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Loneliness and Smartphone Addiction Among College Students

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ABSTRACT

Smartphones is one of the parts that cannot be removed from student daily life, smartphone addiction is related to social problems such as withdrawals, difficulties to carry out daily activities, or monitoring in self-control. Social problems in the form of intrapersonal problems such as low self-esteem or low communication skills, and interpersonal problems. Those received become one of the causes of difficulties in addiction. This research aims to determine the relationship between loneliness and smartphone addiction on collage students. The instrument for measure loneliness we used DeJong Gierveld Loneliness Scale by Gierveld (2006) with six items from emotional loneliness and social loneliness aspect and Smartphone Addiction Proneness Scale developed by Kim, et al (2014) with 15 items from aspect disturbance of adaptive function, virtual life orientation, withdrawal, and tolerance. Participants in this study were collage students involved 251 participants, with an age range of 18 to 25 years. The sampling is done by using purposive sampling method, the sampling technique using constraints and consideratons that selected samples relevant to the purpose of research. Data analysis in this study using Spearman rho correlation. Based on data analysis, there was a significant positive correlation between loneliness and smartphone addiction. Correlation analysis showed the coefficient correlation with $r = 0.295$ and $p = 0.000$ ($p < 0.05$). The higher Loneliness, the higher Smartphone Addiction, and the lower loneliness, the lower smartphone addiction.

Keywords: Loneliness, smartphone, addiction, college student

Introduction

Smartphone addiction has the closest contribution to cellular addiction, which is considered a relationship addiction, characterized by impulse control problems, (Kim et al, 2014). Smartphone addiction is an attachment or addiction behavior towards smartphones that can cause social problems such as withdrawal, difficulties in daily activities, or the occurrence of impulse control disorders in individuals, (Kwon, et al. 2013). Smartphone addiction is an excessive use of cellphone behavior that can be considered an impulsive control disorder that is not intoxicating and similar to pathological gambling, according to Park and Lee (Bian & Leung, 2014). Acording to smartphone facilities, a smartphone also has the possibility of becoming a social problem with the characteristic if addiction such as disturbance of adaptive functions, virtual life orientation, and orientation. People will play cellphones when they feel lonely because in the real world they don't have friends so they vent their loneliness to make friends in cyberspace. Lonely people tend to play cellphones on a regular basis because they think they are isolated and feel that when they play cellphone, they will feel happy because they can forget their loneliness for a moment.

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Loneliness is one of the causes of cell phone addiction that is often experienced by humans. As emphasized by Erickson (Hurlock, 1992) early adulthood was an eye for a "crisis of remoteness". In this time old friends have split up and many of them have been busy with their partners. As a result they feel a loss of pleasant association in adolescence. According to (Brehm et al, 2002) there are four things that can cause a person to experience loneliness, namely the lack of strength in the relationship that a person has, a change in desire for a relationship, low self esteem, and negative interpersonal behavior. Loneliness will cause a person to be lazy to do activities or play a cellphone because it does not change the feeling of loneliness. Loneliness is not only caused by solitude but the response to the absence of a relationship that is expected. When experiencing loneliness someone will feel dissatisfaction, loss and distress. The level of loneliness of people will be different because the situation that causes loneliness itself is different. A dependency has a close relationship with emotional, where an individual who has dependency tries to find intimacy needs that he does not get in the real world. Even though the comfort or happiness you get is only virtual.

Generally, people will play cellphones when they feel lonely because in the real world they do not have friends so they vent their loneliness to make friends in cyberspace but actually lonely people tend not to play cellphones regularly. Loneliness occurs when there is a discrepancy between what someone expects and the reality of his interpersonal life. Loneliness will be accompanied by a variety of negative emotions such as depression, anxiety, self-blame and shame. The absence of a sense of comfort that arises when the use of mobile phones in lonely conditions results in a reduced intensity of cell phone use. Therefore it can be said that the more often experience loneliness, the more often someone uses a cellphone.

Purpose of the Study

This research aims to determine the relationship between loneliness and smartphone addiction on college students.

Research Question

1. What is correlation between smartphone addiction and loneliness among college students?
2. How can smartphone addiction affect loneliness in college students ?

Literature Review

Smartphone addiction has the closest contribution to cellular addiction, which is considered a relationship addiction, characterized by impulse control problems, (Kim et al, 2014). Smartphone addiction is an attachment or addiction behavior towards smartphones that can cause social problems such as withdrawal, difficulties in daily activities, or the occurrence of impulse control disorders in individuals, (Kwon, et al, 2013). Smartphone addiction is an excessive use of cellphone behavior that can be considered an impulsive control disorder that is not intoxicating and similar to pathological gambling, according to Park and Lee (Bian & Leung, 2014).

According to Russell (1996) loneliness is a dynamic personality in individuals caused by psychophysical systems that can determine the characteristics of behavior and thinking, as well as the individual's desire for social life and life in the environment, and also the feeling of depression which is one of the natural disturbances the form of feeling sad, depressed, lackluster, feeling worthless, and always centered on failure, and loneliness is a unidimensional structure that is 20 specific concepts, so a more global assessment of loneliness is needed rather than just looking at aspects of loneliness for

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individuals. This is based on the idea that most individuals can judge themselves whether the individual is lonely or not lonely in carrying out his life.

Peplau and Perlman (1982) stated that loneliness is an unpleasant subjective experience when a person experiences a decrease in social relations both in quantity and quality. According to Santrok (Arumdina, 2013) that loneliness is an individual feeling where no one can understand themselves so well that it creates an isolated feeling and feels that no one is possessed to escape when needed.

Elhageen (Sadoughi, 2016) defines loneliness as an unpleasant feeling or experience in which an individual feels that he is different from others so that behaviors such as sadness, anger, and even depression are created.

A study published in the American Journal of Preventive Medicine last year surveyed 7,000 people aged 19 to 32 years and found that those who spent more time on social media had twice the risk of experiencing social isolation, which included low feelings social, lack of relationship with others and have a meaningful relationship. The researchers said, spending more time on social media can replace face-to-face interactions, but can also make people feel alienated. Exposure to very ideal portrayals of peers' lives raises feelings of jealousy and mistaken belief that other people are happier and have more successful lives, which might increase feelings of social isolation. Therefore lonely people tend to often use cellphones.

Loneliness and Smartphone Addiction

According to Yuwanto (2010) smartphone addiction is caused by internal factors, social factors, situational factors, and external factors. Loneliness is one of the situational factors that causes smartphone addiction, in which an individual will feel comfortable while using a smartphone due to the feeling of owning a happier life. According to a study by Park (2005) which is conducted to 157 subjects in Seoul shows that some of the causes of smartphone addiction are loneliness, habits, ability to entertain oneself, ability to make oneself relaxed, ability to solve problems, and ability to keep a relationship with another person.

Methodology

Samples

In this study, there were 251 respondents with 123 men and 128 women. They are students in the 2017/2018 academic year and 2018/2019 or in the age range of 18-20 years. We use purposive sampling, which is one of the non-random sampling techniques in which the researcher determines the sample by specifying specific characteristics that are consistent with the research objectives and are expected to answer the problem. So, the sample taken will be able to solve research problems and provide more representative values.

Instruments

Loneliness: To measure the level of Loneliness we use Gierveld (2006). The Loneliness scale includes a scale of 6 items, three questions are made about 'emotional loneliness' and three others about 'social loneliness'. The overall reliability of the 5 items reveals Cronbach's Alpha 0.676, Menurut Sunyoto (2013) suatu kuesioner reliabel jika nilai Cronbach's alpha > 0,60. Maka alat ukur harapan reliabel dan masuk kategori moderat menurut Suryabrata (2004). the corrected item-total correlation values moves from 0.190 to 0.494.

Smartphone Addiction: The Proneness Scale (SAPC) for Adolescents by Kim et al (2014) used to measure smartphone addiction. Smartphone Addiction Scale includes 15

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items consisting of 12 beneficial items and 3 unfavorable items with 4 alternative answers. The overall reliability of 15 items revealed Cronbach's Alpha 0.843 and the corrected item-total correlation items moved from 0.362 to 0.580

Statistical Analysis : This study uses statistical methods of correlation techniques. The analysis technique uses statistical analysis of non-parametric correlations from Spearman Correlation by using IBM Statistical Package for Sosial Science (SPSS).

Findings

Table 1

Correlation Result

Variable	N	r	p
Loneliness* Smartphone Addiction	251	0.295	0.00

Based on the results above, we find that smartphone addiction has a very significant positive correlation with loneliness. This is shown from the value of $r = 0.295$ with a significance of $p = 0.00$ ($p < 0.05$). According to Sarwono (2006), states that the strength of a bond that is in the value of r between 0,25 to 0,5 is included in the very strong category, thus the result of this experiment shows that there is a significant bond with a good strength.

Discussion

The results of this study found that loneliness is known to have a positive correlation with smartphone addiction among college student. These results are reinforced by the existence of previous research conducted by (Mengwei Bian & Louis Leung, 2016). Data were gathered from a sample of 414 university students using online Chinese Mainland survey. Results from exploratory five smartphone addiction symptoms: disregard of harmful consequences, preoccupation, inability to control craving, productivity loss, and feeling anxious and lost, which formed the Smartphone Addiction Scale. Results of the show that the higher one scored in loneliness and shyness, the higher the likelihood one would be addicted to smartphones. These results are in line with previous studies that made lonely people tend to use more cellphones, and loneliness was positively related to cellphone addiction among students in Korea (Park, 2005).

In addition, the results of Enez's Proved that the results he got were showing that social phobia was associated with the risk of smartphone addiction at a young age. Younger individuals who mainly use their smartphones to access social networks also have excessive patterns of smartphone use. In this study, which included three hundred and sixty-seven students, around 95% had accounts on any social networking site, and 41% of them were identified as accessing their accounts reasons for using a smartphone. Although the reasons for excessive smartphone use may be different, loneliness was found to be associated with excessive use of smartphones in this study. people with feelings of loneliness prefer other activities with their smartphone. Feelings of loneliness correlate with a high risk of smartphone addiction among all study samples. So, feelings of loneliness may be a consequence of using cellphones excessively instead of having face-to-face communication (Tan, Pamuk, and Donder, 2013)

In addition, research conducted by (Jiang, Q and Shypenka, V., 2018) International students with lower levels of individualism show a higher level of loneliness, which leads to higher rates of smartphone and smartphone addiction. Loneliness was found to be the strongest predictor for smartphone addiction. That lonely people tend to have deficiencies in ongoing relationships, have lower levels of involvement in social activities, express

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themselves less, and spend less time with friends and more time alone (Sloan & Solano, 1984).

The result of this experiment becomes so important especially to give an description to college students which are still at the teenage development stage, teenagers become the biggest users of smartphone on earth, data from Statista (2018) in 2016, the amount of smartphone users are estimated to be 2,1 billion. Meanwhile, the amount of phone users on earth will reach 5 billion in 2019. The increase in smartphone users will have a negative impact on teenagers if they don't use it wisely.

College students who use smartphone too much will get more distanced from an ideal social life. Individuals will enjoy an online social interaction more than the social interaction in real life. Kwon, and friends (2013) mentioned that smartphone addiction causes social problems like retreating from society and decline in everyday performance or as a disturbance in impulse control towards an individual. Loneliness is one of the significant effects of smartphone addiction.

Loneliness is something that should be avoided by teenagers, because according to Talib, et al (2011). Teenagers have a duty to develop, otherwise to have a social relation with other teenagers, and have a role in a group. When a college experiences loneliness, the individuals development will be set back because they can't interact with society.

Teenagers who experience loneliness will have some negative emotions like depression, anxiety, unhappiness, unsatisfied, self blame, and shame (Anderson, et al 1994). According to Brehm (2002) loneliness is the feeling of lacking social connection is caused by dissatisfaction of the existing social connection. Smartphone addiction will appear when a teenager feels lonely, and uses a smartphone too much, a teenager will enjoy an online interaction more than a real one.

Kwon, and friends (2013) mentioned that smartphone addiction causes some social problems like retreating from society and difficulties in doing everyday activities or as a disturbance to an individual's impulse control.

Limitations

The researcher still used a purposive sampling method that makes the subject as sample can't be a representative of the population that the researcher wants to study. The researchers in the future has to be more specific on the variable of internet addiction or the addiction to a certain app

Recommendation

For the further researcher should increase the number of samples and prefer the specific sample to be a representation of the population of the study. In addition, further research is expected to examine whether there are mediator variables between smartphone addiction and loneliness in college students.

Conclusion

Based on the results of the study, that smartphone addiction has a very significant positive correlation with loneliness. This is shown from the value of $r = 0.295$ with a significance of $p = 0.00$ ($p < 0.05$). College students with a stronger feeling of loneliness will have a stronger smartphone addiction

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