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LIFESTYLE

Only the lonely

Facebook teeming with lonely hearts, finds study

THE FEELING OF loneliness is bringing more people in search of friends to Facebook, in stark contrast to the view that the social networking site makes people feel isolated, revealed a research.

According to researchers, Facebook does not cause loneliness and people use the social network in an effort to feel more connected.

“Compared to non-lonely people, lonely people spend more time on Facebook. Lonely individuals who are shy or have low social support may turn to Facebook to compensate for their lack of social skills and/or social networks in face-to-face settings,” explained Hayeon Song, assistant professor of communication at the University of Wisconsin, Milwaukee in the US.

To reach the conclusion, the team analysed a collection of studies to find that a connection between Facebook and loneliness exists.

They found that the lonelier someone is, the longer he or she spends time on Facebook.

“The interesting point of this study is that it both supports and corrects the original internet study, which is one of the most influential studies in internet research and was produced by researchers at the Carnegie Mellon University,” stressed Song.

“To the question of whether or not the internet increases psychological dysfunctions such as loneliness, the internet study suggested that internet use has detrimental effects. Our study supports this in that internet use is associated with loneliness,” Song maintained.

“However, we found the previously suggested causal direction to be erroneous: lonely people spend more time on the internet rather than internet use making people lonely,” the researchers concluded.

The paper appeared in the journal *Computers in Human Behaviour*. IANS



Under pressure

Women face pressure to look young, reveals survey



YOUTHFUL, GLOWING SKIN is something that women are constantly striving for and this is the reason why one in three women feel pressure to look young, says a survey.

New research from cosmetic brand Sanctuary Spa Wonder Oil Serum found that women feel pressure to look young and this is the reason why two-thirds of British women now use anti-ageing products, reports femalefirst.co.uk.

The survey says the biggest compliment one can still pay to a woman over 35 is to tell her that she looks young rather than slim with 60 per cent of women admitting this gives them the biggest confidence boost.

The research also found that one in five women worry about how old they look every day with 10 per cent admitting to thinking about it several times each day.

“In my job, I see far too many

women lacking confidence in their appearance because of societal pressures,” said celebrity facialist and Sanctuary Spa skincare expert, Nichola Joss.

“As a mother it’s disheartening to learn that women think about how old they look several times a day, and worse still that under 24s believe they look older than they actually are. Age is something that should be celebrated and embraced,” added Joss.

Also the research says that women are their own harshest critics earlier on in life, with one in five under the age of 24 believing they look older than they actually are compared to just 7 per cent who are over 55.

“Wrinkles will befall us all and there are products which provide a visible improvement in the skin’s appearance, but ultimately, the idea that growing older is bad has to stop,” said Joss. IANS

ALIGN YOUR LIFE

Relationship Feng Shui

THESSE DAYS THE most common complaint I hear from people is that they find it difficult to find the right partner. It’s getting extremely difficult to find your soulmate in this fast paced world. However Feng Shui has many cures that can help attract the right person in your life.

Firstly, clear the clutter. This is as simple as it sounds. If you have too many unwanted things in the house, chances are your relationship is not going great or you are having difficulty in finding the right partner. When too many things are cluttered in your personal space, energy movement is limited, leading to stagnant energy. This in turn will cause obstacles in the path of perusing a new relationship or also cause arguments in the old relationship. Throw away unwanted things and create space for new things to come into your life. This will help you in attracting the right partner if you are single and harmonise the relationship if you are married. Start by creating space. If you are single, then you would want to create space for someone new in your life. Have space in your wardrobe, bookshelf, and DVD shelf. Imagine your perfect partner and how he/she will fit into your life. By creating space, you are inviting new energy to enter your personal space. If you are single, then display photographs of people in a relationship that you really admire. For example your parents, friends etc. Surround yourself with visual messages of love. Ensure that when you look at these pictures you are reminded of what your relationship can be, instead of feeling lonely.

If you are in a relationship, display the cherished moments and the little knickknacks that mean a lot to you. Celebrate your love. Don’t clutter your shelves with photos but choose those special moments to be celebrated.

Use your love direction to attract the right relationship. Kua number calculations are used in Feng Shui to determine your love direction. Once you know your love direction, you can use it in your favour by either sleeping or working in that direction. This will also help you to attract the right relationship or improve an existing relationship. These directions are based on your individual date of birth and can be used with the help of a professional Feng Shui consultant. Enhance your love direction with soft colours and light scented candles.

These techniques will help you to clean the energy in your relationship direction and create balanced energy for new relationships and harmonise the existing relationship.

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