

Press release: 14 077-270/25

# Around 1.8 million people in Austria feel lonely at least occasionally

## 8% of the population are always or mostly lonely

Vienna, 2025-12-23 – In the second quarter of 2025, 28% of people aged 18 to 74 in Austria reported feeling at least occasionally lonely during the past 4 weeks. That is 1.8 million people. Nearly one in ten (8%) said they were always or most of the time lonely. These figures come from the social impact of crisis survey by Statistics Austria. Young adults and people facing financial difficulties are particularly affected.

“In the second quarter 2025, 8% of 18- to 74-year-olds in Austria stated that they had always or mostly felt lonely in the 4 weeks prior to the survey. Loneliness is particularly common among people from households that cannot afford a large number of goods, services or social activities that are generally considered necessary for an adequate standard of living. In such households, the proportion of people who always or mostly felt lonely was 35%. In households with fewer restrictions, it was only 6%,” says Manuela Lenk, Director General Statistics of Statistics Austria.

### **Social impact of crisis survey: financial burdens go hand in hand with increased loneliness**

In the social impact of crisis survey, 28% of the population aged between 18 and 74 stated in the second quarter of 2025 that they had felt lonely at least occasionally in the previous 4 weeks. Around 8% said they felt lonely “always” or “most of the time.”

Young adults were affected by loneliness more often. In the 18 to 34 age group, 12% reported feeling “always” or “most of the time” lonely during the past 4 weeks. Household structure and income also play a key role: higher shares of people living alone (19%), single parents (12%), those in households affected by unemployment (17%), and individuals with low income (16%) reported feeling “always” or “mostly” lonely.

However, a particularly strong correlation appears with material and social deprivation. Among people from households affected by 7 or more of the 13 deprivation indicators—such as being unable to invite friends over for financial reasons, not participating in leisure activities or not being able to replace basic consumer goods—the proportion of those who felt lonely “always” or “mostly” in the second quarter of 2025 was 35%, compared to only 6% in households with fewer restrictions.

### **Time use survey: more time spent alone in old age**

The 2021/2022 time use survey reveals significant differences in daily routines across age groups. Adolescents aged 10 to 17 spend an average of about 3 hours and 27 minutes alone per day, while individuals aged 18 to 34 spend around 5 hours and 22 minutes alone. Among those aged 50 to 64, time spent alone rises to approximately 6 hours and 10 minutes, and people aged 65 and older spend more than 6.5 hours alone each day. At the same time, the amount of time devoted to active social interactions decreases with age. Adolescents and young adults up to 35 years invest more than 2 hours daily in social contacts, whereas older adults spend less than one and a half hours. Overall, women spend slightly less time alone and more time in social interactions compared to men.

## Most of the time or always lonely in the past 4 weeks

Attribute	Group	in %
Health limitation <sup>1</sup>	Strong or some health limitation	13
	No health limitation	6
Vulnerable groups	Single-parent household <sup>2</sup>	12
	Low income household <sup>3</sup>	16
	Multi-child household <sup>4</sup>	6
	Household affected by unemployment	17
Material and social deprivation <sup>5</sup>	7 out of 13 deprivation attributes	35
	Less than 7 deprivation attributes	6
<b>Total population (18 to 74 years)</b>		<b>8</b>

S: STATISTICS AUSTRIA, Social impact of crisis survey (Q2/2025). – Data as of 23.12.2025.

Definitions: 1) Health limitation: Persons who stated that they have been somewhat or severely limited in performing normal daily activities for health reasons for at least six months. – 2) Single-parent household: A household with only one parent and at least one child under 25 years of age. – 3) Low household income: Monthly disposable standardised household income of less than €1 200 per month. – 4) Household with multiple children: A couple household with at least three dependent children living in the household. Dependent children: A child under 18 years of age or between 18 and 24 years old and not employed or unemployed. – 5) Material and social deprivation: A situation in which people cannot afford certain goods, services, or social activities that most consider desirable or necessary for an adequate standard of living, due to financial reasons (Eurostat, 2022). Examples include being unable to regularly invite friends over, participate in leisure activities, or replace basic consumer goods such as worn-out clothing or owning two pairs of everyday shoes.

Additional information can be found in the report prepared by Statistics Austria, “Einsamkeit in Österreich – Ein Überblick über die Verbreitung und Struktur von Einsamkeit” (in German language) which, along with further detailed results, is available on our [website](#).

### Information on Methodology and Definitions:

**Social impact of crisis survey:** This survey by Statistics Austria has been conducted quarterly as a panel study since the fourth quarter of 2021. Around 3 500 individuals aged 18 to 74 participate in each wave. The sample was drawn from the Central Population Register without using register characteristics to enable a timely assessment of the public mood. The questionnaire is available online. Since 2024, the project has been fully funded by the Ministry of Social Affairs; previously, it was carried out jointly with Eurostat and ten other EU countries. The aim is to identify the social consequences of current crisis developments at an early stage. The focus is on income losses, subjective coping with living costs, as well as well-being and satisfaction.

**Time Use Survey 2021/22:** This representative study by Statistics Austria provides detailed insights into how people allocate their daily 24 hours across different activities. It delivers objective data on time spent alone and on social interactions. The survey was conducted between 2021 and 2022 on behalf of the Federal Minister for Women, Family, Integration, and Media and covers all age groups from 10 years and older. The results reveal differences by age and gender and serve as a basis for analyses on social participation.

**SHARE – Survey of Health, Ageing and Retirement in Europe (Wave 9, 2021):** The international panel study examines health, social networks, and quality of life among people aged 50 and older and is conducted in Austria by Johannes Kepler University Linz. In Austria, around 3,400 individuals were interviewed in person. The data enable a detailed analysis of loneliness in later life and complement findings from online surveys with methodologically adapted information for older population groups.

**Statistics Austria** is the central organisation for official data and statistics on society, the economy, the state and the environment. As a national statistical institute, it is committed to the statutory principles of independence, impartiality and objectivity. Statistics Austria is headed by Manuela Lenk, Director General Statistics, and Franz Haslauer, Director General Finance.

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