

# Switch Off Social Networking Regularly To Avoid Compounding Loneliness, Says Health Insurance Comparison Site Quoteboffin.co.uk



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**It's been reported that many people in modern Britain feel lonely, prompting health insurance comparison site Quoteboffin.co.uk to suggest they look at their habits and lifestyle choices.**

As increases in technology see the UK becoming ever more switched on to personal computers, online communication and social networking, a new report has appeared claiming that Britain is suffering from an epidemic of loneliness.

The report, from the Mental Health Foundation, found that more than one in ten British people often feel lonely and that many work long hours, live alone and socialise online rather than seeing friends and family in the flesh.

More than 2,200 adults were questioned for the study and it was found that while adults of all ages seemed to be being affected by loneliness, women tended to suffer from the feeling more than men.

Some have blamed the growth of social networking sites as a potential cause for this epidemic of loneliness and health insurance comparison site [Quoteboffin.co.uk](http://Quoteboffin.co.uk) says that, like most pleasures, social networking sites are best enjoyed in moderation. A spokesperson for the company explained:

"While this is distressing news, we think that it's important for people to take a long look at all aspects of their life and not just the amount of time they spend on social networks, if they are suffering from loneliness.

"Socialising online can be a positive experience for many people, so it's important to identify all of the areas which could be a problem - including working long or unsociable hours - and addressing these. The most crucial thing to remember about social networking, is that it should be being enjoyed in moderation."

It was found that more women than men claimed to be suffering from loneliness (47 per cent), but the number of men suffering was also significant (36 per cent) and almost one in five respondents said that they spend too much time communicating with friends and family online rather than in person.

However, the report suggested that it is too early to be able to determine whether technology is changing the way that people interact with each other in real life. It did find that online interaction is no substitute for the real thing though.

While loneliness is sometimes perceived as a mild form of mental discomfort, chronic loneliness can have a number of other effects on health - from unhealthy lifestyles to mental health problems like depression, alcohol or drug abuse and eating disorders.

Quoteboffin.co.uk added: "Loneliness is certainly a natural emotion, however it is when loneliness becomes excessive that it becomes a real problem - and this is when the threats to well-being start to multiply.

"From serious mental health issues to lifestyle changes that can damage physical health and push up [health insurance](#) premiums, loneliness could be at the root of many other problems - so people should make sure they heed warning signs and ensure they have a strong networks of support offline as well as online."

**About**

Quoteboffin.co.uk is an online insurance comparison website offering life insurance comparison tools that allow users to search the market and procure the best life insurance policies and quotes.

QuoteBoffin.co.uk was launched in February 2010 and is a trading style of David and Co Consultants Limited.

QuoteBoffin.co.uk is FSA regulated.

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