

THE RELATIONSHIP BETWEEN SELF-CONTROL AND LONELINESS WITH TENDENCIES OF SMARTPHONE ADDICTION IN CLASS XI STUDENTS AT SMAN 13 BEKASI

Zahmia Nursyifa Rajmy¹, Kusumastuti Dyah Pratiwi² & Nurdiani Komala Dewi³

Email: zahmianrajmy@gmail.com¹, dyahkusumastutipratiwi@gmail.com², nurdianikomala@gmail.com³

Faculty of Psychology

Program Study Masters of Psychology Profesi (PSMPP)

Persada Indonesia YAI University Jakarta, INDONESIA

ABSTRACT

This research is a quantitative study that aims to examine the relationship between self-control and smartphone addiction, the relationship between loneliness and smartphone addiction, and the relationship between self-control and loneliness and smartphone addiction. The subjects in this research were class XI students at SMAN 13 Bekasi who had smartphones with a total of 175 samples using simple random sampling techniques. This study used 3 measuring scales, namely: smartphone addiction measuring scale (22 items, $\alpha = 0.886$), self-control measuring scale (11 items, $\alpha = 0.818$), and UCLA loneliness measuring scale (11 items, $\alpha = 0.805$). The results of this study show that there is a significant relationship between self-control and smartphone addiction, (r) of -0.456 and $p = 0.000 < 0.05$. There is a significant relationship between loneliness and smartphone addiction, (r) of 0.207 and $p = 0.006 < 0.05$. There is a significant relationship between self-control and loneliness and smartphone addiction, R of 0.456 and $p = 0.000 < 0.05$. This proves that H_{a3} : "there is a relationship between self-control and loneliness and the tendency to be addicted to smartphones in class XI students at SMAN 13 Bekasi" is accepted.

Keywords: Smartphone Addiction, Self-Control, Loneliness.