

1. How easy or difficult do you typically find it to make new friends?

Very easy	15%
Somewhat easy	23%
Neither easy nor difficult	24%
Somewhat difficult	20%
Very difficult	14%
Don't know	4%

2. How much do you enjoy making new friends?

A lot	28%
A little	52%
Not at all	11%
Not sure	9%

3. Ideally, how close do you like your friendships to be?

Very close	28%
Somewhat close	37%
A little close	23%
Not at all close	5%
Not sure	7%

4. How often do you feel lonely?

Always	7%
Often	14%
Sometimes	28%
Rarely	28%
Never	19%
Not sure	3%

5. How long do you think you'd have to be alone, without communicating with others, before you'd become lonely?

5 hours or less	3%
6 - 11 hours	6%
12 - 24 hours	6%
1 - 2 days	16%
3 - 4 days	16%
5 or more days	19%
I would never become lonely	19%
Not sure	16%

6. How many close friends do you have?

None	17%
1	13%
2	17%
3	18%
4	12%
5	8%
6	4%
7	3%
8	2%
9	1%
10	1%
11 or more	5%

7. In an ideal world, how many close friends would you have?

None	5%
1	9%
2	13%
3	18%
4	11%
5	15%
6	7%
7	2%
8	3%
9	0%
10	4%
11 or more	11%

# YouGov Survey: Friendship and Loneliness

June 5 - 9, 2026 - 1,066 U.S. adult citizens



<b>Interviewing Dates</b>	June 5 - 9, 2026
<b>Target population</b>	U.S. citizens, aged 18 and over
<b>Sampling method</b>	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
<b>Weighting</b>	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.052 to 6.622, with a mean of one and a standard deviation of 1.024.
<b>Number of respondents</b>	1,066
<b>Margin of error</b>	± 4.3 points (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	62 questions not reported.

# YouGov Survey: Friendship and Loneliness

June 5 - 9, 2026 - 1,066 U.S. adult citizens



## 1. Ease of Making New Friends

How easy or difficult do you typically find it to make new friends?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Very easy	15%	15%	15%	12%	14%	18%	15%	14%	16%	18%	17%	12%
Somewhat easy	23%	20%	26%	22%	22%	22%	28%	24%	27%	20%	20%	28%
Neither easy nor difficult	24%	24%	23%	26%	19%	23%	27%	22%	26%	22%	26%	19%
Somewhat difficult	20%	23%	17%	20%	17%	19%	23%	23%	3%	21%	17%	25%
Very difficult	14%	14%	15%	12%	21%	16%	6%	15%	10%	15%	14%	15%
Don't know	4%	4%	4%	8%	6%	2%	2%	2%	17%	5%	6%	0%
Totals	100%	100%	100%	100%	99%	100%	101%	100%	99%	101%	100%	99%
Unweighted N	(1,066)	(502)	(564)	(250)	(245)	(340)	(231)	(743)	(111)	(153)	(688)	(378)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very easy	15%	14%	14%	18%	14%	18%	16%	13%	21%	10%	15%	17%	15%
Somewhat easy	23%	24%	18%	29%	27%	29%	18%	30%	30%	29%	27%	19%	24%
Neither easy nor difficult	24%	24%	27%	19%	21%	24%	23%	22%	17%	21%	20%	26%	24%
Somewhat difficult	20%	22%	15%	23%	22%	18%	17%	23%	19%	15%	23%	19%	20%
Very difficult	14%	15%	19%	8%	13%	8%	20%	9%	12%	18%	13%	14%	14%
Don't know	4%	2%	8%	2%	2%	3%	5%	3%	1%	7%	3%	5%	3%
Totals	100%	101%	101%	99%	99%	100%	99%	100%	100%	100%	101%	100%	100%
Unweighted N	(1,066)	(357)	(413)	(296)	(437)	(370)	(424)	(287)	(249)	(200)	(207)	(432)	(227)

# YouGov Survey: Friendship and Loneliness

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## 2. Enjoyment of Making New Friends

How much do you enjoy making new friends?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
A lot	28%	29%	27%	36%	24%	22%	33%	30%	22%	21%	24%	35%
A little	52%	53%	52%	37%	53%	60%	56%	53%	45%	59%	52%	53%
Not at all	11%	10%	12%	11%	12%	14%	6%	10%	13%	15%	12%	9%
Not sure	9%	8%	9%	16%	11%	5%	5%	6%	20%	5%	12%	3%
Totals	100%	100%	100%	100%	100%	101%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,063)	(501)	(562)	(250)	(245)	(338)	(230)	(742)	(110)	(153)	(685)	(378)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
A lot	28%	30%	23%	32%	31%	31%	21%	31%	37%	37%	22%	27%	28%
A little	52%	52%	51%	54%	51%	55%	54%	54%	50%	50%	59%	49%	55%
Not at all	11%	12%	11%	10%	10%	11%	15%	6%	11%	5%	11%	14%	10%
Not sure	9%	6%	14%	4%	8%	3%	10%	8%	1%	9%	7%	9%	8%
Totals	100%	100%	99%	100%	100%	100%	100%	99%	99%	101%	99%	99%	101%
Unweighted N	(1,063)	(357)	(411)	(295)	(437)	(369)	(423)	(287)	(249)	(200)	(206)	(430)	(227)

# YouGov Survey: Friendship and Loneliness

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## 3. Ideal Closeness of Friends

Ideally, how close do you like your friendships to be?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Very close	28%	25%	30%	41%	34%	22%	16%	28%	24%	26%	28%	28%
Somewhat close	37%	37%	38%	24%	32%	44%	46%	40%	28%	36%	32%	48%
A little close	23%	25%	21%	17%	21%	24%	28%	22%	23%	29%	25%	19%
Not at all close	5%	6%	4%	3%	7%	5%	6%	5%	6%	6%	6%	3%
Not sure	7%	7%	7%	14%	7%	5%	4%	4%	20%	3%	10%	1%
Totals	100%	100%	100%	99%	101%	100%	100%	99%	101%	100%	101%	99%
Unweighted N	(1,064)	(501)	(563)	(250)	(243)	(340)	(231)	(742)	(111)	(152)	(686)	(378)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very close	28%	32%	24%	29%	27%	25%	28%	27%	29%	30%	22%	28%	30%
Somewhat close	37%	38%	36%	39%	46%	43%	30%	43%	50%	41%	41%	33%	40%
A little close	23%	22%	23%	23%	19%	23%	25%	23%	16%	20%	31%	23%	17%
Not at all close	5%	4%	6%	6%	3%	5%	9%	3%	1%	3%	1%	7%	8%
Not sure	7%	4%	12%	4%	5%	4%	8%	4%	3%	6%	5%	9%	5%
Totals	100%	100%	101%	101%	100%	100%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,064)	(357)	(411)	(296)	(437)	(370)	(423)	(287)	(249)	(199)	(207)	(432)	(226)

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## 4. Frequency of Loneliness

How often do you feel lonely?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Always	7%	10%	5%	14%	12%	4%	1%	6%	15%	10%	9%	4%
Often	14%	15%	13%	19%	16%	15%	6%	16%	10%	10%	15%	12%
Sometimes	28%	25%	31%	28%	24%	32%	25%	30%	15%	30%	27%	30%
Rarely	28%	28%	28%	18%	24%	26%	45%	30%	27%	26%	23%	38%
Never	19%	19%	20%	12%	19%	22%	23%	17%	22%	24%	22%	16%
Not sure	3%	3%	4%	10%	4%	1%	0%	1%	11%	1%	5%	0%
Totals	99%	100%	101%	101%	99%	100%	100%	100%	100%	101%	101%	100%
Unweighted N	(1,066)	(502)	(564)	(250)	(245)	(340)	(231)	(743)	(111)	(153)	(688)	(378)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	7%	8%	8%	6%	6%	6%	9%	7%	2%	13%	7%	7%	4%
Often	14%	12%	15%	15%	13%	10%	14%	13%	10%	12%	16%	12%	18%
Sometimes	28%	32%	22%	31%	31%	26%	27%	32%	26%	27%	26%	30%	26%
Rarely	28%	30%	27%	28%	32%	34%	27%	26%	40%	25%	29%	28%	30%
Never	19%	18%	20%	20%	17%	24%	19%	22%	22%	20%	21%	18%	21%
Not sure	3%	0%	8%	0%	1%	0%	4%	0%	0%	3%	2%	5%	2%
Totals	99%	100%	100%	100%	100%	100%	100%	100%	100%	100%	101%	100%	101%
Unweighted N	(1,066)	(357)	(413)	(296)	(437)	(370)	(424)	(287)	(249)	(200)	(207)	(432)	(227)

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## 5. How Long Until Lonely

How long do you think you'd have to be alone, without communicating with others, before you'd become lonely?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
5 hours or less	3%	2%	3%	3%	3%	2%	1%	2%	1%	5%	2%	3%
6 - 11 hours	6%	6%	5%	12%	7%	2%	3%	6%	4%	4%	7%	4%
12 - 24 hours	6%	5%	8%	7%	8%	6%	5%	8%	3%	5%	7%	5%
1 - 2 days	16%	19%	12%	21%	19%	15%	7%	14%	19%	24%	15%	17%
3 - 4 days	16%	14%	17%	8%	12%	19%	22%	18%	8%	12%	13%	21%
5 or more days	19%	19%	19%	17%	14%	22%	25%	21%	18%	15%	20%	18%
I would never become lonely	19%	19%	18%	12%	20%	20%	22%	17%	29%	21%	19%	18%
Not sure	16%	14%	18%	21%	18%	13%	15%	15%	18%	13%	17%	14%
Totals	101%	98%	100%	101%	101%	99%	100%	101%	100%	99%	100%	100%
Unweighted N	(1,064)	(502)	(562)	(250)	(245)	(339)	(230)	(742)	(111)	(152)	(687)	(377)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
5 hours or less	3%	3%	1%	3%	2%	3%	2%	3%	3%	2%	3%	2%	4%
6 - 11 hours	6%	4%	6%	7%	5%	7%	5%	8%	4%	6%	3%	5%	9%
12 - 24 hours	6%	7%	4%	9%	8%	6%	6%	6%	7%	5%	8%	6%	6%
1 - 2 days	16%	17%	16%	14%	15%	14%	14%	19%	14%	23%	13%	14%	15%
3 - 4 days	16%	16%	12%	20%	19%	19%	15%	18%	21%	15%	20%	15%	14%
5 or more days	19%	20%	20%	18%	21%	19%	19%	18%	23%	21%	25%	18%	15%
I would never become lonely	19%	20%	20%	16%	18%	17%	24%	19%	13%	12%	14%	22%	22%
Not sure	16%	11%	22%	13%	11%	15%	17%	9%	15%	17%	13%	18%	15%
Totals	101%	98%	101%	100%	99%	100%	102%	100%	100%	101%	99%	100%	100%

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	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Unweighted N	(1,064)	(356)	(413)	(295)	(437)	(369)	(423)	(287)	(249)	(200)	(207)	(430)	(227)

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## 6. Number of Close Friends

How many close friends do you have?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
None	17%	14%	18%	16%	21%	13%	18%	17%	20%	12%	18%	13%
1	13%	13%	13%	19%	10%	13%	10%	12%	13%	19%	16%	8%
2	17%	19%	14%	19%	19%	20%	8%	16%	17%	21%	19%	14%
3	18%	17%	20%	18%	18%	20%	17%	19%	26%	12%	16%	22%
4	12%	11%	12%	12%	10%	12%	13%	12%	7%	16%	10%	14%
5	8%	8%	7%	7%	7%	8%	9%	8%	6%	9%	7%	10%
6	4%	4%	5%	2%	4%	4%	8%	4%	4%	3%	4%	6%
7	3%	4%	1%	3%	4%	2%	3%	3%	3%	0%	2%	4%
8	2%	1%	2%	1%	2%	1%	3%	2%	0%	3%	1%	2%
9	1%	1%	0%	0%	0%	1%	2%	1%	0%	0%	1%	1%
10	1%	1%	2%	0%	1%	2%	2%	1%	2%	1%	2%	1%
11 or more	5%	5%	4%	2%	5%	5%	7%	5%	3%	5%	4%	5%
Totals	101%	98%	98%	99%	101%	101%	100%	100%	101%	101%	100%	100%
Unweighted N	(1,063)	(499)	(564)	(250)	(245)	(338)	(230)	(741)	(111)	(152)	(685)	(378)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
None	17%	18%	20%	11%	14%	12%	24%	11%	11%	17%	10%	20%	15%
1	13%	12%	14%	12%	11%	11%	16%	11%	7%	8%	14%	14%	13%
2	17%	15%	15%	21%	17%	17%	20%	18%	14%	13%	20%	19%	13%
3	18%	19%	19%	17%	21%	20%	15%	22%	20%	19%	17%	18%	21%
4	12%	12%	11%	12%	11%	11%	9%	12%	13%	12%	14%	12%	9%
5	8%	8%	7%	9%	9%	10%	5%	11%	10%	9%	5%	7%	10%
6	4%	4%	4%	6%	5%	7%	2%	5%	8%	3%	7%	3%	6%

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	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
7	3%	3%	3%	2%	2%	3%	2%	2%	3%	5%	4%	2%	1%
8	2%	2%	2%	1%	3%	2%	1%	2%	3%	2%	3%	1%	1%
9	1%	1%	0%	2%	1%	2%	1%	1%	1%	0%	2%	0%	1%
10	1%	1%	2%	2%	2%	1%	1%	2%	2%	2%	1%	2%	1%
11 or more	5%	5%	4%	6%	5%	6%	3%	4%	8%	10%	4%	2%	7%
Totals	101%	100%	101%	101%	101%	102%	99%	101%	100%	100%	101%	100%	98%
Unweighted N	(1,063)	(357)	(410)	(296)	(437)	(369)	(423)	(287)	(249)	(200)	(204)	(432)	(227)

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## 7. Number of Desired Close Friends

In an ideal world, how many close friends would you have?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
None	5%	5%	6%	8%	6%	4%	3%	4%	15%	4%	8%	1%
1	9%	7%	11%	11%	13%	7%	7%	9%	8%	17%	10%	7%
2	13%	11%	15%	9%	14%	15%	14%	12%	16%	11%	15%	10%
3	18%	16%	20%	28%	15%	18%	12%	17%	23%	20%	18%	18%
4	11%	13%	10%	9%	11%	14%	9%	11%	8%	13%	12%	11%
5	15%	15%	16%	13%	19%	14%	16%	16%	15%	13%	13%	20%
6	7%	7%	8%	6%	5%	7%	11%	8%	7%	5%	6%	10%
7	2%	3%	1%	2%	1%	2%	1%	2%	1%	1%	1%	3%
8	3%	4%	3%	1%	2%	3%	7%	5%	1%	1%	3%	5%
9	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
10	4%	5%	3%	1%	3%	7%	4%	5%	2%	4%	4%	4%
11 or more	11%	14%	8%	11%	10%	8%	14%	12%	5%	11%	10%	11%
Totals	98%	100%	101%	99%	99%	99%	98%	101%	101%	100%	100%	100%
Unweighted N	(1,063)	(500)	(563)	(249)	(245)	(339)	(230)	(742)	(111)	(152)	(685)	(378)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
None	5%	4%	8%	4%	2%	3%	9%	2%	3%	3%	2%	9%	2%
1	9%	12%	9%	7%	6%	8%	14%	8%	3%	4%	8%	10%	13%
2	13%	13%	16%	11%	15%	12%	16%	13%	9%	17%	15%	13%	9%
3	18%	15%	20%	19%	16%	19%	16%	19%	16%	21%	20%	19%	13%
4	11%	11%	11%	12%	9%	13%	10%	15%	12%	11%	10%	11%	13%
5	15%	19%	13%	15%	22%	16%	12%	18%	22%	15%	11%	15%	20%
6	7%	9%	7%	7%	10%	7%	6%	6%	10%	6%	11%	5%	10%

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	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
7	2%	3%	1%	2%	2%	2%	1%	2%	2%	1%	3%	2%	2%
8	3%	2%	3%	5%	4%	3%	2%	5%	3%	5%	5%	3%	2%
9	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
10	4%	3%	3%	7%	3%	5%	4%	4%	5%	4%	7%	4%	3%
11 or more	11%	10%	9%	13%	10%	12%	9%	9%	13%	14%	7%	10%	12%
Totals	98%	101%	100%	102%	99%	100%	99%	101%	98%	101%	99%	101%	99%
Unweighted N	(1,063)	(357)	(410)	(296)	(436)	(369)	(424)	(287)	(249)	(199)	(205)	(432)	(227)

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<b>Interviewing Dates</b>	June 5 - 9, 2026
<b>Target population</b>	U.S. citizens, aged 18 and over
<b>Sampling method</b>	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
<b>Weighting</b>	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.052 to 6.622, with a mean of one and a standard deviation of 1.024.
<b>Number of respondents</b>	1,066
<b>Margin of error</b>	± 4.3 points (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	62 questions not reported.