

Between Structure and Perceived Status

Social Exclusion, Social Isolation, and Loneliness among Young People in Luxembourg

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Research question

How are social exclusion, social isolation, and loneliness interconnected?

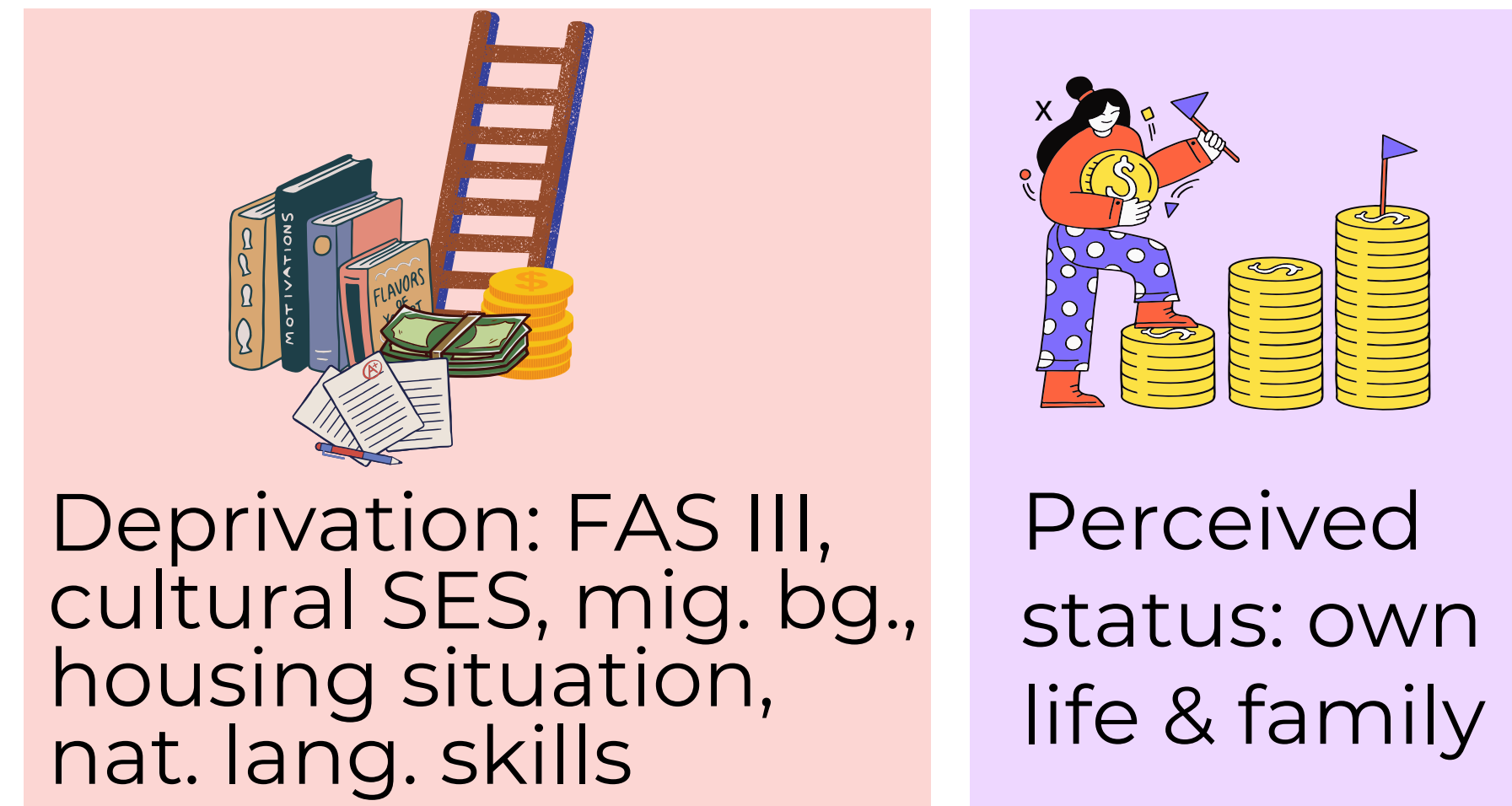
Data & Method

- Youth Survey Luxembourg (2024)
- Final sample n = 1988
- Age: 12-29
- OLS regression with robust SE

Social Exclusion

Structural barriers limit social participation (Huisman & van Tilburg, 2021)

Evidence links exclusion to loneliness (Fakoya et al., 2020)



Deprivation increases loneliness.
Perceives low status increases loneliness.

Social Isolation

Objective lack of social contact (Huisman & van Tilburg, 2021)

Social isolation strongly predicts loneliness (Cornwell & Waite, 2009; Barjaková et al., 2023)



Isolated individuals report more loneliness.

Loneliness

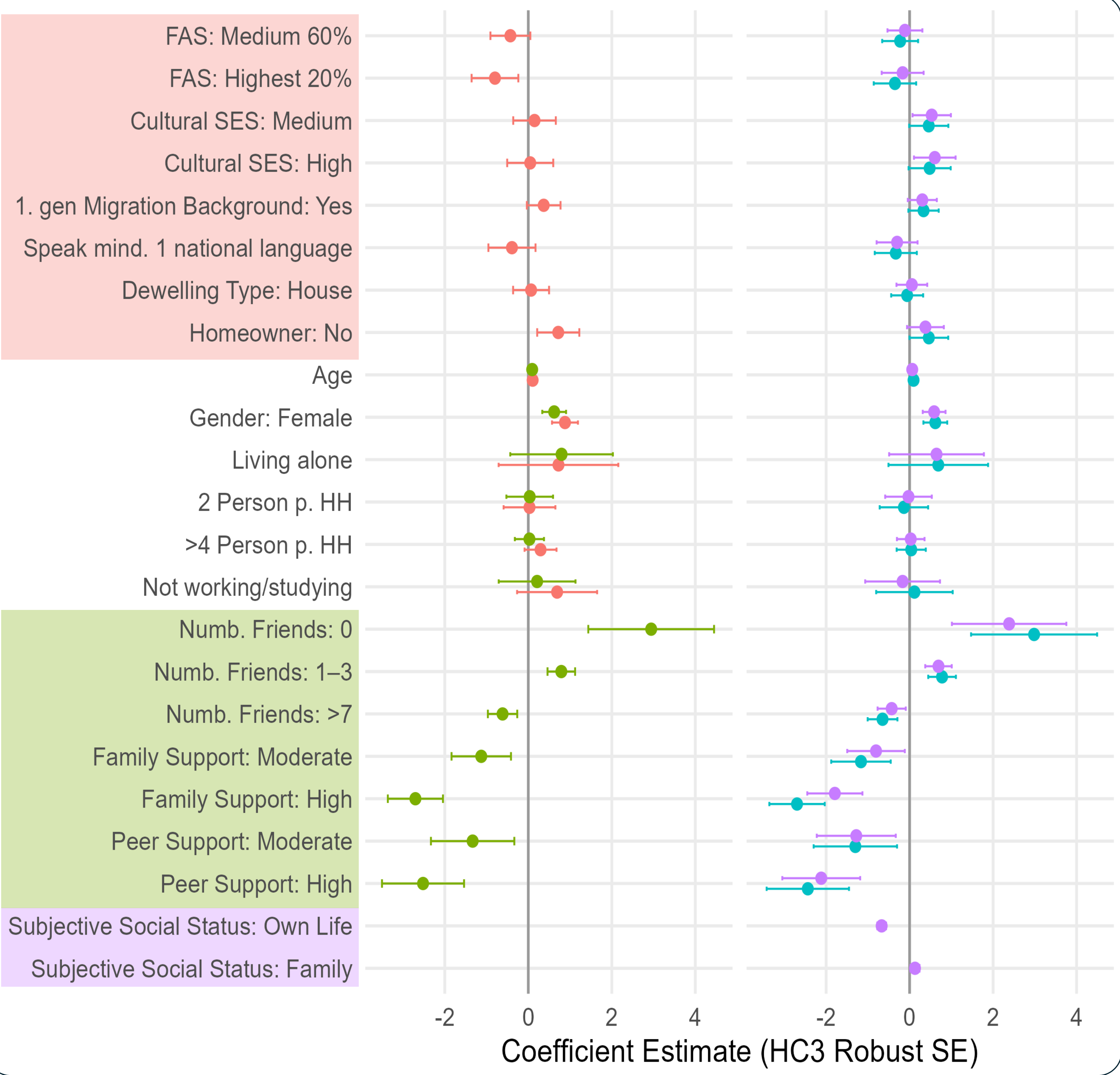
Subjective unmet social needs (Peplau & Perlman, 1982)

Loneliness reduces social re-engagement (feedback loop) (Cacioppo & Patrick, 2008)



UCLA loneliness scale 4-item version

Dependent metric variable



Results

- Social embeddedness strongly predicts lower loneliness.
- Deprivation effects are mixed.
- Higher cultural SES associated with higher loneliness.
- Lower perceived own status increases loneliness.
- Family status perceptions were not significant.

Conclusion

- Relational ties are central for youth well-being.
- Exclusion, isolation, and loneliness should be conceptually distinguished.
- Longitudinal data is necessary for causal analyses.
- Loneliness is central to quality of life.

References

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