



Influence of Life Satisfaction and Loneliness on Problematic Internet Use in Early Adolescents

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Adolescents use the internet as a source of information, communicate with friends, and seek for entertainment. However, most teenagers also have some problems with using the internet. Adolescents who must learn tend to be ignorant because of internet experience [1]. Also, negative content such as pornography is exposed to virtual media. Beside that, also the phenomenon of sexual harassment [2]. Likewise, cases that occur in the adolescents' environment are cyberbullying [3]. Based on this background, this study aims to determine the influence of life satisfaction and loneliness on problematic internet use. Therefore, the researcher uses a quantitative approach with a sample of 348 respondents who meet the criteria between aged 13 to 15 years old and access the internet from gadgets. The validity test of the measuring instrument is confirmatory factor analysis with hypothesis testing is multiple regression analysis. This study produced a significant influence between life satisfaction and loneliness variables on problematic internet use by 57.2%. Based on the results of hypothesis testing are two variables that have a significant effect on problematic internet use, namely friend satisfaction and emotional loneliness.

Keywords—problematic internet use, life satisfaction, loneliness

I. INTRODUCTION

Burnett [4] describes the Internet or interconnection networking as a computer network with facilities that have their respective uses including e-mail, newsgroups, mailing lists, telnet, and the world wide web). The Association of Indonesian Internet Network Operators or known as APJII revealed that 64.8% of the 264.145 million total Indonesian population uses the internet. Users are dominated by teenagers with a percentage of 91% [5].

Adolescents are in the first stage of transition from childhood to adulthood. This transition period is known as *storm and stress*. According to Jahja [6] at this time, adolescents experiences has many demands and pressures so they did not to act like children in the past. Santrock [7] explained that teenagers feels not distracted from anything that is dangerous, so they often do things that are risky. Negative aspects of internet use include excessive access to online games, pornography, neglecting daily tasks to access the internet only, and cyber bullying. This condition is known as *problematic internet use*.

According to Demetrovics et al. [8] *problematic internet use* is an addictive trait that identifies compulsive and impulsive symptoms and the emergence of work or education problems resulting from excessive internet use. Problematic internet use is caused by several factors, namely loneliness and life satisfaction. Huebner [9] describes the general life satisfaction is the evaluation of the quality of

life in general and by specific domain that family satisfaction, friends satisfaction, school satisfaction, living environment satisfaction, and self satisfaction. According to Gierveld and Tilburg [10] loneliness is an indicator of social well-being related to feelings of loss of intimate relationships (emotional loneliness) or loss of extensive social networks (social loneliness).

II. LITERATURE REVIEW

A. Problematic Internet Use

Young [11] explained that problematic internet use, also known as excessive internet use, is an activity on the internet to an extent that may adversely affect the user's physical condition and psychological health, social interactions with other individuals, academics, work, marriage, and etc.

Demetrovics et al. [12] describes problematic internet use as the addictive nature of the phenomenon of excessive or problematic internet use by identifying compulsive and impulsive symptoms and causing problems in work or education.

Kuss et al [13] distinguish problematic internet use and internet addiction. According to his study, problematic internet use often coincides with internet addiction. The difference can be seen from the measurement. Internet addiction is measured by a structured clinical process for diagnosing mental disorders. In addition, it is also measured psychometrically with measuring instruments .

Problematic Internet use can be measured with the Problematic Internet Use Questionnaire (PIUQ-9), which is translated into 10 items. Demetrovics et al. [14] describes problematic internet use as two dimensions, namely:

1. Obsession

The obsession dimension explains that the substance of the items includes the mental involvement side with internet use such as taking time to access the internet, melamine, and fantasizing with the internet, anxiety, worry, and even depression caused by lack of time to access the internet.

2. Neglect + Control Disorder

The dimension of neglect + control disorder is a negative consequence of problematic internet use for an individual's life, unable to stop using the internet, and neglecting activities that are not included in internet use such as basic needs and individual obligations.

B. Life Satisfaction

Life satisfaction according to Huebner [15] is thought or cognition, as well as individual judgments in considering satisfaction with life as a whole or in a particular domain. According to Yang and Srinivasan [16] is life satisfaction which refers to a stable cognitive assessment of one's life. Life satisfaction is an important component of subjective well-being, the scientific term for happiness.

Huebner [17] explained that life satisfaction can be measured by the Multidimensional Students Life Satisfaction Scale or known as the MSLSS which consists of five life satisfaction domains with 40 items. The dimensions of life satisfaction are explained as follows:

1. Family Satisfaction

Family satisfaction as individual life satisfaction obtained through experiences that occur in the family environment.

2. Friends Satisfaction

Friends satisfaction is an external factor that also affects the quality of life of individuals. Having a good relationship with friends is a positive thing to affect life satisfaction. Building a commitment, having trust and loyalty and liking each other is a manifestation of life satisfaction.

3. School Satisfaction

The dimension of school satisfaction carries out the roles and functions of individuals as they should so that it affects a person's academic and intellectual development process.

4. Living Environment Satisfaction

Living environment satisfaction affects the physical and interpersonal character of individuals in the home environment, namely one's personal condition, security, relationships, individual communities, and ties that exist in social life.

5. Self Satisfaction

Self satisfaction is a psychological well-being that is considered based on a positive indicator, namely satisfaction with oneself.

C. Loneliness

Loneliness according to Rokach and Neto [18] is a broad social problem that is generally experienced by every race, gender, age or cultural background. Human as a social being who has a relationship is certainly open to the possibility of feeling lonely. These situations make them feel isolated from others when a positive relationship means to be negative, or it can be due to individual attitudes in society. Gierveld and Tilburg [19] reveal loneliness as an indicator of social well-being that is associated with feelings of loss of intimate relationships (emotional loneliness) or loss of extensive social networks (social loneliness).

Loneliness can be measured by the De Jong Gierveld Loneliness Scale [20]. The measuring instrument with 11

number of items, namely 6 statements has two dimensions, namely:

1. Emotional Loneliness

Emotional loneliness is the absence of an intimate relationship or a close emotional bond with a partner or friend.

2. Social Loneliness

Social loneliness or social loneliness is the absence of contact with a wider group or community or interesting social networks such as friends, colleagues and people in the environment.

Excessive internet use identifies problems that interfere with daily activities. Mental involvement in the nature of internet use such as taking time to access the internet, daydreaming, and fantasizing about the internet. So are the negative consequences activities such as staples and daily obligations.

In addition, the satisfaction of individuals to experience in a day also affects the use of the Internet is problematic. Individual perceptions can be the cause of the risk of problematic internet use in adolescents.

Life satisfaction can be measured from the closest thing, namely family. Activities in the family involve intensely affective one another. Then, adolescents with characteristics that prefer to hang out with peers compared to those around them trigger an intense relationship online significantly.

Teenagers also have an obligation to carry out their functions and roles in school as main activities. Academic and intellectual development can also be at risk of causing problematic internet use such as high stress and poor relationships with school residents.

In addition to the character of the relationship, individual interpersonal elements such as environment, personal qualities, sense of security, community relations, and emotional bonds are sources of satisfaction in their lives. More closely, satisfaction with oneself triggers a psychological state of well-being that results in feelings of satisfaction.

Further, indicators of social well-being are also related to emotional and social feelings. The absence of a close emotional connection with a partner or friend in a teenager's life allows them to try to find a place for support through the internet. As a result, adolescents spend more time online than usual. The framework of thought in this research is described as follows:

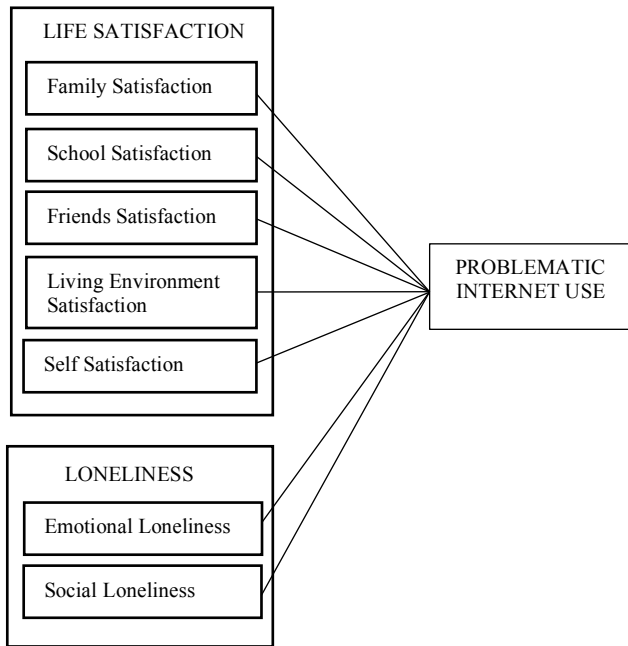


Fig. 1 Hypothesis

III. RESEARCH METHOD

A. Subjects

Participants are early adolescents and internet users (N=348), with age range 13-15 years old.

B. Instruments

Problematic internet use measured using the Problematic Internet Used Questionnaire 9 (PIUQ-9) by Demetrovics et al. These aspects, namely (1) Obsession, and (2) Neglect + Control Disorder.

Life satisfaction is measured using the Multidimensional Student Life Satisfaction Scale (MSLSS) by Huebner. This instrument conducted 40 items and measured through 5 aspects, namely (1) Family Satisfaction, (2) School Satisfaction, (3) Friends Satisfaction, (4) Living Environment Satisfaction, and (5) Self Satisfaction.

Loneliness is measured using the De Jong Loneliness Scale by Gilberg and Tilburg. This instrument conducted items and measured through 2 aspects namely emotional loneliness and social loneliness. This study uses Multiple Regression analysis techniques with SPSS software. Multiple regression is a statistical technique that uses various to predict the result of a response variable. The goal of multiple regression is to model the correlation between the explanatory and response variables.

IV. RESULTS

This study intended to test whether life satisfaction and loneliness can contribute to problematic internet use in early adolescents.

TABLE I. RSQUARE

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.756	.572	.563	5.89167

Based on Table 1 it revealed that the R-Square value of 0,572 which means the proportion of variance of life satisfaction and loneliness explained by the independent variables intended family satisfaction, school satisfaction, friends satisfaction, living environment satisfaction, self satisfaction, emotional loneliness and social loneliness are 57,2% while the remaining 42,8% influenced by other variables outside the study.

TABLE II. COEFFICIENTS REGRESSION

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	11.863	5.357		2.214	.027
	Family S	-.078	.041	-.083	-1.878	.061
	Friends S	.797	0.45	.659	17.754	.000
	School S	-.067	.042	-.072	-1.594	.112
	Living_Environment S	-.003	.042	-.003	-.073	.942
	Self S	-.015	.051	-.016	-.303	.762
	Emo L	.194	.039	.188	4.971	.000
	Soc L	-.065	.043	-.068	-1.491	.137

Table 2 shows these are only two significant aspects, namely friends satisfaction and emotional loneliness. The remaining variables are not significant.

Friends satisfaction variables valued 0,797 with significance 0,000 (Sig<0,05) which means friends satisfaction significantly influence problematic internet use in a positive way. It shows that are more honest or accurate the friends satisfaction will decreased problematic internet use.

Emotional loneliness variables valued 0,194 with significance 0,000 (Sig<0,05) which means emotional loneliness significantly influence problematic internet use in a positive way. Means that emotional loneliness will decreased problematic internet use.

V. CONCLUSIONS AND DISCUSSIONS

Based on the results of the hypothesis of the significance of each regression coefficient on problematic internet use, there are two variables with significant regression coefficient values, namely friends satisfaction and emotional loneliness.

By the results of descriptive analysis, the results show that in general early teens have a low level of problematic internet use. These results are in accordance with the initial conditions of adolescents who should not have problems in using the internet, because adolescence is a critical period for developing health-relevant behaviour that related to bad habits and direct the impact as pattern of bad behaviour.

Adolescents who are exposed to problematic internet use will neglect their responsibilities and daily needs. The neglect will interfere with health resulting in low physical fitness of adolescents. Based on the regression coefficients of each life satisfaction variable between friends satisfaction on the life satisfaction variable and emotional loneliness on the loneliness variable influence problematic internet use.

The variable of friends satisfaction from the life satisfaction have a significant effect in a positive direction on problematic internet use. Based on these results, it is known that the higher the value of friends satisfaction owned by the individual have a higher the problematic internet use. This is in line with research conducted by Wang et al. [21] Friends satisfaction is significantly related to problematic internet use. Teenagers who have a wider network of friends on the internet will communicate through online intensely.

Based on the results of the study, there is a significant positive relationship between friends satisfaction and problematic internet use in early adolescents. The researcher assumes that this significant effect is supported by the presence of companionship characteristics. According to Gotman & Parker in Agustiani [22], adolescent friendships allow them to be close to their peers so they are willing to spend time to be close to their peers and participate in various kinds of activities.

Another variable is emotional loneliness from the loneliness that has a significant effect on problematic internet use. According to the theory of Demetrovics et al. [23] people choose to waste time to access the Internet compared to interact or engage in activities and find the difficult to control themselves in using the internet. These results show the symptoms are in line with the characteristics of emotional loneliness such as emotional withdrawal because there is no intimate or close relationship with the surrounding.

According to Musabiq et al. [24] the possibility is for trying to find a place to get support and suit the needs of emotion over the internet. Excessive internet is associated with high levels of emotional loneliness. Although the internet is used as a communication tool, it has a negative effect on psychological well-being. There is a shift in social activities where individuals have spent time accessing the internet rather than participating with the quality of online relationships with direct relationships. Relationships online have lower bonding quality face-to-face, will have emotional loneliness and fill that loneliness through excessive internet use.

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