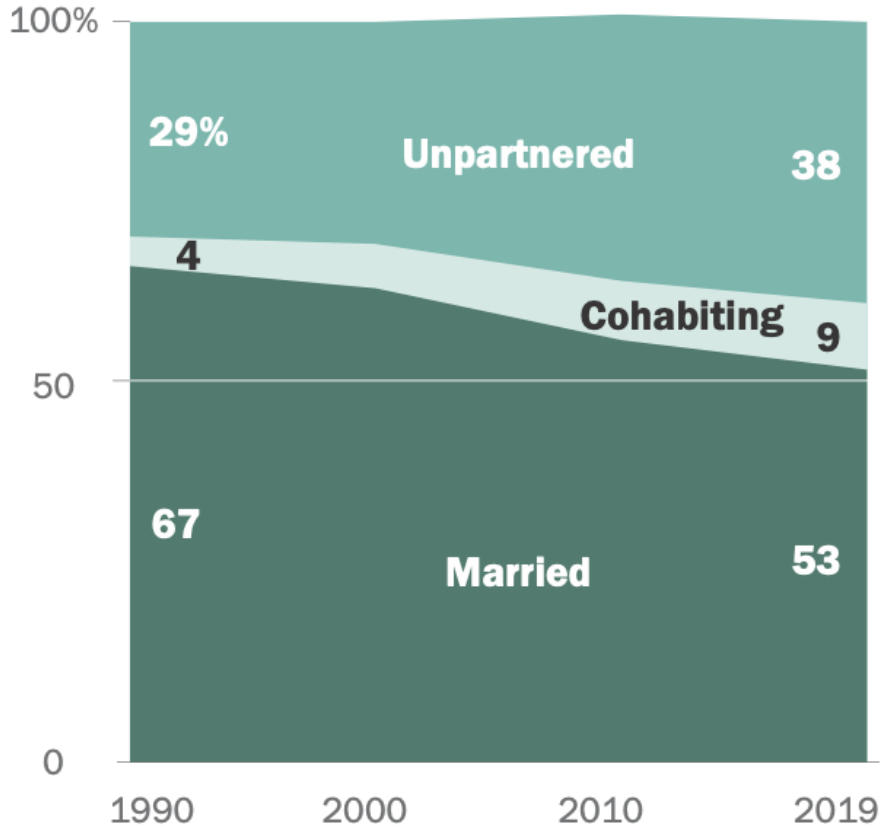
Source: Adapted from Vijj Diane Kannan, Peter J. Veazie, US Trends in Social Isolation, Social Engagement, and Companionship: Nationally and by Age, Sex, Race/Ethnicity, Family Income, and Work Hours, 2003–2020. *SSM - Population Health*, 21, SSM - Population Health, Volume 21, 2023. The joinpoints are visual approximations.

Kannan, V. D., & Veazie, P. J. (2023). US trends in social isolation, social engagement, and companionship – nationally and by age, sex, race/ethnicity, family income, and work hours, 2003–2020. *SSM - Population Health*, 21, 101331. <https://doi.org/10.1016/j.ssmph.2022.101331>



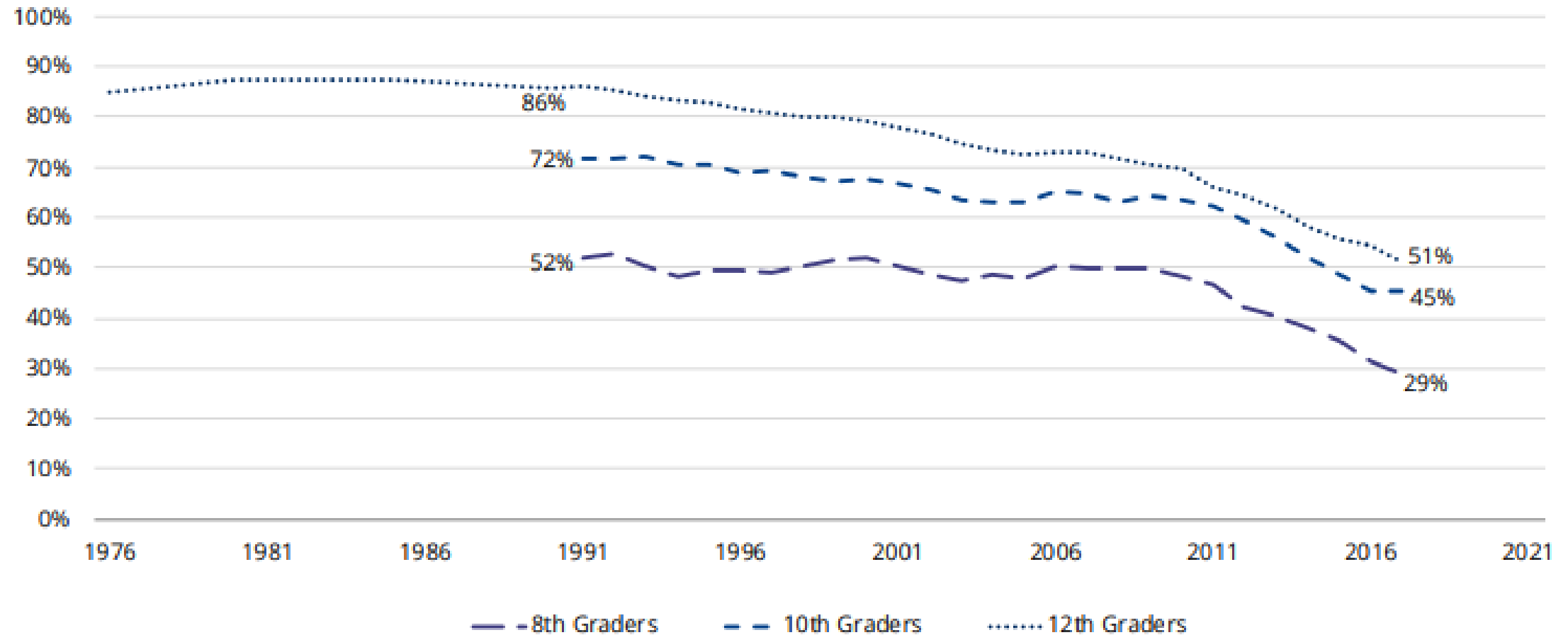
# A rising share of U.S. adults are living without a spouse or partner

% of population ages 25 to 54 who are ...

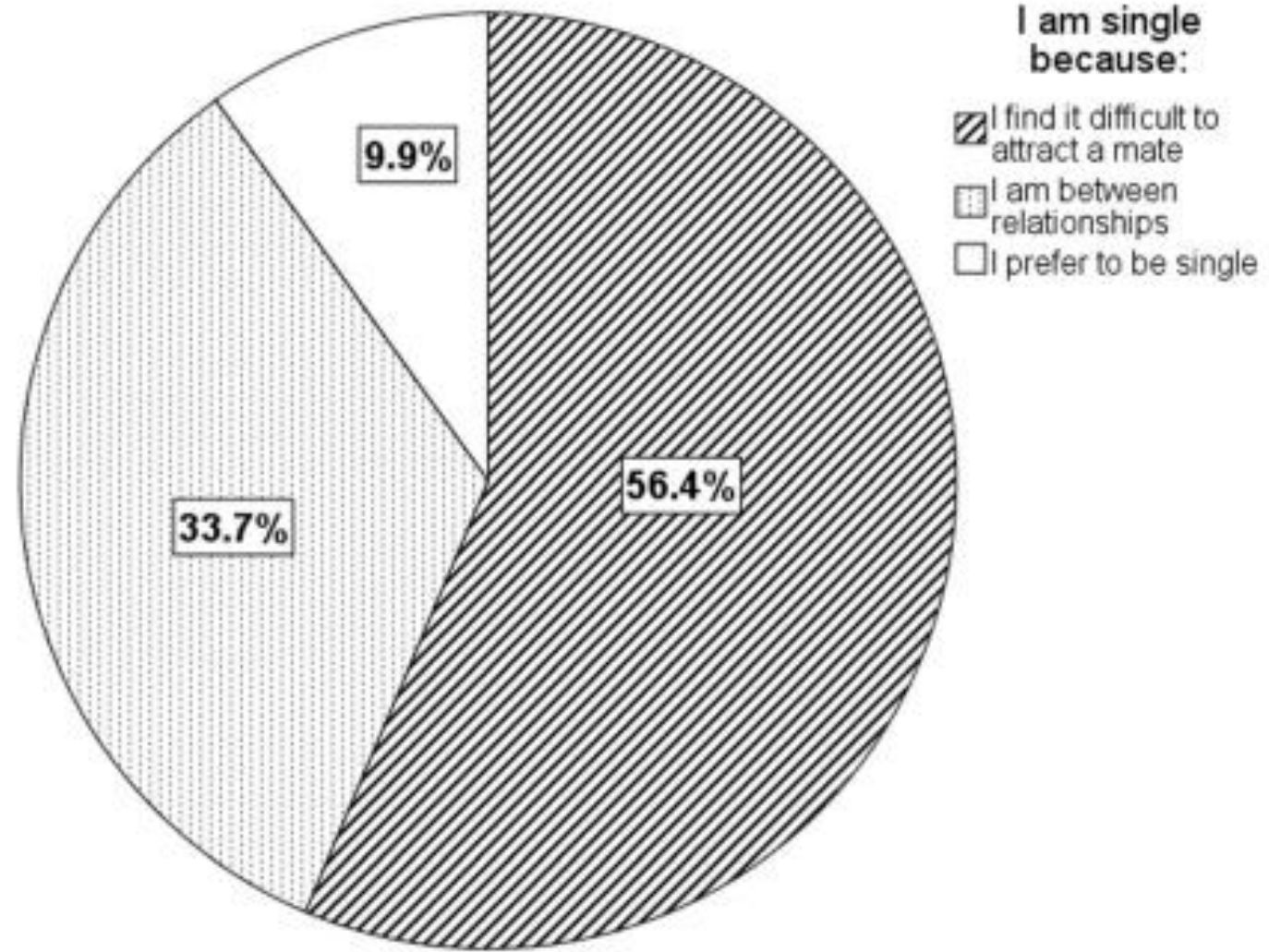


Note: Unpartnered adults are those who are neither married nor living with an unmarried partner.  
Source: Pew Research Center analysis of 1990 and 2000 decennial census and 2010 and 2019 American Community Survey (IPUMS).  
"Rising Share of U.S. Adults Are Living Without a Spouse or Partner"

**Figure 1. Percent of Teens who Report Dating, 1976–2017**

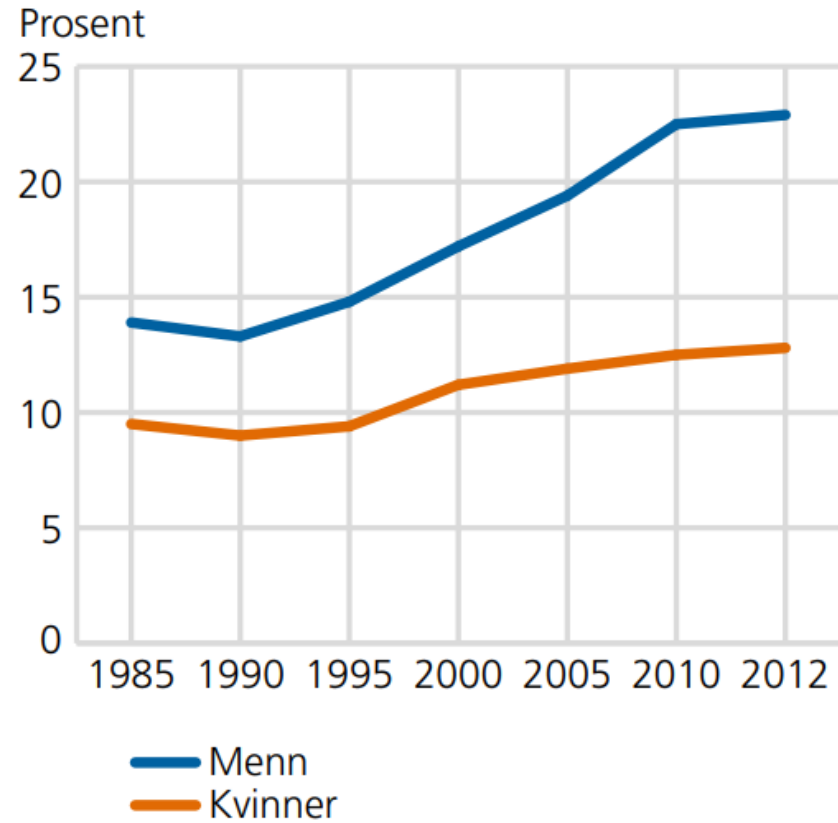


Adapted from: Monitoring the Future: A Continuing Study of American Youth, 1976–2017; data obtained from Child Trends (2018): [www.childtrends.org/indicators/dating](http://www.childtrends.org/indicators/dating).



Figur 1. **Andel barnløse menn og kvinner i Norge. 45 år. 1985-2012**

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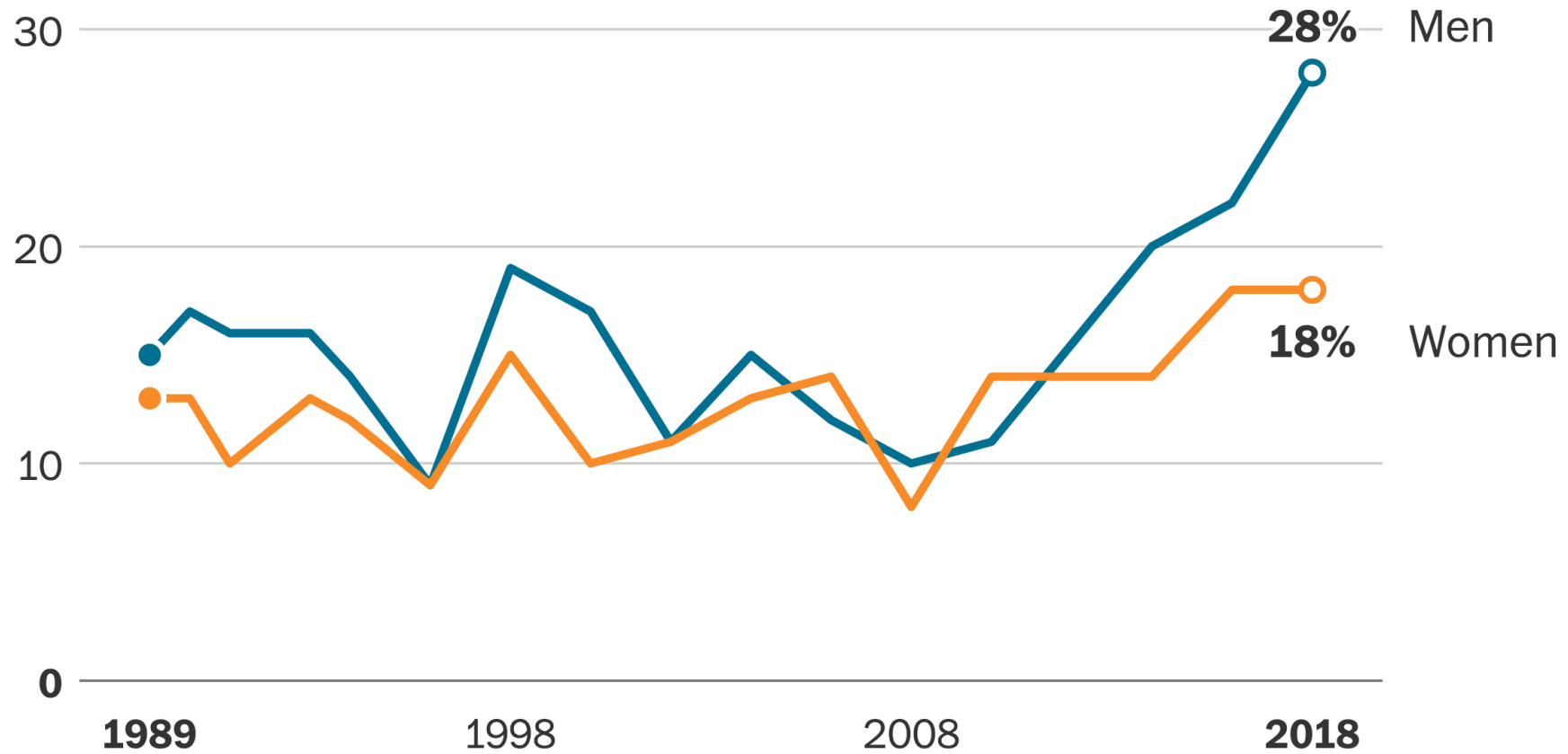
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Kilde: Befolkningsstatistikk, Fødte, Statistisk sentralbyrå.



# Young men driving the decline in sex

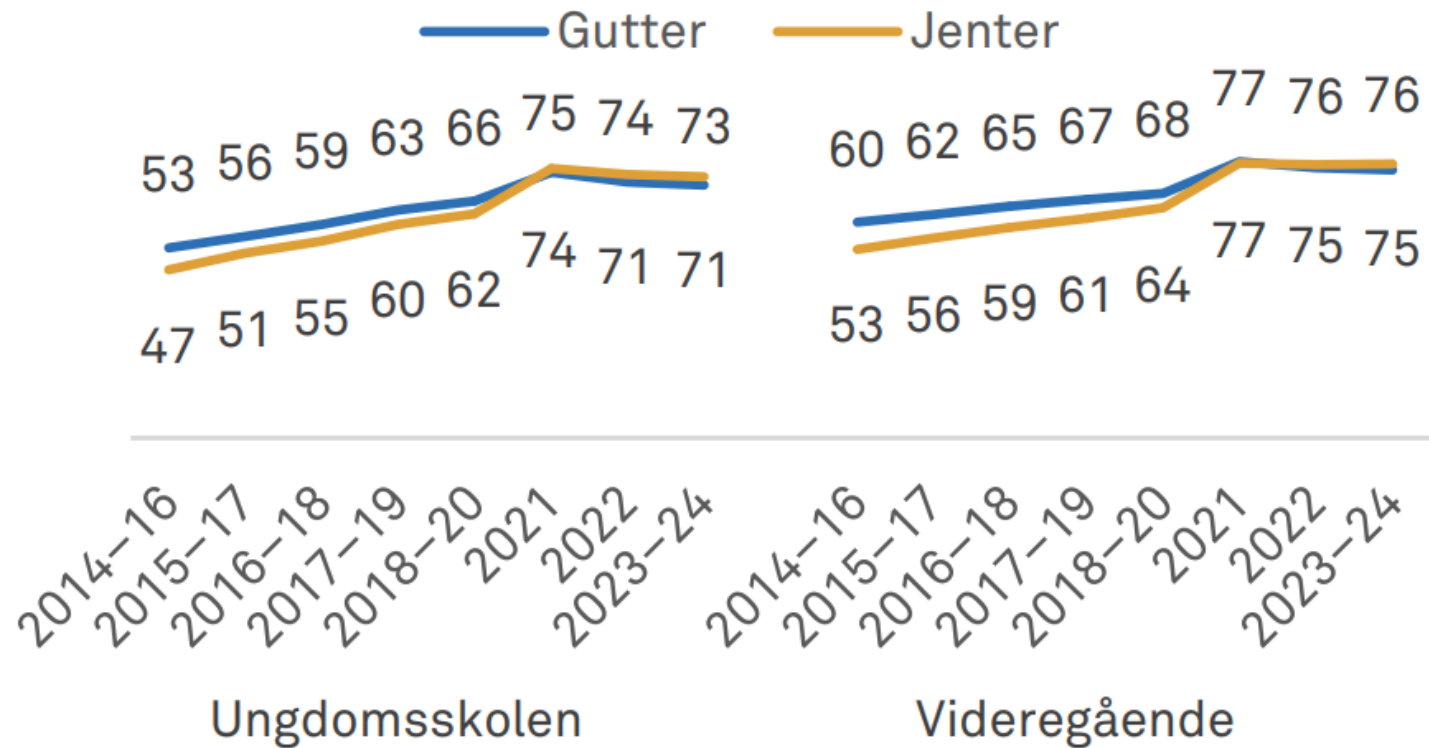
Share of men and women between ages 18 and 30 reporting no sex in the past year



Source: General Social Survey

THE WASHINGTON POST

## Prosentandel som bruker minst tre timer daglig foran en skjerm. Utvikling over tid – etter kjønn og skoleslag

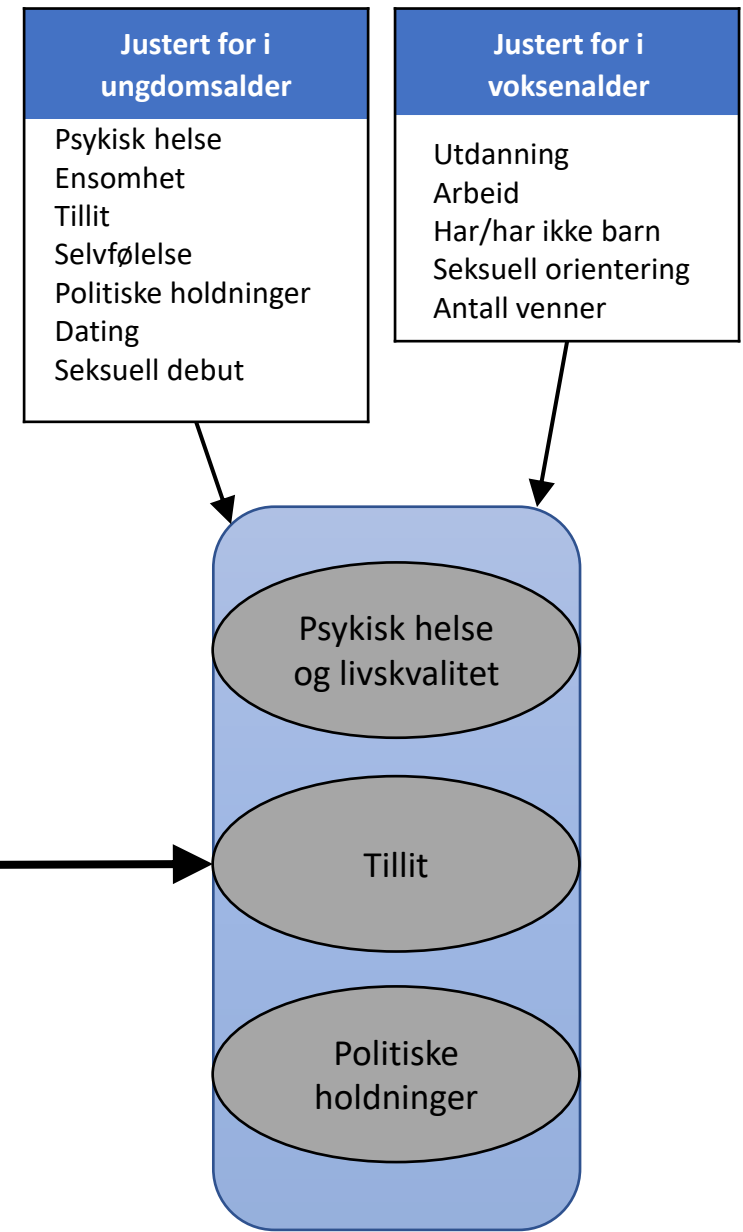
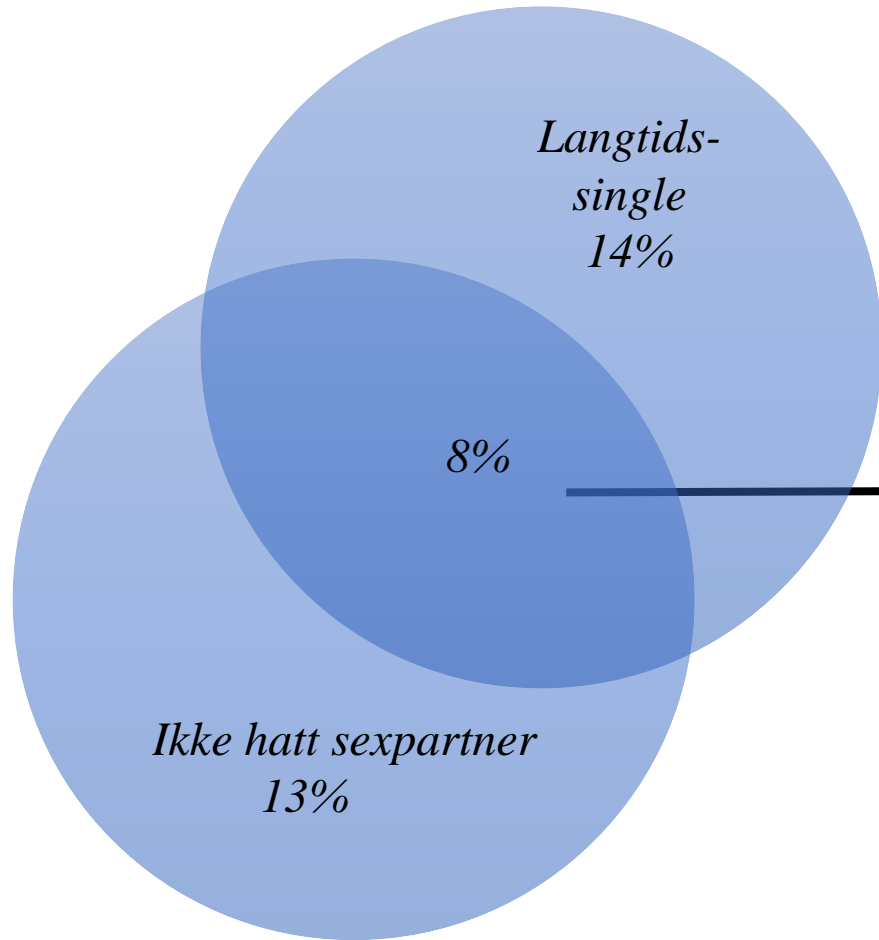


**Did you know? Loneliness and isolation  
can be as harmful to a person's health  
as smoking 15 cigarettes a day.**

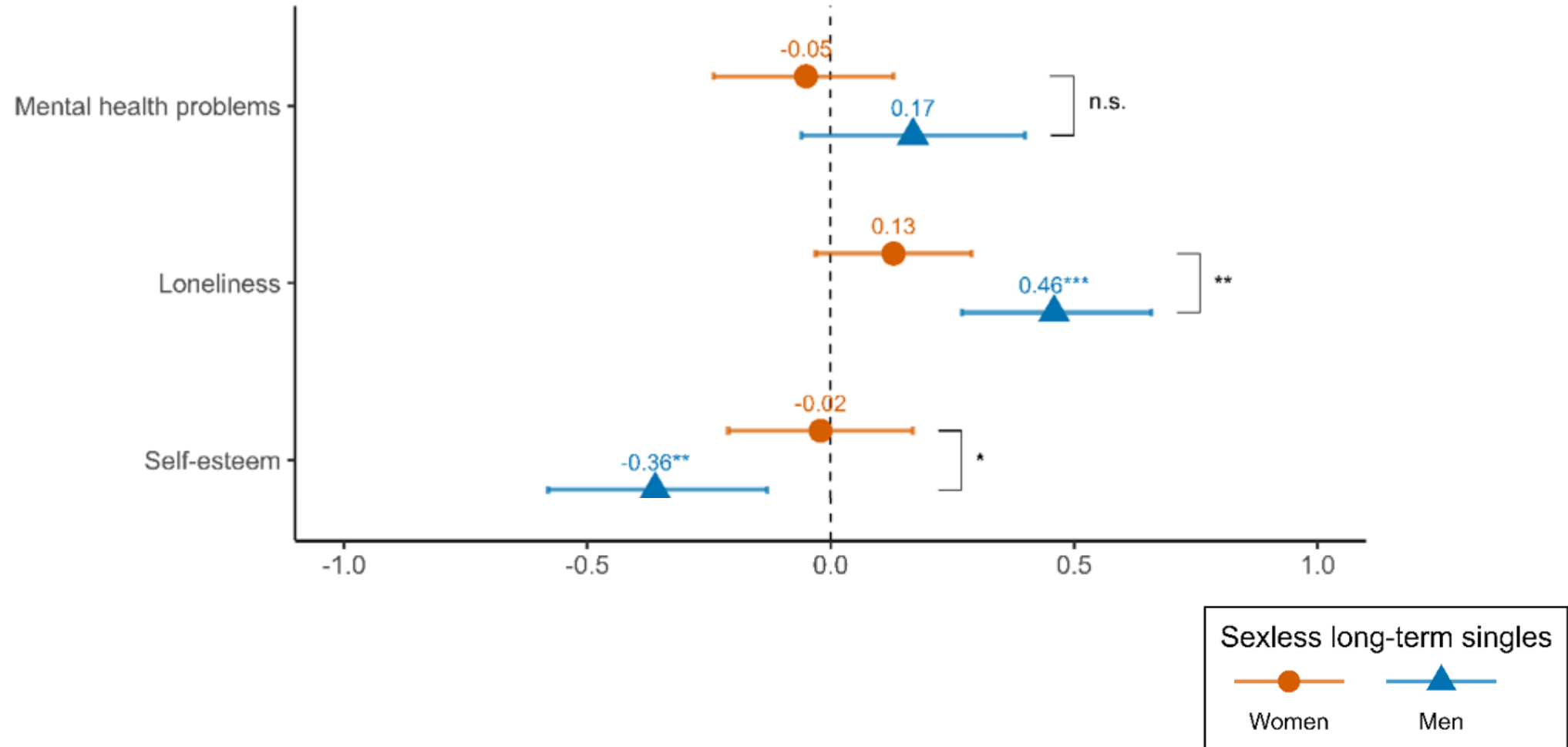


**Help us tackle loneliness.  
#SilverWeek2019**

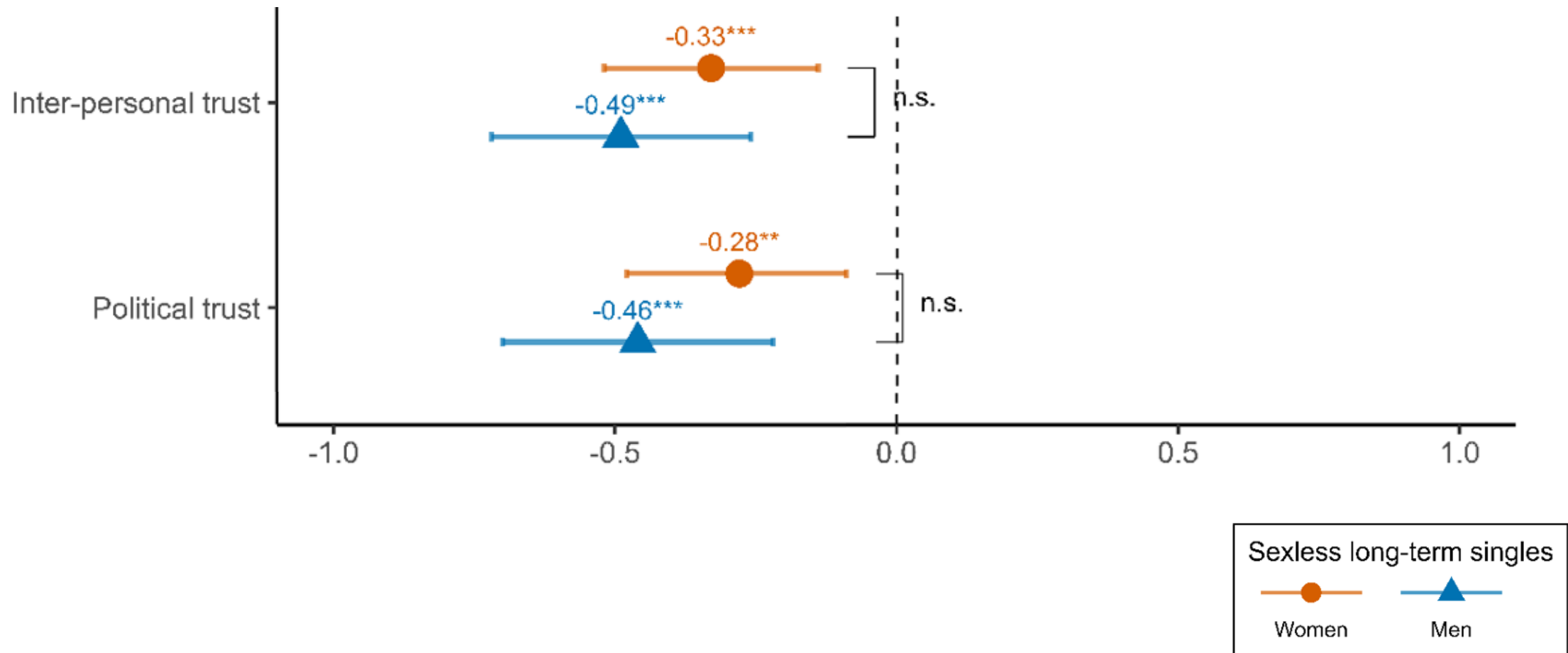
**The Silver Line**  
helpline for older people



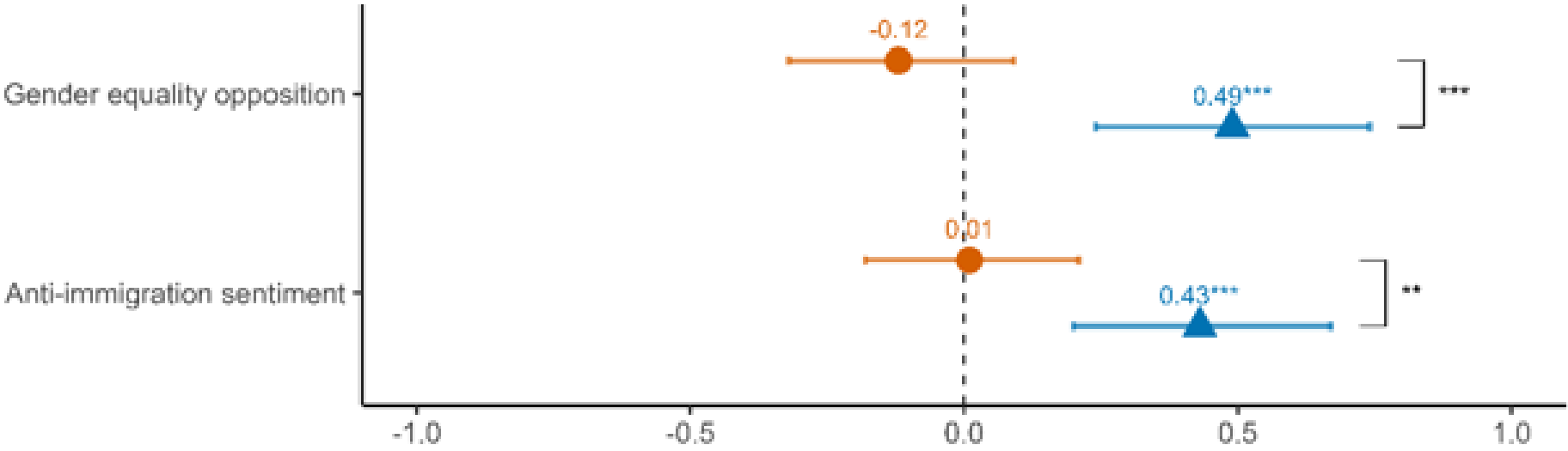
# Psykisk helse



# Tillit



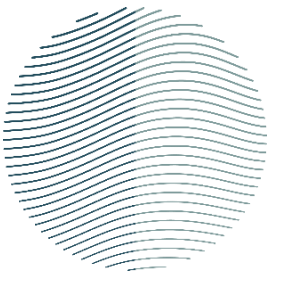
# Holdninger



Sexless long-term singles

Women

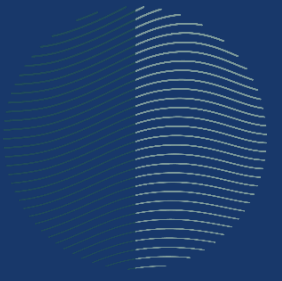
Men



# Oppsummering

- Både menn og kvinner som ikke har partner og ikke har sex har mindre tillit til både andre mennesker og politiske institusjoner.
- Menn som ikke har partner og ikke har sex viser seg å være mer utsatt enn kvinner for redusert livskvalitet og mer negative holdninger til innvandring og likestilling.
- Viktigheten av å motvirke utenforskap og å skape gode sosiale møteplasser.





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