

# Peran Kesepian dalam Adiksi Smartphone: Disregulasi Emosi sebagai Mediator pada Dewasa Muda = The Role of Loneliness in Smartphone Addiction: Dysregulation of Emotion as Mediator in Young Adults

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## Abstrak

Hubungan antara kesepian dan adiksi smartphone tidak selalu ditemukan berkorelasi secara signifikan. Di sisi lain, Deficient Self-Regulation Model mengajukan disregulasi emosi sebagai mediator dalam hubungan antara adiksi smartphone dan kesepian. Penelitian ini bertujuan untuk menguji kembali hubungan positif antara kesepian dan adiksi smartphone, serta sejauh mana hubungan tersebut dapat dimediasi oleh disregulasi emosi. Sebanyak 158 dewasa muda (69% perempuan; Usia = 21,19, SD = 1,92) diukur menggunakan Smartphone Addiction Scale – Short Version, Revised UCLA Loneliness Scale, dan Brief Version of Difficulties in Emotion Regulation Scale. Hasil analisis korelasi menunjukkan bahwa kesepian berhubungan secara positif dan signifikan dengan adiksi smartphone. Hasil analisis PROCESS simple mediation (Model 4) menunjukkan bahwa hubungan kesepian dan adiksi smartphone dimediasi secara penuh oleh disregulasi emosi. Diskusi mengenai temuan-temuan dalam penelitian ini akan mengangkat peran penting dari disregulasi emosi dalam memahami bagaimana kesepian di kalangan dewasa muda dapat memicu perilaku adiksi smartphone dan berbagai dampak negatif yang mengikutinya.

.....According to previous findings, the relationship between loneliness and smartphone addiction did not always show significant correlation. On the other hand, the Deficient Self-Regulation Model proposes emotional dysregulation as a mediator between loneliness and smartphone addiction. This study aimed to re-examine the positive relationship between loneliness and smartphone addiction and explore the extent to which emotional dysregulation mediates this relationship. A total of 158 Indonesian young adults (69% female; Usia=21,19, SD=1,92) were measured using the Smartphone Addiction Scale – Short Version, the Revised UCLA Loneliness Scale to assess loneliness, and the Brief Version of Difficulties in Emotion Regulation Scale. Results of the correlation analysis indicated a positive and significant relationship between loneliness and smartphone addiction. Notably, the findings of the PROCESS simple mediation analysis (Model 4) revealed that the relationship between loneliness and PSU is fully mediated by emotional dysregulation. The discussion of the current study's findings will emphasize the vital role of emotional dysregulation in understanding how loneliness among young adults can trigger smartphone addiction and subsequent negative consequences.