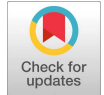




# Loneliness and Seclusion: Disheartening Conditions for Individuals

Radhika Kapur



**Abstract:** *Individuals of all ages, communities, and socio-economic backgrounds experience loneliness and seclusion at some point in their lives. In some cases, these are suitable and relieving for individuals, but in other cases, they are chronic and distressing. These affect the physical and psychological health of individuals. Individuals need to expand their knowledge of techniques that help eliminate loneliness and seclusion. These need to be prevented from impeding the up-gradation of overall personality traits and standards of living. The individuals need to implement effective communication processes with family and community members. Furthermore, they need to lead to the up-gradation of technical skills. The technologies are utilised extensively to reinforce contacts through verbal and written communication. The individuals will be successful in their personal lives, in pursuing educational programs at institutions at all levels, and in performing job duties and responsibilities across all types of employment settings when they establish linkages. Even when various job duties and responsibilities are carried out individually, effective communication with family and community members is essential to doing well. As a consequence, individuals will not feel overwhelmed by loneliness and seclusion. Therefore, it is understood that loneliness and seclusion are disheartening conditions for individuals. The main concepts considered in this research paper are: the elimination of loneliness and seclusion is essential for promoting individuals' well-being; measures to eliminate loneliness and seclusion; and the advantages of eliminating loneliness and seclusion.*

**Keywords:** *Communication Processes, Eliminating, Individuals, Information, Loneliness, Seclusion, Techniques, Well-Being*

## I. INTRODUCTION

The individuals differ from one another in several factors, including castes, creeds, races, age groups, genders, religions, ethnicities, cultures, educational qualifications, occupations, communities, and socio-economic backgrounds. Despite these differences, the individuals share the common goal of improving their overall quality of life. At some point, individuals become overwhelmed by loneliness and seclusion. These are regarded as chronic and distressing conditions that can lead to several disadvantages for individuals. The health conditions of individuals are affected from both physical and psychological perspectives. Furthermore, they remain unaware of various subjects and

factors that are regarded as essential for the up-gradation of overall personality traits and standards of living (Babauta, n.d.) [1]. Hence, loneliness and seclusion are considered unfavorable for individuals overall. At some point, these are worthwhile, i.e., when individuals are angry. Therefore, throughout their lives, individuals need to expand their knowledge of factors that can help them alleviate loneliness and seclusion.

From early childhood through adulthood, individuals need to be well-informed about effective communication processes. These facilitate the augmentation of information across various subjects and concepts, the exchange of different types of ideas and viewpoints, the obtaining of answers to various types of overwhelming questions, and the clarification of doubts across various subjects and concepts. Furthermore, individuals need to augment information in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; building trust and understanding; reinforcing the traits of proficiency and adeptness; depicting the traits of helpfulness and cooperation; and possessing an approachable nature and an amiable attitude. Furthermore, communication processes need to take place with normal mindsets. Individuals need to exercise control over psychological problems such as anger and frustration (Interpersonal Skills, 2020) [5]. Therefore, implementing effective communication processes is key to forming an effective social circle comprising family and community members. Furthermore, loneliness and seclusion will be eliminated.

### A. Eliminating Loneliness and Seclusion is Essential in Promoting the Well-being of Individuals

The individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds experience problems in terms of various factors, i.e. job duties, responsibilities, methodologies, procedures, techniques, approaches, work pressure, lack of implementation of time-management skills, lack of analytical, critical-thinking and problem-solving skills, lack of infrastructure, amenities and facilities, unawareness in terms of various subjects and factors and so forth. The occurrence of various problems is considered an impediment to the implementation of job duties and responsibilities. The individuals need to provide solutions to these. The solutions are provided on an individual basis or through obtaining help and support from others. Hence, it is of utmost importance for individuals to demonstrate helpfulness and cooperation. These are the traits that facilitate the formation of pleasant terms and relationships with other individuals. Furthermore, individuals acquire appreciation and reverence.

The acknowledgement and practice of helpfulness and cooperation will enable individuals

Manuscript received on 20 May 2026 | First Revised Manuscript received on 01 June 2026 | Second Revised Manuscript received on 08 June 2026 | Manuscript Accepted on 15 June 2026 | Manuscript published on 30 June 2026.

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to eliminate loneliness and isolation. When individuals are helpful and cooperative, they will make an important contribution to strengthening relationships with others. One important aspect to take into account is that, as a consequence of depicting these traits, individuals will acquire them. As a result, family and community members take pleasure in implementing effective communication processes with helpful, cooperative individuals. In this manner, individuals will establish their linkages. Furthermore, they will render an important contribution in eliminating loneliness and seclusion. During early childhood, family members at home and educators in schools impart information to individuals about the meaning and significance of these traits. Therefore, it is understood that eliminating loneliness and seclusion is essential for promoting individuals' well-being, as they foster helpfulness and co-operation.

From early childhood through adulthood, individuals need to possess an approachable nature and an amiable attitude. The traits of approachability and amiability need to be reinforced by individuals in their personal lives, in pursuit of educational programs at all levels, and in all types of employment settings. In some cases, individuals may be so occupied with their job duties and responsibilities that they do not have time to listen to others' concerns. In such cases, the decline needs to be made politely. Individuals need to ensure that others are not offended. The traits of approachability and amiability are regarded as key to forming an effective social circle, both within and outside the home. Hence, it is of utmost significance for individuals across all occupations, communities, and socio-economic backgrounds to acknowledge and cultivate the traits of approachability and amiability. These are the traits that facilitate the formation of sociable terms and relationships with other individuals. Furthermore, individuals acquire appreciation and reverence.

The acknowledgement and cultivation of approachability and amiability will enable individuals to eliminate loneliness and seclusion. One important aspect to take into account is that, as a consequence of depicting these traits, individuals will acquire them. As a result, family and community members take pleasure in engaging in effective communication with approachable, amiable individuals. In this manner, individuals will establish their linkages. Furthermore, they will render an important contribution in eliminating loneliness and seclusion. During the early childhood stage, family members at home and educators in schools impart information to individuals about the meaning and significance of these traits. Furthermore, the up-gradation of listening skills will enable individuals to recognise and apply these traits. Therefore, it is well understood that eliminating loneliness and seclusion is essential for promoting the well-being of individuals with an approachable nature and an amiable attitude.

Individuals from all occupations, communities, and socio-economic backgrounds contribute to the up-gradation of technical skills. These are the skills that facilitate the use of various technologies, including computers, laptops, iPads, scanners, printers, photocopiers, audiovisual aids, projectors, smartphones, and the internet. The internet is regarded as one of the most prominent sources used on a comprehensive basis. The internet is used to augment information and understanding across various subjects and topics.

Furthermore, individuals will be able to obtain answers to a range of questions and clarify their doubts across subjects and concepts. Individuals communicate with others by using technology. The communication takes place verbally, through face-to-face, video calls, or phone calls. On the other hand, communication takes place in a written form through exchanging messages and emails. Social media, such as Instagram, is also used extensively to establish connections.

In some cases, individuals do not feel comfortable when using technology. Getting engaged in regular practice is regarded as the key to the up-gradation of technical skills. As a consequence, individuals will lead to an up-gradation of confidence levels and overcome the feelings of apprehensiveness and vulnerability. In this manner, individuals will contribute effectively to honing technical skills. Hence, making use of technologies and the internet is regarded as one of the essential aspects in reinforcing contacts. In family and community settings, communication occurs through technology. The individuals communicate with each other on a comprehensive basis through video calls or messages. As a consequence, they will render an important contribution to eliminating loneliness and seclusion. Therefore, it can be stated that eliminating loneliness and seclusion is essential for promoting individuals' well-being, as they lead to the up-gradation of technical skills.

### B. Measures to be Put into Practice in Eliminating Loneliness and Seclusion

Individuals of all ages, genders, occupations, communities, and socio-economic backgrounds, at some point in time, get overwhelmed by loneliness and seclusion. These are considered disadvantageous to individuals overall. The health conditions of individuals are affected from both physical and psychological perspectives. Furthermore, they remain unaware of various subjects and factors. Throughout their lives, individuals need to ensure that loneliness and seclusion do not have detrimental effects on their personality traits and quality of life (Benefits of Helping Others to Help Your Own Self, 2018) [2].

Individuals need to expand their knowledge of measures considered vital to eliminating loneliness and seclusion. All types of measures must be implemented in a well-ordered, regimented manner. Furthermore, positivity needs to be reinforced in all types of measures. One important aspect to take into account is that these need to facilitate the promotion of individuals' well-being and goodwill. The information, in terms of measures, is acquired by implementing effective communication processes with family and community members, being well-informed about job duties and methodologies, and conducting research by utilising various sources and experience. The up-gradation of listening skills, motivation, and concentration levels is regarded as the key to being well-informed in terms of these measures. Therefore, measures to be put into practice in eliminating loneliness and seclusion are stated as follows:

### C. Implementing Effective Communication Processes

From early childhood through adulthood, individuals need to be well-informed about effective communication processes. These facilitate the augmentation of information across various subjects and



concepts, the exchange of different types of ideas and viewpoints, the obtaining of answers to various types of overwhelming questions, and the clarification of doubts across various subjects and concepts. Furthermore, individuals need to augment information in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; building trust and understanding; reinforcing the traits of proficiency and adeptness; depicting the traits of helpfulness and co-operation; and possessing an approachable nature and an amiable attitude. Furthermore, communication processes need to take place with calm, composed mindsets.

Individuals need to exercise control over psychological problems such as anger and frustration when communicating with others in their personal lives, at educational institutions of all levels, and in all types of workplaces. Communication takes place verbally, through face-to-face interactions, video calls, or phone calls. On the other hand, communication takes place in a written form through exchanging messages and emails. Furthermore, information is conveyed through letters and notices. Hence, implementing effective communication processes is key to forming an effective social circle comprising family and community members. Furthermore, loneliness and seclusion will be eliminated. Therefore, implementing effective communication processes is regarded as an indispensable measure to eliminate loneliness and seclusion.

#### **D. Forming Cordial and Amiable Terms and Relationships with others**

In eliminating loneliness and seclusion, forming cordial, amiable terms and relationships with family and community members is regarded as of utmost importance. This is regarded as the key aspect in eliminating loneliness and seclusion and reinforcing contacts. For this purpose, individuals need to augment information in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; building trust and understanding; reinforcing the traits of efficiency, honesty and truthfulness; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. Furthermore, communication processes need to take place with calm, composed mindsets. Individuals need to exercise control over negative feelings of anger and frustration when communicating with others in their personal lives, at educational institutions of all levels, and in all types of workplaces. Furthermore, these are to be prevented from impeding the formation of cordial and amiable terms and relationships with family and community members.

It is understood that individuals will be well informed about techniques for establishing cordial, amiable terms and relationships with others. As a result, individuals will make an important contribution to forming an effective social circle comprising family and community members. Furthermore, loneliness and seclusion will be eliminated. Therefore, forming cordial, amiable relationships with others is a significant step toward eliminating loneliness and isolation.

## **II. DEPICTING THE TRAITS OF HELPFULNESS AND CO-OPERATION**

Individuals across all age groups, occupations, communities, and socio-economic backgrounds experience problems related to various factors, i.e., job duties, responsibilities, and methodologies. procedures, techniques, approaches, work pressure, lack of implementation of time-management skills, lack of analytical, critical-thinking, and problem-solving skills, lack of infrastructure, amenities, and facilities, unawareness of various subjects and factors, and so forth. The solutions are provided on an individual basis or through obtaining help and support from others. Hence, it is indispensable for individuals to demonstrate helpfulness and co-operation. These are the traits that facilitate the formation of sociable terms and relationships with other individuals in personal and professional life. Furthermore, individuals acquire appreciation and reverence.

The acknowledgement and practice of helpfulness and co-operation will enable individuals to eliminate loneliness and isolation. When individuals are helpful and cooperative, they will make an important contribution to strengthening relationships with others. One important aspect to take into account is that, as a consequence of depicting these traits, individuals will acquire them. As a result, family and community members take pleasure in implementing effective communication processes with helpful, cooperative individuals. In this manner, individuals will establish connections and eliminate loneliness and isolation. Hence, acknowledging and implementing these traits in personal and professional lives is meaningful on a comprehensive basis. Therefore, fostering the traits of helpfulness and co-operation is an essential measure to eliminate loneliness and seclusion.

#### **A. Possessing an Approachable Nature and an Amiable Attitude**

Throughout their lives, individuals need to possess an approachable nature and an amiable attitude in both their personal and professional lives. In some cases, individuals may be so occupied with their job duties and responsibilities that they do not have time to listen to others' concerns. In such cases, the decline needs to be made politely. The individuals need to ensure that others do not feel slighted. The traits of approachability and amiability are regarded as key to forming an effective social circle, both within and outside the home. Hence, it is of utmost significance for individuals across all occupations, communities, and socio-economic backgrounds to acknowledge and cultivate the traits of approachability and amiability. These are the traits that facilitate the formation of sociable terms and relationships with other individuals. Furthermore, individuals acquire appreciation and reverence.

The acknowledgement and cultivation of approachability and amiability will enable individuals to eliminate loneliness and seclusion. One important aspect to take into account is that, as a consequence of depicting these traits, individuals will acquire them. As a result, family and community members take pleasure in engaging in effective communication with approachable, amiable individuals. In this manner, individuals will establish their linkages. Furthermore, they will render an important contribution in eliminating loneliness and

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seclusion. Therefore, possessing an approachable nature and an amiable attitude is an expedient means of eliminating loneliness and seclusion.

### B. Leading to Up-gradation of Technical Skills

Individuals from all occupations, communities, and socio-economic backgrounds contribute to the up-gradation of technical skills. These are the skills that facilitate the use of various technologies, including computers, laptops, iPads, scanners, printers, photocopiers, audiovisual aids, projectors, smartphones, and the internet. The internet is regarded as one of the most prominent sources used on a comprehensive basis. The internet is used to augment information and understanding across various subjects and topics. Furthermore, individuals will be able to obtain answers to a range of questions and clarify their doubts across subjects and concepts. Individuals communicate with others by using technology. The communication takes place verbally, through face-to-face, video calls, or phone calls. On the other hand, communication takes place in a written form through exchanging messages and emails. Social media, i.e., Instagram, is also utilised to establish linkages.

Getting engaged in regular practice is regarded as the key to the up-gradation of technical skills. As a consequence, individuals will increase their confidence and overcome feelings of apprehension and vulnerability. In this manner, individuals will contribute satisfactorily to honing technical skills. Hence, making use of technologies and the internet is regarded as one of the essential aspects in reinforcing contacts. In family and community settings, communication occurs through technology. The individuals communicate with each other largely through video calls or messages. As a consequence, they will render an important contribution to eliminating loneliness and seclusion. Therefore, leading to the up-gradation of technical skills is a renowned measure to be put into practice in eliminating loneliness and seclusion.

### C. Coping with Psychological Problems

The experiencing of psychological problems of anger, stress, anxiety, frustration and depression is regarded as an integral part of the personal and professional lives of individuals. Within homes, in educational institutions of all levels and in all types of employment settings, these take place. Throughout their lives, individuals need to enhance their knowledge of effective coping techniques for these problems. The different techniques are implemented individually or with support from family and community members. Furthermore, psychological problems need to be prevented from hindering progress toward the up-gradation of overall personality traits and standards of living. The individuals prefer to stay in loneliness and seclusion when they are overwhelmed by various types of psychological problems. As a consequence, they either communicate in anger or they do not communicate. They prefer to stay in loneliness and seclusion.

The individuals need to cope with psychological problems appropriately. Furthermore, these are to be prevented from assuming a major form. As a result of adequately coping with these, individuals will experience pleasure and contentment. Furthermore, they will communicate with family and community members politely and respectfully. Furthermore, they will make an important contribution to strengthening

connections and reducing loneliness and isolation (How to Improve your Mental Well-being, 2022) [3]. Therefore, coping with psychological problems is a decisive measure to be put into practice in eliminating loneliness and seclusion.

### D. Promoting Normal Mind-sets

From early childhood through adulthood, individuals need to promote healthy mindsets. Throughout their lives, individuals need to enhance their knowledge of techniques for promoting healthy mindsets. The different techniques are implemented individually or with support from family and community members. The individuals prefer to stay in loneliness and seclusion when they are overwhelmed by stress and anger. As a consequence, they have difficulty promoting normal mindsets.

Individuals need to promote healthy mindsets. The various factors, which are facilitating in carrying out this task are, possession of information in terms of job duties and responsibilities; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; providing solutions to various types of problems; taking out sufficient amount of time for all job duties and responsibilities; augmenting skills and abilities; leading to up-gradation of motivation and concentration levels towards works; possessing the abilities to work under stress; putting in efforts to one's best abilities and carrying out all types of job duties and responsibilities in a well-ordered manner. As a consequence, individuals will experience pleasure and contentment. Furthermore, they will communicate with family and community members politely and respectfully. Furthermore, they will make an important contribution to building connections and reducing loneliness and isolation. Therefore, promoting healthy mindsets is an imperative step toward eliminating loneliness and seclusion.

## III. REINFORCING A CONSTRUCTIVE APPROACH

From early childhood through adulthood, individuals need to reinforce a constructive approach. This approach is facilitating the formation of positive viewpoints regarding various factors and individuals. As a consequence, the mindsets of individuals will be stimulated, and they will lead to up-gradation of motivation and concentration levels towards work. Furthermore, they will do their best to achieve the desired outcomes. As a consequence of reinforcing a constructive approach, individuals will make an important contribution to establishing connections and eliminating loneliness and isolation.

The individuals will develop the view that they can eliminate loneliness and seclusion by communicating effectively with family and community members. While pursuing educational programs at all levels, students need to communicate with their educators, fellow students, and staff members at educational institutions, in addition to focusing on their academic duties and responsibilities. As a consequence, they take pleasure in their work and reinforce their contacts. When students and employees in all types of professional settings communicate with others, it increases motivation and concentration at work. Furthermore, they will incur feelings of pleasure and contentment. One of the major benefits is that individuals do not



have negative feelings toward others. Furthermore, individuals will render an important contribution in eliminating loneliness and seclusion. Therefore, reinforcing a constructive approach is a favourable measure for eliminating loneliness and seclusion.

### A. Forming Positive Viewpoints in Terms of Various Factors and Individuals

From early childhood through adulthood, individuals need to develop positive perspectives on various factors and people. As a consequence, the mindsets of individuals will be stimulated, and they will lead to up-gradation of motivation and concentration levels towards the implementation of job duties and responsibilities. Furthermore, they will do their best to overcome setbacks and achieve their goals. As a consequence of forming positive views of various factors and individuals, individuals will be more likely to seek help when they cannot overcome setbacks on their own. Furthermore, they will help establish connections and eliminate loneliness and isolation.

The individuals will develop the view that they can eliminate loneliness and seclusion by communicating effectively with family and community members. In carrying out job duties and responsibilities across all professional settings, individuals in all positions, apart from concentrating on their duties and responsibilities, need to communicate with others. As a consequence, they take pleasure in their work and reinforce their contacts. When students and employees in all types of professional settings communicate with others, it increases motivation and concentration at work. Furthermore, they will incur feelings of pleasure and contentment. Furthermore, individuals will render an important contribution in eliminating loneliness and seclusion. Therefore, cultivating positive perspectives on various factors and individuals is an effective way to reduce loneliness and isolation.

### B. Obtaining Memberships of Clubs and Other Organizations

To eliminate loneliness and seclusion and to strengthen contacts, individuals join clubs and other organisations. They make visits to clubs and other organisations daily, weekly, or every two weeks, and so forth. Individuals obtain gym memberships when they are keen on exercise. The various tasks and activities undertaken by individuals in clubs and organisations include physical exercise, yoga and meditation, and sports such as tennis, table tennis, badminton, football, volleyball, swimming, billiards, and snooker. In addition to engaging in these activities, individuals communicate with others and form an effective social circle. They reinforce their contacts. When they are playing tennis, table tennis, or badminton, it is generally understood that they need a partner; hence, they need to communicate with others to maintain contact. Furthermore, there will be no room for loneliness or seclusion when individuals join clubs and other organisations.

The individuals engage in these activities to keep themselves occupied and reinforce their contacts. In most cases, when individuals visit these, they are accompanied by their family members. In some cases, family members are not around; in such cases, they put effective communication processes into operation with other members of clubs and

organisations. As a result, they can help reinforce connections and eliminate loneliness and isolation. Therefore, joining clubs and other organisations is a useful way to reduce loneliness and isolation.

### C. Advantages of Eliminating Loneliness and Seclusion

Loneliness and seclusion are regarded as chronic and distressful conditions, which affect the health conditions of individuals from physical and psychological perspectives. Hence, loneliness and seclusion are considered highly unfavorable for individuals. Throughout their lives, individuals need to expand their knowledge through various techniques to reduce loneliness and isolation (Huitt & Dawson, n.d.) [4]. Carrying out this task is considered advantageous for individuals overall. Therefore, the advantages of eliminating loneliness and seclusion are incurring the feelings of pleasure and contentment; promoting the enhancement of career prospects; leading to the up-gradation of overall personality traits and bringing about improvements in one's overall quality of life. These are stated as follows:

### D. Incurring the Feelings of Pleasure and Contentment

In carrying out job duties and responsibilities across all professional settings, individuals in all positions, apart from concentrating on their duties and responsibilities, need to communicate with others. As a consequence, they take pleasure in their work and reinforce their contacts. When students and employees in all types of professional settings communicate with others, it increases motivation and concentration at work. In personal lives as well, communicating with family and community members will enable individuals to hone their enthusiasm. Furthermore, they will experience pleasure and contentment through reinforcing connections and eliminating loneliness and isolation. Therefore, experiencing pleasure and contentment is regarded as one of the indispensable benefits of eliminating loneliness and seclusion.

### E. Promoting Enhancement of Career Prospects

Enhancing career prospects is regarded as one of the major goals of individuals across all occupations, communities, and socio-economic backgrounds. In all professional settings, i.e., educational institutions at all levels and all types of employment, when individuals are determined to achieve this goal, they need to implement effective communication processes with other members. As a consequence, individuals will expand their knowledge across various subjects and concepts, exchange diverse ideas and viewpoints, obtain answers to a range of pressing questions, and clarify their doubts. These are essential to being successful in one's work. Hence, career prospects will be enhanced when individuals strengthen their connections and reduce loneliness and isolation. Therefore, enhancing career prospects is one of the significant advantages of eliminating loneliness and seclusion.

### F. Leading to the up-Gradation of Overall Personality Traits

Leading to up-gradation of overall personality traits is regarded as one of the major

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goals of individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds. As a consequence of establishing connections and eliminating loneliness and isolation, individuals will gain more information about factors that facilitate achieving this goal. The different factors are: diet and nutrition; exercise and physical activity; yoga and meditation; treating health problems and illnesses; maintaining cleanliness; performing well in one's job duties and responsibilities; promoting career prospects; enhancing various skills and abilities; having a pleasant personality and dressing neatly. All these factors must be implemented in a well-ordered and satisfactory manner. Therefore, leading to the up-gradation of overall personality traits is an eminent advantage of eliminating loneliness and seclusion.

### G. Bringing About Improvements in One's Overall Quality of Lives

Individuals from all age groups, occupations, communities, and socio-economic backgrounds have one of their major goals: improving their overall quality of life. As a consequence of establishing connections and eliminating loneliness and isolation, individuals will gain more information about factors that facilitate achieving this goal. The factors include education, careers, employment opportunities, family, relationships, settlement, assets, property, resources, travelling, health, well-being, and overall personality traits. All these factors must be implemented in a well-ordered and satisfactory manner to achieve this goal. Therefore, improving one's overall quality of life is an immediate benefit of eliminating loneliness and seclusion.

### IV. CONCLUSION

Individuals across all age groups, occupations, communities, and socio-economic backgrounds, at some point in time, get overwhelmed by loneliness and seclusion. Eliminating loneliness and seclusion is essential to promoting individuals' well-being. Furthermore, information needs to be augmented with measures to eliminate loneliness and seclusion. In addition, one needs to be well-informed about the advantages of carrying out this task. Finally, it can be stated that individuals will lead to the up-gradation of their overall personality traits when they are not overwhelmed by loneliness and seclusion.

### DECLARATION STATEMENT

I must verify the accuracy of the following information as the article's author.

- **Conflicts of Interest/ Competing Interests:** Based on my understanding, this article has no conflicts of interest.
- **Funding Support:** This article has not been funded by any organizations or agencies. This independence ensures that the research is conducted objectively and free from external influence.
- **Ethical Approval and Consent to Participate:** The content of this article does not necessitate ethical approval or consent to participate with supporting documentation.

- **Data Access Statement and Material Availability:** The adequate resources of this article are publicly accessible.
- **Author's Contributions:** The authorship of this article is contributed solely by the author.

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