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

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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, α= 0.886), self-control measuring scale (11 items, α = 0.818), and UCLA loneliness measuring scale (11 items, α = 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 Ha_3: "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.

INTRODUCTION

In the early 2000s, not many people had cell phones in Indonesia. Quoted from The Spectator Index page, the following is a list of the 6 countries that use the most mobile phones. From this data, Indonesia is in sixth position on the list of countries that use mobile phones the most, behind China, India, America, Brazil and Russia. (idntimes: online 2019).

This can be seen from the phenomenon that occurred when two students in Bondowoso had to receive special treatment at Dr Koesnadi RSU Mental Polytechnic. Based on the temporary diagnosis of a psychiatrist at the hospital, the two students who were still in middle and high school were experiencing mental shocks due to smartphone addiction. (detiknews: online 2018).

Kwon et al (2013a) explain that smartphone addiction is a behavior of attachment or addiction to smartphones which can become a social problem such as difficulty in performing daily activities, withdrawal, or as an impulse control disorder for the individual. In line with opinion. Chiu (in Karuniawan and Cahyati, 2013) stated in his research that the existence of smartphone addiction disorder is one of the reasons for the transfer of feelings of stress in individuals among teenagers, and the lack of strong self-control over the use of smartphones so that it is the beginning of dependence on it. the communication tool.

As individuals we certainly have control over ourselves. However, not all individuals have good or high self-control. Baumeister & Heatherton (in Hagger, 2010) define self-control as an individual's capacity to change, modify, change, or override their impulses, desires, and habitual responses.

There is a positive relationship between loneliness and smartphone addiction, one of which was put forward by Young (1999), that one of the causes of addiction is social problems in the form of intrapersonal problems such as low self-esteem or low communication skills, and interpersonal problems such as loneliness.

According to Russell (in Krisnawati, 2017) loneliness is defined as social relationships that do not match what is desired or achieved, including feelings of anxiety, depression, and the perception of a person's lack of social relationships.

Based on the description above and the phenomena that occur, the researcher is interested in conducting research with the title "The Relationship between Self-Control and Loneliness and the Tendency to be Addicted to Smartphones in Class XI Students at SMAN 13 Bekasi".

FORMULATION OF THE PROBLEM

1. Is there a relationship between self-control and the tendency to become addicted to smartphones in class XI students at SMAN 13 Bekasi?
2. Is there a relationship between loneliness and the tendency to become addicted to smartphones in class XI students at SMAN 13 Bekasi?
3. Is there a relationship between self-control and loneliness and the tendency to become addicted to smartphones in class XI students at SMAN 13 Bekasi?

RESEARCH PURPOSES

1. To determine the relationship between self-control and the tendency to become addicted to smartphones in class XI students at SMAN 13 Bekasi.
2. To determine the relationship between loneliness and the tendency to become addicted to smartphones in class XI students at SMAN 13 Bekasi.
3. To determine the relationship between self-control and loneliness and the tendency to become addicted to smartphones in class XI students at SMAN 13 Bekasi.

LITERATURE REVIEW
Smartphone Addiction
Kwon et al (in Karuniawan 2013) explain that smartphone addiction is a behavior of attachment or addiction to smartphones which can become a social problem such as difficulty in performing daily activities, withdrawal, or as a disturbance in a person's impulse control. Apart from that, Park & Lee (in Karuniawan and Cahyati, 2013) also stated that smartphone addiction is excessive use of smartphones which can be considered an impulse control disorder that is not intoxicating and is similar to pathological gambling.

According to Yuwanto (in Agusta 2016) in his research on smartphone addiction, there are 4 factors that cause smartphone addiction, namely:
a. Internal factors
  1) High level of sensation seeking. Individuals who have a high level of sensation seeking tend to experience boredom more easily in routine activities.

2) Low self-esteem. Self-esteem itself is an individual's self-evaluation of their quality or worth as a human being. Individuals with low self-esteem tend to feel inferior to the people around them and will judge themselves negatively or tend to think unreasonably. Using a cell phone will make them feel valuable and comfortable when interacting with other people.

3) Low self-control. Self-control is an individual's ability to structure, guide, organize and direct. Not being able to manage time and restrain oneself in using a smartphone can be a predictor of an individual's vulnerability to experiencing cell phone addiction.

b. Situational factors

This factor consists of causal factors that lead to the use of mobile phones as a means of making individuals feel psychologically comfortable when facing uncomfortable situations. High levels of stress, sadness, loneliness, anxiety, boredom from studying, and leisure boredom (lack of activities in free time) can cause cell phone addiction and divert attention to smartphones.

c. Social factors

This factor consists of mandatory behavior, which refers to behavior that must be carried out to satisfy the need for interaction which is stimulated or encouraged by other people, and connected presence is based more on behavior interacting with other people which originates from within. In this case, individuals always use smartphones to interact and tend to be lazy to communicate directly with other individuals.

d. External factors

External factors are factors that come from outside the individual. This factor is related to the high media exposure to mobile phones and their various facilities.

In research by Kwon, et al (2013a) which refers to Young's theory, six aspects of smartphone addiction were obtained which are not much different from the aspects in Young's research, these aspects are:

a. Daily life disturbance: Daily life disturbance includes not doing planned work, difficulty concentrating in class, suffering from mild headaches, blurred vision, pain in the wrist or back of the neck and sleep disturbances.

b. Positive anticipation is a feeling of excitement from the user and makes a smartphone a means to reduce or eliminate stress and feelings of emptiness without a smartphone.

c. Withdrawal is a condition where smartphone users feel impatient, restless and intolerable without a smartphone.

d. Cyberspace-oriented relationship is a condition where someone has closer friendships on social media networks on smartphones compared to friends in real life.

e. Overuse Overuse refers to excessive and uncontrolled use of smartphones. Overuse also refers to the behavior where a user always prepares to charge the smartphone and feels the urge to continue using the smartphone right after the person decides to stop using it.

f. Tolerance is a condition where users always fail to control smartphone use.

Self Control

According to Ghufron and Risnawati (2011), self-control is an individual skill with sensitivity to reading one's situation and the environment. Self-control is a term used to describe the process of suppressing or inhibiting one's behavior or response intentionally and consciously (Vohs & Baumeister, in Hagger et al., 2010).

Based on Tangney, et al., (2004) there are five aspects of self-control ability, namely :

a. Self-discipline (Self-discipline).

Individual discipline in doing something.

b. Actions or actions that are not impulsive (Deliberate/Non-impulsive).

The individual's tendency to take action that is not impulsive (responding to stimuli with mature thinking).
c. Healthy lifestyle (Healthy habits).
   Regarding individual healthy lifestyles, related to moderate use of smartphones.
d. Work ethics.
   Self-regulation in service, an ethic in carrying out daily activities.
e. Consistency (consistency).
   An individual's ability to handle a test or endurance of the test.

Lonely
According to Russell (in Krisnawati, 2017) loneliness is defined as social relationships that do not match what is desired or achieved, including feelings of anxiety, depression, and the perception of a person's lack of social relationships. According to Cherry (2018) loneliness is a feeling that commonly occurs in a person, where in fact this feeling is complex and unique to each individual.
Aspects of loneliness according to Russell (in Anuari, 2018) include :
a. Personality : Individual characteristics that emerge from the psychophysical system that determines behavior and thinking in the surrounding environment. In this case, lonely individuals are categorized according to their daily behavior and feelings.
b. Social Desirability : The existence of social desires that individuals hope for in life in their surrounding environment. In this case, individuals want to gain acceptance which ultimately leads to the desire to gain recognition from the surrounding community.
c. Depression is a form of internal pressure that results in feelings of helplessness and loss of hope accompanied by feelings of sadness, loss of interest and joy.

RESEARCH HYPOTHESIS
Based on the theory outlined in the literature review, the author proposes a hypothesis which will later be tested, as follows:
Ha1: There is a relationship between self-control and the tendency to be addicted to smartphones in class XI students at SMAN 13 Bekasi.
Ha2: There is a relationship between loneliness and the tendency to be addicted to smartphones in class XI students at SMAN 13 Bekasi.
Ha3: 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.

METHODOLOGY
Operational Definition
The operational definition according to Kerlinger (2003, p.51) means attaching meaning to a construct or variable by determining the activities or actions necessary to measure that construct or variable. Operational definition of the variables that will be studied in this research:
1. Smartphone addiction is a person's behavior that leads to excessive smartphone use, giving rise to a tendency or dependence both physically and psychologically which can have a negative impact on the individual and others. Measured with an addiction scale based on aspects that explain smartphone addiction behavior, namely: Daily life disruption, Positive anticipation, Withdrawal, Cyberspace-oriented relationship, Overuse, Tolerance.
2. Self-control is the ability to guide one's own behavior; the ability to suppress and inhibit impulses or impulsive behavior expressed in behavior, cognition and conclusion making, which is measured by a self-control scale whose composition refers to aspects which reveal that there are five aspects, namely self-discipline, actions or actions that are not impulsive

(deliberate/non-impulsive), healthy lifestyle (healthy habits), work ethic (work ethic), consistency (consistency).

3. Loneliness is an unpleasant subjective experience where the quality and quantity of a person's social relationships decreases significantly, as measured by the loneliness scale, which in this study uses a standard scale, namely, the UCLA loneliness scale (version 3). The measuring instrument consists of 3 aspects, namely, personality, social desirability and depression.

Population and Research Sample Characteristics

The total population in this study was 324 students of class XI at SMAN 13 Bekasi with the characteristics of having a smartphone, so following the Morgan table, the sample used was 175 students of class.

Data Collection Technique

The data collection method used in this research is a questionnaire compiled based on three scales, namely the smartphone addiction scale, self-control scale and loneliness scale.

Research Data Analysis Methods

The analytical method used in this research to test correlation calculations refers to the research objectives and hypotheses. There are two methods used to test hypotheses and analyze data, namely, the bivariate correlation technique to determine the relationship between one independent variable and one dependent variable. In this research, the bivariate correlation method is used to find out Ha1 and Ha2. Meanwhile, multivariate correlation is used to determine the relationship of more than one independent variable with one dependent variable. In this research, it is used to determine Ha3.

RESEARCH RESULT

Based on the results of analysis of research data on the hypothesis using the bivariate correlation method between self-control variables and smartphone addiction, a correlation coefficient (r) of -0.456 and $p = 0.000 < 0.05$ was obtained. So the null hypothesis (Ho1) which states, "There is no relationship between self-control and the tendency to be addicted to smartphones in class XI students at SMAN 13 Bekasi", is rejected. Meanwhile, the alternative hypothesis (Ha1) which reads, "There is a relationship between self-control and the tendency to be addicted to smartphones in class XI students at SMAN 13 Bekasi", is accepted.

Meanwhile, the results of the analysis of research data on the hypothesis using the bivariate correlation method between the variables loneliness and smartphone addiction obtained a correlation coefficient (r) of 0.207 and $p = 0.006 < 0.05$. So the null hypothesis (Ho2) which states, "There is no relationship between loneliness and the tendency to be addicted to smartphones in class XI students at SMAN 13 Bekasi", is rejected. Meanwhile, the alternative hypothesis (Ha2) which states, "there is a relationship between loneliness and the tendency to be addicted to smartphones in class XI students at SMAN 13 Bekasi", is accepted.

The results of research data analysis on the hypothesis using multivariate correlation with the enter method between the variables self-control and loneliness and smartphone addiction obtained R of 0.456, B of self-control -1.629 and B of loneliness of 0.307, and $p = 0.000 < 0.05$. So the null hypothesis (Ho3) which states, "there is no relationship between self-control and loneliness and the tendency to be addicted to smartphones in class XI students at SMAN 13 Bekasi", is rejected. Meanwhile, the alternative hypothesis (Ha3) which states, "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.

From the results of regression data analysis using the enter method, it is known that the R square is 0.221, thus it can be concluded that self-control and loneliness contribute 22.1% to smartphone addiction, while the remaining 100% - 22.1% = 77.9% concerns the contribution of other factors not included in this study. Based on the results of regression data analysis using the stepwise method, the contribution of self-control to smartphone addiction was 20.8% with an R square result of 0.208. The contribution of self-control and loneliness to the tendency to become addicted to smartphones is 22.1% with an R square result of 0.221. while the contribution of loneliness to smartphone addiction of 1.3% is not listed due to its minimal contribution. (less than 3%). This shows that the contribution of self-control to smartphone addiction is more dominant than the contribution of loneliness.

DISCUSSION
Based on the results of data analysis carried out on 175 respondents, calculation results were obtained using the Bivariate correlations data analysis method with a bivariate correlation coefficient between the variables self-control and smartphone addiction (r) of -0.456 and p = 0.000. This shows that there is a correlation between self-control and smartphone addiction in a negative direction. In accordance with the results of research conducted by Hye-Jin Kim, Jin-Young Min, Kyoung-Bok Min, Tae-Jin Lee, Seunghyun Yoo (2016) which considers self-control and friendship quality as protective factors against risky adolescent behavior, especially smartphone addiction.

In the results of the second analysis using the Bivariate correlations data analysis method with a correlation coefficient between the variables loneliness and smartphone addiction, a correlation coefficient (r) of 0.207 and p = 0.006 was obtained. This shows that there is a correlation between loneliness and smartphone addiction towards a positive relationship. In line with research conducted by Bian and Leung (2014), the results show that the higher the score in loneliness and shame, the higher the possibility that someone will be addicted to smartphones. Furthermore, this research shows that the most powerful predictor that inversely influences bonding and bridging social capital is loneliness.

In the results of the third analysis using the regression data analysis method with the enter method between the variables self-control and loneliness and smartphone addiction, a correlation coefficient (R) of 0.456 and p = 0.000 < 0.05 was obtained. This shows that there is a significant relationship between self-control and loneliness and smartphone addiction.

The categorization results show that the tendency for smartphone addiction among Class XI students at SMAN 13 Bekasi is in the medium category. The self-control possessed by class XI students at SMAN 13 Bekasi is in the high category. Meanwhile, regarding loneliness, it was found that class XI students at SMAN 13 Bekasi were in the moderate category. This indicates that almost all class.

CONCLUSION
Referring to the research hypothesis and the results of this research data analysis, it can be concluded that there is a significant relationship in a negative direction between self-control and smartphone addiction, which means that if self-control in class XI students at SMAN 13 Bekasi is low then the tendency for smartphone addiction in students high, and vice versa. The higher the self-control of class XI students at SMAN 13 Bekasi, the lower the tendency to be

addicted to smartphones. Then, there is a significant relationship in the positive direction between loneliness and smartphone addiction. This shows that the higher the loneliness in class XI students at SMAN 13 Bekasi, the higher the tendency to be addicted to smartphones, and vice versa. The lower the loneliness in class finally, there is a significant relationship between self-control and loneliness with smartphone addiction.

SUGGESTION

1. Theoretical Suggestions

   For prospective researchers who are interested in conducting research on smartphone addiction, it is hoped that they can carry out further research on other types of variables that have not been studied apart from self-control and loneliness, such as self-esteem, sensation seeking, stress, mediatory behavior, exposure to social media and other variables others in the same population. Prospective researchers are also expected to be able to carry out further research by adding different research objects in order to get even better results. Apart from that, there is still a lot of information that needs to be explored to find out in more detail the relationship between self-control and loneliness and smartphone addiction.

2. Practical Advice

   a. For student

      Students are expected to be able to maintain or increase their self-control, as well as have a variety of activities so as not to have a high level of sensation seeking caused by boredom over routine things and be able to provide social support to each other so that students can provide a positive evaluation of themselves regarding high quality and self-esteem, so that students do not spend too much time with smartphones and easily become addicted to smartphones. Students are also expected to be able to socialize more with their surroundings, such as peers, so that they do not feel lonely in their lives.

   b. For Schools

      For the school as input in carrying out interventions to increase self-control in students by providing special time for guidance and counseling teachers to be able to provide direction and provide freedom to be able to consult if students have problems or feel uncomfortable about something, as well as reducing levels of loneliness. by creating and providing interesting activities that students can participate in, so that students have the means to interact with peers as an effort to fulfill the need to interact with other people (mediatory behavior), directly without using a smartphone.

   c. For the Family

      Families, especially parents, are expected to continue to provide support, prayer and motivation to their children, so that their children can continue to maintain their ability to control themselves, and try to have close relationships so that students feel they have close ties with other people and do not feel lonely.

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