

Poor social relationships and apathy

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Keywords: apathy, poor social relationships.

Goal of the study: To demonstrate that poor social relationships lead to apathy.

Introduction: Apathy as a person’s lack of goal orientation [1] is not only common, but is also associated with significant problems: reduced functional level, caregiver distress and poor illness outcome [2]. Frontal-subcortical system(s) are implicated in the causation of apathy; moreover there subtypes based on the various frontal-subcortical loops may thus exist [3]. Sheldon Cohen discusses 3 variables that assess different aspects of social relationships-social support, social integration, and negative interaction. The author argues that all 3 are associated with health outcomes [4].

Material and Methods: There were analyzed articles from PubMed database from the last 5 years 2019-2024, mentioned such words as “apathy”, “poor social relationships”, “health outcomes”. Other scientific sources in this direction were also considered [1-15]. In the available scientific medical literature remains scientifically undeveloped mass apathy or social apathy which is confused with the social isolation of an individual and not of a population of people in apathy.

Results: The role of three factors in influencing social networks and social capital are demonstrated: neighborhood characteristics and perceptions, poverty and social exclusion and social consciousness. Perceptions of inequality could be a source of social capital as well as demoralization. It is common knowledge that among apparently normal individuals, there are some who are relatively apathetic and others who are highly motivated. For example, Neugarten et al described older adults with an apathetic pattern of normal aging characterized by lifelong characteristics of passivity, low role activity, low self-esteem and low life satisfaction [16].

Conclusion: The causes of apathy have been classified as psychosocial, environmental and biomedical. There is no consensus on diagnostic criteria for apathy as a syndrome. According to a model, poor social skills are thought to make people vulnerable to psychosocial problems pursuant to the experience of stressful life events.

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