The researchers identified two main themes from the data describing loneliness as experienced by older persons in institutionalized care facilities. The table below contains a summary of the two main themes and sub-themes that emerged from the data analysis.

Table 1: Themes and sub-themes of the participant's experiences of loneliness

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<thead>
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<th>THEMES</th>
<th>SUB-THMES</th>
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<td>Longing</td>
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<td>Lack in trusting relationships to share memories and thoughts about family and friends of importance</td>
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Cut off from people

Loneliness was described as being cut off from people, in relation to feelings of loss, entrapment, longing and lack in trusting relationships to share memories and thoughts about family and friends of importance. It was evident that these important other that they are cut off from refers to their close family and friends outside of the institutional care facility.

Loss

Loneliness was described as experiencing feelings of loss in terms of family through death and in some cases loss because of rejection from family members. Ten quotes were identified explaining feelings of loss in terms of experienced loneliness. The following quotes used best illustrates loss in terms of experienced loneliness.
One participant reported:

"A grave. It was at a grave like this where my loneliness and life alone started"

In Figure 2 the participant illustrates a grave where her loneliness began.

The participant mentioned that she lost two of her children and that is where her loneliness started. Three participants reported experiencing loneliness because of the loss of their family due to rejection from children. One participant mentioned only feeling like a face because he is worth nothing to them, they rejected him and he feels that he doesn't exist to them anymore.

"They don't want me anymore. It feels like I don't exist to them anymore"

In Figure 3 the participant illustrates only feeling like a face, a shadow.

Another participant also mentioned lost relationships with her children and grandchildren due to rejection from them because of her strictness about habits.
"The children don’t want me, because I am a strict grandma. I am not going to turn around, a thing should be right, otherwise grandma is strict."

The participant expressed her loneliness as the loss of her son because of rejection he through me away. He doesn’t even want to see me.” She feels forgotten and thrown away by her son and this causes her to experience deep feelings of loneliness. She is not able to form any kind of relationship with her son.

In figure 4 the participant shows her son because she experiences loneliness because of his rejection towards her.

Entrapment

Some participants referred to various feelings of being physically trapped and not being able to form interpersonal relationships with their family and friends due to physical restrictions. Seven quotes were identified expressing feelings of entrapment. The following quotes gave the best nostrsed description of feeling trapped in relation to experienced loneliness.

One participant mentioned the fact that he is such a difficult and cruel person prevents his children from making contact with them because he has hurt them. It could be said that the past events is trapping him from forming and mending interpersonal relationships with his children.

"I am a difficult person, you can say, a cruel person...I always just wanted my own way and all those things. Hurt everybody."

Another participant described her feelings of loneliness in terms of being physically trapped in a chair or bed “because loneliness is a chair sit of a bed lie”. She also mentioned that being trapped prevents one from communicating with others, telling them about how lonely you are.

"It makes you lonely, because you can’t always communicate like you want to...you can’t tell other people about how lonely you are."

Longing

The participants expressed feelings of longing towards their family and friends that are either living far away or by death. Five quotations explained these feelings of longing, although the following quotes best describes the
participants feelings of longing towards their family and friends. Some of the participants mentioned that they long for their life before because they had more friends and family. "The whole way of living before...you had more friends, more family. Another participant expressed "give me back the past...I was happy then, beautiful, family". The participants expressed a longing for their past because it was full of family and friends in contrast to now, they feel that their life is reduced in terms of not having as much friends and family.

One participant expressed her loneliness as a deep longing for her children that lives far away, not being able to visit her regularly. The longing for her children causes her to feel frustrated and depressed. "I also get very lonely cause I miss my children terribly, they can't visit me because they're in Port Elizabeth and I get very frustrated and depressed at times."

The experienced loneliness of one participant was described as longing for her perfect family with her husband. The death of her husband and child is very difficult for her in terms of her experiences of loneliness, but not in relation to the circumstances at the institutional setting.

"We were a too perfect family...it is very difficult for me, but the circumstances can stay."

Lack in trusting relationships to share memories and thoughts about family and friends of importance

The lack in trusting relationships between older persons in the institutional setting was mostly expressed in the second session of the research project, although it relates directly to the participants hesitating to share memories and thoughts about family and friends of importance. It was clear that this relates directly to feelings of experienced loneliness within the institutional care facility. One participant expressed that she noticed the older persons continually reminds themselves about the memories they had in their homes and refer back to the way they used to live before they came to the institutional facility. "I noticed that often the people refer back to the way of living before coming...they still remember all those memories that took place in that home...the memories just won't disappear"

Figure 5 illustrates a house resembling people referring back to their memories that took place in a home.

From the data it appeared that these memories are often the ones that include their family and friends. "cannot be shared as they would have liked...you can't tell other people how lonely you are". One participant expressed. "Oh no, it is something terrible...some nights you sleep, other nights you don't sleep, because you have happened if this had to
be...memories in the night that overwhelms you...and at that time there is no one to take away your attention, it's about everything, the children, everything." From the data it was clear that these memories and thoughts at night cause most older people's experiencing feelings of loneliness.

Cut off from activities or places of importance

Cut off from activities or places of importance was described as activities and places where they were involved in before they came to the institutional care facility. These activities and places relates to their live outside of the institutional care facility and does not form part of their current life in the institutional setting.

Feelings of being cut off from activities or places of importance was expressed in terms of loss in activities or places of importance, feelings of entrapment preventing them from taking part in activities or places of importance, longing for activities or places of importance and a lack in trusting relationships to share memories and thoughts about activities and places of importance.

Loss

In terms of loss in activities and places of importance, two older persons' expressed that they lost their purpose and doing purposeful things in life "the whole way of living before, fixing machines, all that's gone" in addition "all the things that I did there on the farm...together with my work." Another participant mentioned losing the opportunity to do things that was once important to him.

"I use to sing in operettes and that type of thing"

One participant expressed feelings of loss in terms of losing ownership and control over things that was once very important to her. She also mentioned the loss in involvement with these activities that took place on the farm and at her work.

"The importance for me, I lived on the farm, I had these things around me, that I don't have anymore, because I can't have these things in the city"

"It was ours, and everything that happened, happened there, and I had part in everything even when I still worked at the Health Department, the farm was my life...control, that I had...all the things that I did there...the involvement."

Figure 6 illustrates the participants feelings of loneliness in terms of losing control and ownership over these things - a tractor and a pig.
Another participant reported the following:

"Time, there is too much time on your hands...you can't do anything...there is nothing to do...I mean in other places you get a dart board and sort of a game you can play, there is nothing here."

It was found that some participants expressed feelings of loss in terms of losing the opportunity to do activities that is stimulating to them. There seems to be a lot of time that cannot be spend in such way that they feel stimulated and engaged.

Figure 7 illustrates the participant's experience of loneliness in terms of having too much time and not enough activities to stimulate them.

Feelings of entrapment

Experienced feelings of entrapment were expressed by several participants as part of how they experience they loneliness in an institutional care facility. Feelings of being physically trapped in a room and in a continuous routine of doing the same things everyday was amongst some of the experiences the older person's expressed. One participant reported when asked about her visual presentation: "Me, in a little house, or in a room. Locked up in a little room... All I do is eat and sleep. " There is no other activities available for older person's in the institutional care facility to occupy their time with, they are trapped in a routine of doing the same thing every day causing feelings of depression.
Figure 8 illustrates the participant’s experiences of entrapment

Feelings of entrapment have shown to closely relate to participants life reducing in such a way that they are not able to do the activities they use to and be involved in the places once very important to them. They expressed feeling trapped because of this reduction in their living circumstances. One participant said: "I am used to quite a variety of things I should do, sing and art and that type of thing, which I can’t do here...I can’t do anything about it. I’m actually stuck doing nothing...you can’t get out."

Another participant expressed feeling trapped because of the institutional care facility that don’t offer activities in order for them to keep busy. "There is nothing to do...other places have a dart board and a sort of game that they can play, there is nothing here. So it is a thing of eating and going to your room, you just lie on the bed...I use to sing in operetta and choir."

Longing

The longing for activities and places of importance has shown to play a key role in the experience of loneliness amongst older person’s in institutional care facilities. They are not living and functioning in the same environment that they use to for a great part of their life and they experience a deep longing for the places in their past and the activities that they engaged in during that time. Several participants experience a deep longing for their past, especially the places of importance to them and everything that took place there. One participant noticed: "I noticed that often the people refer back to their way of living before coming...and they are longing for it." The longing for places and activities of importance was also shown by: "The loneliness is about the longing...all the things that I did there, together with my work that I had...everything that happened, happened there...I had part in everything."

The longing can also be seen in terms of a longing to be involved in the activities that took place on the farm where she lived.
One participant mentioned that he has a longing for the past activities he was involved with "I use to sing in operetta, that type of thing, singing in a choir...I miss that." The longing for these activities and places of importance was not always in relation with one another, some participants expressed that they only long for the activities, where others mentioned that they miss the activities that took place in a specific place of importance to them.

Lack in trusting relationships to share memories and thoughts about activities and places of importance

The participants expressed that they often have overpowering thought and memories about their past and the activities and places of importance, although they are not able to communicate and share it with others in their current setting. This quote illustrates this experience the best: "You are all alone with your thoughts, about the children, your life, everything...you had a busy life...that time when there is no one to take away your attention."
The participant expressed a need of someone to draw her attention away from all the memories and thoughts about her past, but there is no one there.