

## Hubungan antara self esteem dan loneliness terhadap mobile phone addiction pada dewasa muda = The relationship between self esteem and loneliness toward mobile phone among young adults

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### Abstrak

[ Penelitian ini didasari oleh fenomena penggunaan telepon genggam secara berlebihan sehingga mengganggu kehidupan pribadi maupun profesional penggunanya. Penelitian ini bertujuan untuk menjelaskan apakah self-esteem dan loneliness memiliki hubungan dengan mobile phone addiction. Pengukuran self-esteem menggunakan Rosenberg's Self-esteem Scale, pengukuran loneliness menggunakan UCLA Loneliness Scale sedangkan mobile phone addiction diukur menggunakan Mobile Phone Addiction Index. Karakteristik responden dalam penelitian ini adalah dewasa muda dengan rentang usia 20-40 tahun yang memiliki telepon genggam dengan akses internet. Jumlah responden yang didapatkan sebanyak 296 orang dengan menggunakan teknik accidental sampling. Hasil penelitian menunjukkan bahwa hipotesis null ditolak ( $r = 0.157$ ,  $p < 0.05$ ) dan nilai determinasi sebesar 0.025 ( $r^2 = 0.025$ ), yang berarti terdapat hubungan yang signifikan antara self-esteem dan loneliness terhadap mobile phone addiction. Hal ini menunjukkan bahwa tingkat mobile phone addiction seseorang dapat diprediksi berdasarkan tingkat loneliness dan tingkat self-esteemnya sebesar 2,5% dan sisanya dijelaskan oleh variabel lain. Implikasi dari penelitian ini adalah diharapkan bahwa masyarakat dapat mengidentifikasi penyebab dari kecanduan telepon genggam dan segera melakukan intervensi.; This study is based on excessive use phenomenon of mobile phones that interferes one's personal and professional life. This research aims to explain the relationship between self-esteem and loneliness towards mobile phone addiction. Self-esteem is measured by using Rosenberg's Self-esteem Scale while loneliness is measured by using UCLA Loneliness Scale. Lastly, mobile phone addiction is measured by using Mobile Phone Addiction Index. Respondent counts 296 young adults between 20-40 who own a mobile phone with internet access. The results show that the null hypothesis is rejected ( $r = 0.157$ ,  $p < 0.05$ ) and determination value 0.021 ( $r^2 = 0.025$ ), which means there is a significant relationship between self-esteem and loneliness towards mobile phone addiction. The implications of this research are expected to enable the society to identify causes of mobile phone addiction and immediately start an intervention.; This study is based on excessive use phenomenon of mobile phones that interferes one's personal and professional life. This research aims to explain the relationship between self-esteem and loneliness towards mobile phone addiction. Self-esteem is measured by using Rosenberg's Self-esteem Scale while loneliness is measured

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