

# Mental Loneliness is a Massive Problem for People

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Mental health in our current society is a problem of loneliness. In our times, when you do not have emotional support, you can fall into a mental crisis. We could solve this situation. However, your thoughts and emotions will be working simultaneously. We have to overcome these state of affairs, alone or accompanied.

Currently, one's emotional condition is essential. We may be going through a difficult circumstance. So, we may want to share the unavoidable problem with a friend or other emotional support. However, your mind may want a solution to each problem, and loneliness can make the situation more arduous if you cannot find that emotional support.

Equally, mental problems are attenuated in our life. We are hoping to achieve something, solve personal problems, or try to do our best. Therefore, it could be hard work. We will get frustration, and we will want to abandon the problem because we cannot solve it. You will think of each moment, and your condition may only get worse. For this reason, you have to learn about yourself. If you are alone, you must learn how to control your feelings. In addition, if you have emotional support, it is a fortress in your life.

Briefly, if you are alone, you could solve these situations. There are a lot of problems in our life. Loneliness is a test that we have to develop for ourselves; you can confront it. Despite that, staying at home has been a supportive situation. If I learn how to solve it, for my mind can be healthy, and this is a common case in my environment. I consider that you must try to support your friends and family. Loneliness and mental health are situations that we will solve together.

