The Relationship of Loneliness and Internet Addiction
To Psychological Well-Being in Adolescents

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Abstract. This study aims to see the relationship between loneliness and internet addiction with the psychological well-being of adolescents in the Greater Jakarta area who actively use the internet. The sampling technique used accidental sampling technique and the sample in the study consisted of 232 adolescents aged 13-21 years. The measuring instrument used is the UCLA Scale Version 3 (University of California Los Angeles Loneliness Scale Version 3) compiled by Rusell (1996), the IAT Scale (Internet Addiction Test) compiled by Young (1998) and the PWB Scale (Psychological Well Being Scale) compiled by Ryff (1995). The results of this study showed that there was no significant relationship between loneliness and psychological well-being and there was no relationship between internet addiction and psychological well-being. However, there is a relationship between loneliness and internet addiction among adolescents.
Keywords: Psychological Well-Being; Internet Addiction; Loneliness; Adolescents

Abstrak. Penelitian ini bertujuan untuk mengetahui hubungan antara kesepian dan adiksi internet dengan kesejahteraan psikologis pada remaja diwilayah Jabodetabek dan aktif menggunakan internet. Teknik pengambilan sampel menggunakan teknik accidental sampling dan sampel pada penelitian ini sebanyak 232 remaja yang berusia 13-21 tahun. Alat ukur yang digunakan Skala UCLA Scale Version 3 (University of California Los Angeles Loneliness Scale Version 3) yang dikembangkan oleh Rusell (1996), Skala IAT (Internet Addiction Test) yang disusun oleh Young (1998) dan Skala PWB (Psychological Well Being Scale) yang disusun oleh Ryff (1995). Hasil dari penelitian ini menunjukkan tidak ada hubungan yang signifikan antara kesepian dan kesejahteraan psikologis dan hasil juga menunjukkan tidak ada hubungan antara adiksi internet dan kesejahteraan psikologis. Akan tetapi meskipun begitu penelitian ini menunjukkan bahwa terdapat hubungan antara kesepian dan adiksi internet pada remaja.
Kata kunci : Kesejahteraan Psikologis; Adiksi Internet; Kesepian

Introduction

Adolescence is a period of transition from children to adults which is filled with unstable emotional turmoil and often causes problems which are commonly known as juvenile delinquency. This juvenile delinquency will have an impact on feelings of depression and suicidal ideation. Adolescents who have feelings of depression and suicidal desire are usually lonely.

This feeling of loneliness illustrates the low psychological well-being of adolescents. This lonely teenager can be seen from the low interaction with other people, then they will divert their feelings of loneliness by interacting in cyberspace. Interaction in this virtual world is one of the uses of the internet that can be done by anyone, including teenagers. However, excessive use of the internet will lead to internet addiction. Teenagers who experience internet addiction illustrate that the psychological well-being of adolescents is low.

Wardani & Astuti (2019) explained that psychological well-being is an individual's psychological state formed from life experiences in assessing his ability to manifest himself subjectively. According to Ryff and Keyes, low psychological well-being is characterized by a life that is less meaningful, lacks direction and purpose in life, lacks confidence in oneself, is less able to utilize one's potential and talents, is less able to adapt to the environment, lacks warm relationships with other people, and are less able to accept their own strengths and weaknesses (Ryff & Keyes, 1995). Adolescents who have good psychological well-being will feel happiness in themselves and are able to overcome problems that occur in their lives (Ryff & Keyes, 1995). This statement is in line with what is explained by Ryff (2013, cited in Wardani, Jeanne, Mardhiyah, Komarudin, Istiqomah, & Rozi, 2021) that people with high psychological well-being are expected to be able to face bad experiences that have been experienced in the past so that they can avoid mental health conditions. negative emotions of the bad experience. In addition, it is also explained that a person with good psychological well-being will be more independent in determining his future, and have good relationships with others because he is able to regulate the conditions of the surrounding environment, has a purpose in life, and can develop himself in a better direction (Ryff, 2007). 2013 cited in Wardani, Jeanne, Mardhiyah, Komarudin, Istiqomah, & Rozi, 2021).

Factors that can affect psychological well-being in adolescents is loneliness. According to Russell, loneliness can occur because of not getting social support in life so that it forms an imbalance in social relationships (Russel, 1996). Another factor related to psychological well-being is internet addiction (Sharma & Sharma, 2018). In Young's research (1998) describes the behavior of someone who experiences internet addiction similar to someone who is addicted to drugs, alcohol and gambling (Young, 1998). This is because

someone who is addicted will cause compulsive behavior as a result of activities carried out excessively, especially on internet usage.

The negative impact of internet addiction is disrupted academic processes, reduced performance, and even divorce cases (Young, 1998). In addition, internet addiction can actually slow down the process of social interaction in adolescents so that it can lead to feelings of loneliness (Sharma & Sharma, 2018). In addition to factors related to psychological well-being with loneliness and internet addiction, there are also factors related to loneliness and internet addiction such as research conducted by Sharifpoor, Khademi, & Afsan (2017) which suggests that feelings of loneliness arise as a result of lack of interaction with other people and relationships that are not in line with expectations so that they prefer to use the internet as an alternative to fill their lonely feelings.

Furthermore, research conducted by Fayaz (2020) revealed the same thing that adolescents who experience internet addiction have an increased feeling of loneliness. Through this research, it is expected to increase knowledge and awareness about the importance of maintaining psychological well-being in adolescents from feelings of loneliness and internet addiction by participating in seminars, trainings, and counseling provided by institutions. Therefore, this study examines the relationship between loneliness and internet addiction with psychological well-being in adolescents.

Method

In this study, researchers used quantitative methods by distributing questionnaires that used Accidental Sampling. The distribution is carried out online and face-to-face to adolescents aged 10 to 21 years who live in Greater Jakarta Area (*Jabodetabek)* and actively use the internet, the results obtained are processed in SPSS 24 Software. The population in this study were teenagers from Greater Jakarta Area (*Jabodetabek*) and the sample in this study was 240 respondents, but the sample used is only 232 respondents and 8 respondents are not used because the data is damaged.

The instrument in this study used 3 measuring tools, namely loneliness using a measuring instrument at the University of California Los Angeles Loneliness Scale Version 3 (UCLA Scale Version 3) compiled by Russell (1996) consisting of 20 question items and three dimensions, namely personality, social desirability and depression. Internet addiction uses

the Internet Addiction Test (IAT) tool compiled by Young (1998) which consists of 20 statement items and six aspects, namely Characteristic (Salience), Excessive Use, Neglect to Work, Anticipation, Lack of Control, Neglect to Social Life. Psychological well-being, using a measuring instrument (Psychological Well Being Scale) compiled by Ryff (1995) which consists of 42 items and 6 dimensions, which are Self-Acceptance, Positive Relations with Others, Autonomy, Environmental Mastery, Purpose in Life, and Personal Growth.

Result

Based on the results of the *Spearman rho* correlation test, it was found that there was no significant relationship between loneliness and psychological well-being in adolescents. This is evidenced by the obtained value of R = -.035. The results in this study are not in line with research conducted by Bhagchandani (2017) which showed a relationship between loneliness and psychological well-being. Research conducted by Baghaei, Tosi, Rofogar, & Nezhad (2019) and research conducted by Cahyadi (2019) also found that there is a relationship between loneliness and psychological well-being.

The results of the Spearman rho correlation test showed that there was no relationship between internet addiction and psychological well-being in adolescents. This is evidenced by the obtained value of R = -.018. This is in accordance with research conducted by Nugraini & Ramdhani (2016) which found that internet addiction has no effect on psychological well-being because of the role of social skills as a mediator.

Furthermore, research conducted by Novita (2019) is not in line with the results of this study because the results show a relationship between internet addiction and psychological well-being. Research conducted by Cardak (2013) and research conducted by Sharma & Sharma (2018) also found a relationship between internet addiction and psychological well-being. The two research results above are not correlated because they have a high psychological well-being of 100%.

However, this study found that there is a connection between loneliness and internet addiction in adolescents. This is evidenced by the obtained value of R = .266. The results of research conducted by Sharifpoor, Khademi, & Afsan (2017) and research conducted by Fayaz (2020) show that there is a connection between loneliness and internet addiction.

Based on the results of this correlation, the researchers concluded that the factor that caused a significant positive relationship to the relationship between loneliness and internet addiction in adolescents was because data from APJII for the period 2019-2020 showed that internet users in Indonesia had increased by 73.7% in 2019, equivalent to 196.71 million internet users out of a total population of 266.91 million Indonesians (Wicaksono, Yusufianto, Agustina, & Dean, 2019). Java Island is the region that contributes the most to internet user at 55.7%, Sumatra 21.6%, Sulawesi-Maluku-Papua 10.9%, Kalimantan 6.6%, Bali and Nusa Tenggara 5.2% (Wicaksono, Yusufianto, Agustina, & Dean, 2019).

Based on a survey report from AIISP (Association of Indonesian Internet Service Providers) for the period 2019-2020, it was confirmed that the level of internet users in Indonesia, especially the Java Island area, was still high, so the level of loneliness experienced by a person was also high. This is in line with research conducted by Tabak & Zawadzka (2017) which says that there is a positive relationship between loneliness and internet addiction, where loneliness is a predictor of internet addiction which is used as a diversion of loneliness, resulting in a decrease in the quality of life in adolescents.

The reliability test results on the variables of loneliness, internet addiction and psychological well-being are categorized as reliable because Cronbach's alpha value is > 0.70.

Table 1. Reliability Test

| Variable | Reliability Statistics | |
	Cronbach's Alpha	N of Items
Loneliness	.916	20
Internet Addiction	.881	20
Psychology well-being	.839	40

Gender categorization shows that respondents in this study were more female respondents with a percentage of 72.4% (n = 168) than male sex with a percentage of 27.6% (n = 64). When viewed from the age category of the respondents, this study shows that there are more respondents in the category of late adolescents, aged 17-21 years, with a percentage of 81.9% (n = 190) than in the category of middle adolescents, aged 15-16 years, with a percentage of 18.1% (n = 42).

Based on the results of the categorization of the use of internet applications among adolescents, in this study the applications most widely used by respondents were online chat applications with a percentage of 43.1% (n = 100), short message applications with a percentage of 40.1% (n = 93), personal email applications with percentage of 11.6.% (n = 27), online game applications with a percentage of 10.8% (n = 25), online learning applications with a percentage of 8.6% (n = 20), place market applications with a percentage of 5.6% (n = 13) and news sites with a percentage of 3.4% (n = 8).

Based on the results of categorization on hypothetical data, it is known that as many as 74.6% (n = 173) of respondents have a feeling of loneliness with a high level, while on the results of categorization of empirical data it is known that 70.7% (n = 164) of respondents have a moderate feeling of loneliness. This shows that the average respondent has a moderate feeling of loneliness, because the average of empirical value is greater than the average of hypothetical value (46.06 < 30).

Based on the results of categorization on hypothetical data, it is known that as many as 65.5% (n = 152) of respondents have internet addiction behavior with a high level, while in the results of empirical data categorization, it is known that 67.2% (n = 156) of respondents have feelings of internet addiction at a moderate level. This shows that the average respondent has a moderate level of internet addiction, because the empirical average value is greater than the hypothetical average value (59.31 < 40).

Based on the results of the categorization of hypothetical data, it is known that as many as 100% (n = 232) of respondents have a high level of psychological well-being behavior, while the results of the categorization of empirical data are known that 73.3% (n = 170) of respondents have a feeling of psychological well-being at a moderate level. This shows that the average respondent has a moderate feeling of psychological well-being, because the empirical mean is greater than the hypothetical mean (189.16 > 100).

In this study, researchers conducted additional analyzes of the correlation between loneliness and online game applications, the correlation of loneliness with gender, and the comparison of the use of internet applications by gender.

The correlation between loneliness and the use of online game applications in adolescents shows that the relationship between loneliness and online games shows a positive direction and the results are significant. This means that the greater the teenager

experiences loneliness, the greater the use of online game applications. In this study there were 10.8% of teenagers who used online game applications, it can be concluded that these teenagers experienced loneliness.

This is in line with research conducted by Ekinci, Yalcin, & Ayhan (2019, their research found that there is a relationship between the use of online games and feelings of loneliness towards sports activities, where in the study, adolescents who did sports activities were less likely to use online game applications because during exercise they reduce the use of online game applications and engage in more social interactions so that their feelings of loneliness are low.

Then, it was also found that the highest level of internet application use was experienced by men compared to women because men were more dominant in the cognitive aspect due to greater curiosity in technological developments. In addition, from the aspect of age there is also a relationship between internet addiction and feelings of loneliness, where it was found that the older you get, the higher the level of loneliness.

It can be concluded that when a person gets older, their feelings of loneliness increase, then to reduce their feeling of loneliness they tend to choose to play games continuously so that it can lead to internet addiction. The results of the next analysis showed that loneliness and gender showed a positive direction and the results were significant. This means that there is a positive relationship between loneliness and gender.

Based on the results of the compare mean test, it was found that there were differences between women and men in experiencing loneliness. On average 72.5% (n=168) women were more prone to loneliness than men 27.5% (n=64). This is in line with the findings in a study conducted by Wedaloka & Turnip (2019) which explains that although adolescents are easier to interact with other people and have best friends or friends to tell stories compared to men, the interactions and friendships experienced by women cannot heal the loneliness experienced by individuals even though they are in a crowd.

The results of the compare mean test on internet addiction by gender obtained results that tend to be the same between women and men who experience internet addiction where the average difference is only 0.33. The average of women who experience addiction is 59.55 while men are 59.22. From the results of a comparative test that distinguishes internet addiction in men and women lies in its use, where men experience internet

addiction because they often use the internet to play online games, pornographic sites, and online gambling, while women use the internet to chat and shop online (Syahputra, Prayitno, Syahniar, Karneli, & Hariyani, 2019).

Conclusion

Based on the results of research on the relationship between loneliness and Internet addiction with psychological well-being in adolescents, the following conclusions can be drawn.

1. There is no relationship between loneliness and psychological well-being in adolescents.

2. There is no relationship between internet addiction and psychological well-being in adolescents.

3. There is a relationship between loneliness and internet addiction in adolescents.

The results of this study, researchers hope that it can be useful for developing further research on the relationship between loneliness and internet addiction with psychological well-being in adolescents, so it is better when collecting data, it should be done face-to-face to avoid damage to respondent data.

For teachers, it is better to be able to provide guidance, motivation and direction to teenagers through training, seminars and counseling guidance in order to minimize feelings of loneliness and reduce the level of internet addiction among teenagers to prosper teenager' psychologically well-being.

For students, as an effort to improve their psychological well-being, they should attend many seminars, training and counseling activities in order to minimize feelings of loneliness and minimize excessive internet use to improve their psychological well-being.

For parents, to provide appropriate attention and social support about the importance of psychological well-being in teenagers.

The limitation in this study is that offline data distribution is only done in one group.

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