

Loneliness as a Mediator to Family Function and Social Media Addiction Behavior among Adolescents

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ABSTRACT

Social media addiction is an issue that takes particular concern in modern society. The addiction of social media is more common among adolescents. It becomes a real example that an adolescent has not been able to create critical thinking so that it is easy to enter a dependency group and it can disrupt activities in a daily bases also create many problems which caused by the addiction. One of them is loneliness which almost associated with social media addiction. This study was conducted to determine the effect of loneliness as a mediator of variable on family function relationship with social media addiction in adolescents. Measurements were made for 100 adolescents; data collection techniques were using loneliness, family functioning, and social media addiction as the scale. The analysis technique used mediator regression.

Keywords: *Social Media Addiction, Family Functioning, Loneliness, And Adolescents.*

Nowadays, the widespread use of the internet especially in adolescents, has created a phenomenon that is very close to the world and the needs of adolescents namely internet addiction. The internet addiction occurs because of excessive use in everyday life. Using the internet is also included in the use of social media. Social media can be a shortcut for someone to share information, start a conversation so that it can change the way a person communicates. Not only written messages but also through the internet, you can also send messages through pictures and videos so there are many adolescents who are interested in using them (Lusk, 2010).

Beside the benefits, there are numerous adverse effects that are misused from the internet usage. Through the internet someone can experience a violence, bullying, fraud, pornography and also prostitution case in which all started from cyberspace. The current phenomenon cannot be denied because the use of the internet is not used appropriately, so the positive impact is not so apparent. It is unfortunate because teenagers are supposed to be able to understand the negative effects when they play social media, so they will not reach the level of addiction that can be self-defeating (Kim, 2017).

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The addiction of adolescents in social media will impact their academic performance that is the decreasing of achievement because they do not studying but busy playing gadgets. In addition, adolescents with the addiction of social media will have a bad relationship with their relatives, especially with their parents because there is no good communication between them so it can create a distant relationship between teenagers and parents(Ashwini Veronica & Samuel, 2012).

The factor that is influence a feeling of addicted includes a) Genetic factors, which discuss how environment interacting with someone's biology and influencing the extent of genetic factors use its influence. It can be seen through parenting by people around. b) Repeated involvement in the use of addictive behavior, c) Cognitive and affective distortion, d) Social support disorder e) The existence of trauma or stress that burdens a person's ability; f) Distortion in the meaning of, purpose and values that guide attitudes, thoughts and behaviors; g) Distortion in one's connection with oneself, with others and with transcendence and h) The presence of psychiatric disorders that occur simultaneously in people involved in substance use or other addictive behaviors. Besides being addicted is characterized by: a) Inability to consistently abstain; b) Behavior control disorder; c) Desire to enhance beneficial experiences; d.) Reduced reduction of significant problems with one's behavior and interpersonal relationships; and e) Dysfunctional Emotional Response (American Society of Addiction Medicine, 2011).

Previous research shown that family functions have a great influence in determining a person's behavior. Which means that family functions have a big influence on the development of adolescents whether will they addicted to social media or not. In Lusk's study (2010), an adolescent with internet addiction will get lower score in family function. Besides, in the study by Wu et al (2016)there was a positive relationship between families who had poor dysfunction, for instance an adolescent with divorced parents, or family with low economic or low income who gave lower attention compared to families with family functions the good one.

According to Durualp & Cicekoglu (2013), stated that there were differences in the level of loneliness in adolescents due to differences in economic status, friendship quality and relationships between family members. It can be concluded that loneliness in adolescents can be motivated by family conditions. The environment outside the place where a person lives is very influencing adolescents to be someone who feels lonely. The family condition is intended to be more focused on functioning in the family.

Furthermore, in previous studies it was known that loneliness had a significant influence on social media addiction. As known that teenagers who are addicted to social media such as Facebook and other social media have a fairly high level of loneliness. Hence, from the high level of loneliness they play social media and become addicted. It can be concluded from this study that internet users are more likely to be lonely(Saleem, Irshad, Zafar, & Tahir, 2014). However, according to Lindsay, loneliness does not make someone experience internet addiction because loneliness makes someone longer get new friends since they need time to get acquainted so that it makes them feel lonely (Lindsay.H. Shaw & Larry. M. Gant, 2002).

This topic needs to be studied because the rise of teenagers who are starting to become addicted to social media, there are various kind of problems that arise. The purpose of this study was to determine the effect of loneliness as a mediator variable on family functions and

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social media addiction behavior in adolescents. The benefits of this study can provide insight to families, especially parents and the wider community about the behavior of social media addiction in adolescents.

Internet addiction is a new type of mental disorder due to excessive use of the Internet, because it interferes daily life. Internet addiction can be understood as the inability of individuals to control when he uses the internet. This can affect social problems, such as bad interactions with people around, school problems, and work problems. Like other addictions, with internet addiction someone will experiences a lack of appetite for a long time, sleeps less, and has limited physical activity because it is only fixed on the gadget. Internet addiction can be categorized into five specific types: (1) cyber sexual addiction to adult chat rooms or cyber porn; (2) addicted to virtual relationships with friendships or online affairs that replace real life situations; (3) clean compulsions for online gambling, auctioning, or obsessive trading; (4) excessive information for web search or compulsive database search; and (5) computer addiction for playing games or programming (Koc, 2010).

In the study of Ashwini Veronica & Samuel (2012), the most matter that makes people make addicted is social media. The social includes Facebook, Twitter, Path, Line, WhatsApp, Instagram, Telegram, Tick Tok and other applications that can be downloaded via internet. According to some clinics in the UK, social media addiction is a medical condition that is often found. The fact is in everyday life people are more interested in doing activities in cyberspace compared to real activities that rely on physical. Individuals with social media addiction show two or more symptoms of internet addiction, that are spending more time on the internet, feeling the desire to be directly connected to the internet arrived at home, received complaints from family members and friends about too much time behavior on the internet, and failed attempts to reduce internet usage. The use of social media has positive benefits when used within normal and reasonable limits. However, in reality the very high use of the internet makes a person become dependent and can cause problems in someone's life (Koc, 2010).

Essentially, family function is the most important aspect in a family among others which influences the physical, social and emotional youth. In particular, research on family illustrates how family manage their daily routines, fulfill their roles in the family, communicate and connect emotionally (Haines et al., 2016). If family functions are running well, it is expected that teenagers can express their opinions, can interact well with the environment and be closer to the family than the gadgets they have. Therefore, a dysfunctional family environment can be dangerous for many aspects of a child's growth and a positive transition to maturity. Functionality is that level of what is a family pattern that is effective and useful in achieving their goals. Dysfunctional families show no beneficial patterns and family interactions (Ghamari, 2012). If family functions can run well, it will minimize the addiction to social media.

Family functioning are defined through numerous emotional attributes. They are family governance frameworks, cognitive involvement and development characteristics, physical health habits, family relationships and social relations. Family Function is well implemented and applied consistently according to age expectations, stimulating and educating interactions, planting and modeling strategies for physical health, high-quality relationships between all family members and involvement of family members in community activities (Pezzullo et al., 2010). The role of the family is very important in forming someone to deal

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with the situation that will be faced in the future. If the family pattern goes well, the hope is that this pattern of behavior can be accepted in a broad group or community. In addition, it has also shown that poor family function can cause a feeling of loneliness. Thus, it can be concluded that loneliness can occur due to the failure of functioning with everything (Shi, Wang, & Zou, 2017).

Adolescents are a vulnerable period, they experiencing many problems that are difficult to be faced, this is due to the emotional nature that dominates them in facing problems. The problem that arises is that when adolescents are facing a number of problems they cannot solve the problem as well, so that some adolescents cannot control their emotion and tend to express their emotion through their social media (Zhou, Zhang, Liu, & Wang, 2017).

The earlier research shows that there is a high positive relation between loneliness and internet addiction. Loneliness is interpreted as a description of a situation where a person lives alone or without communication with those around him. When someone feels lonely in his life, he will seek for dead meat into the virtual world. If he gets pleasure that makes him not feel alone, he will do it repeatedly to get more pleasure (Karapetsas, Karapetsas, Zygoris, & Fotis, 2015). From this explanation it can be seen that loneliness has a significant influence to neutralize the negative effects of social media addiction.

Family functions have an important role in determining whether an individual can experience social media addiction or not. In the other side, family functions as well as individual's strength or resilience to assist in restraining themselves from over-using social media, because many problems arise when individuals have low resilience, so that individuals become addicted to social media. With the existence of resilience it is expected to change the influence of family functions and social media addiction.

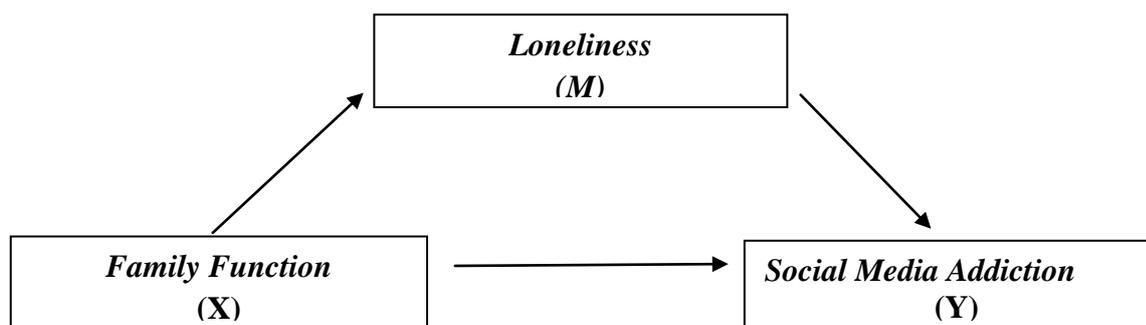
Another study found that people who feel lonely will be very easy to addict to the internet. It has also shown that poor family function can cause feelings of loneliness. Individuals with high levels of loneliness and social anxiety also have a stronger tendency to interact with strangers online. Thus, there is a hypothesis that loneliness can also mediate the relationship between family function and internet addiction (Shi, Wang, & Zou, 2017).

Based on picture 1, it can be explained that Family Function has an influence on the height or low of Social media addiction. In the family there are functions that must be fulfilled such as a sense of feeling secure and communication between family members. So that when adolescents have a good family function, they will appreciate interaction with others in their environment and reduce interaction with others through social media. Loneliness acts as an intermediary (mediator) changing the influence between Family Function and Social media addiction. This influence can reduce or increase Social media addiction in adolescents.

Research Design

The design used in this study is quantitative, by using mediator regression as the research design. Mediator regression is formulated as a causal model in which the family function variable (X) influences the lonely variable (Mediator / M) and also influences the variable social media addiction behavior (Y). So that the presence of loneliness as an intermediary variable changes the influence of variables of Family functioning and social media addiction behavior.

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Picture 1. Mind Mapping

METHODOLOGY

Sample

The population of this study was junior high school students up to high school with an age range between 12-19 years. The sampling technique is using quota sampling, which is to determine the sample of the population according to the characteristics of the subject to the desired number (quota). By determining the population and also determining the number (quota), then taking arbitrary samples in the target population to meet the desired number of standards, if it does not meet the desired number, the research cannot continue. The number of samples participating in this study was 100 people. The reason for using this sampling technique is to get real validity values (Sugiyono, 2016).

Variables and Instruments

The research variable is an object, an assessment of a person or activity that has certain variations determined by the study to be studied and then can be concluded (Sugiyono, 2011). The independent variables in this study are family function (X) and loneliness (M) while the dependent variable is social media addiction behavior (Y).

The scale model used in this study is the Likert scale, which is used to measure attitudes, opinions and perceptions of a person or group of people about social phenomena. Likert scale has four alternative answers which are very inappropriate, appropriate, very appropriate and very inappropriate. For unfavorable item scores, very appropriate (SS) = 4, according (S) = 3, not appropriate (TS) = 2, very inappropriate (STS) = 1. On the contrary for favorable items Very suitable (SS) = 1, according (S) = 2, Not suitable = 3 and very inappropriate (STS) = 4.

1. Family function is something that is important in a family which includes good communication, good interaction patterns with the supervision and rules that make a family prosperous. Data collection uses a scale from research, with the aim to find out family functioning in adolescents. The number of items used in this study were 10 (Castilla, Caycho, Shimabukuro, & Valdivia, 2014). All items were tested for validity and the results were 10 valid items. Validity test uses a test of the contents of the scale by doing corrected item-total correlation $<.30$ and in different items of power test there is an Alpha value of cronbach (α) of .935 which means quite reliable.
2. Loneliness is the condition of someone feeling alone, not having a good bond with other people so they feel they are not needed and feel have no close friends. Data collection uses a scale from research, with the aim of knowing loneliness in adolescents. The number of items used in this study were 20 items (Russell, 1996), which were tested for the overall validity of the items and the results were 3 items that were dropped, and the remaining 17 items were valid. Validity test uses testing of scale content by conducting a rational analysis method or professional judgment

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which means that the supervisor conducts an evaluation of the items on the scale with the corrected item-total correlation $<.30$, and at the different items there is a Cronbach Alpha value (α) of .917, which means very reliable.

3. Social media addiction behavior is when individuals cannot control themselves in social media handling. It can cause negative things that interfere with daily basis and it is very detrimental. Data collection uses a scale from research, with the aim to find out social media addiction in adolescents. A scale from Sahin research (2018) was used to collect data, the number of items used in this study were 29 items, which were tested for the overall validity of the items and the results were 2 items that were dropped, and the remaining 21 items were valid. Validity test uses testing of scale content by conducting a rational analysis method or professional judgment which means that the supervisor conducts an evaluation of the items on the scale with the corrected item-total correlation $<.30$, and at the different items there is a Cronbach Alpha value (α) of .870, which means very reliable.

Procedure and Data Analysis

The procedure of the research conducted was divided into four stages namely preparation, conducting try out, data collection and data analysis. The first stage is preparation, starting with constructing a research proposal, looking for research instruments and determining the location of the research that fits the desired subject criteria. The second stage is to try out, by spreading the scale to 50 people to find out the scale items that fall. The third stage is data collection, which is spreading the scale to 100 subjects in the specified location. The research sample was determined based on the needs of the researcher. The fourth stage is analyzing the data, the results of the data that have been disseminated are given scoring and analyzed with assumptions and Hayes regression tests using statistical calculations assisted with SPSS version 21 applications for windows. Regression analysis is used to measure the direct effect of independent variables (family functioning) on dependent variables (social media addiction behavior) and to determine the indirect effect of mediating (lonely) variables.

RESULT OF THE STUDY

Subject Description

This study was conducted to adolescents with the characteristics subjects is using male and female, on average age between 12-19 years ($M = 16.53$, $SD = 1,812$). There was 1 subject aged 12 years, there were 8 subjects aged 13 years, 11 subjects aged 14 years, 6 subjects aged 15 years, 8 subjects aged 16 years, 33 subjects aged 17 years, 23 subjects aged 18 years, and 10 subjects aged 19 years.

Description of Variable

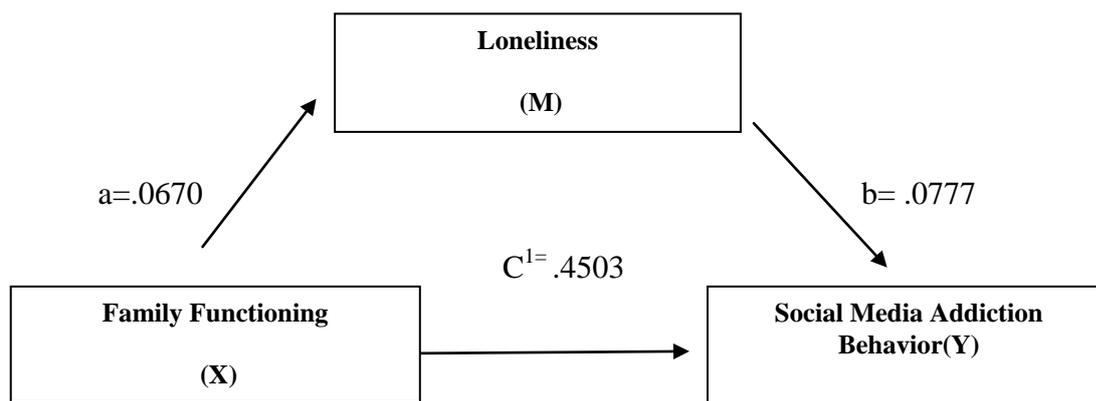
Based on the table above, the variable of family functioning X the mean of variable values of $M = 32.53$, $SD = 6.28$. Loneliness variable (M) the average value of variable is $M = 38.96$, $SD = 10.46$. The variable of social media addiction behavior (Y) the average value of the variable is $M = 49.41$, $SD = 90.42$.

F-Hayes Hypothesis Test

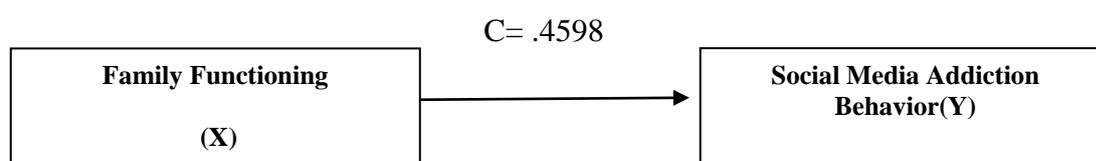
The results of data analysis by using Hayes model has shown the results that the first test process, namely H1, had a positive and very significant relationship between family functioning and social media addiction behavior. H2, which is a positive and significant relationship between the functioning of the family and loneliness. Next is H3, a positive and significant relationship between loneliness and social media addiction. The final hypothesis

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of H4, namely loneliness can mediate the relationship between family functioning and social media addiction in adolescents.



Picture 2. Indirect Result



Picture 3. Direct Result of the Variable X-Y

According to Hayes (2009) the model test of mediation has four conditions: (1) X and Y variables correlate significantly; (2) variable X with M correlates significantly; (3) variable M with Y is significantly correlated when X is present; and (4) variable X with Y is non-significant when M is exist.

The results of the study indicates that there is a direct relationship between family functioning and social media addiction behavior, namely $c = .4598$. However, after entering the lonely variable as mediating the relationship between family functioning and social media addiction behavior decreases with the result $c' = .4503$, so it can be said that mediation that occurs is partial (partial) mediation. Partial mediation that occurs shows that loneliness can bridge the relationship of family function to social media addiction behavior, although without loneliness as a mediating variable, family functioning positively still has a significant direct relationship to social media addiction.

DISCUSSION

Family functioning has a positive and significant meaning for social media addiction. Based on the research of Colleges (2017) the influence of family function and social media addiction shows that the higher the family functioning in adolescent the lower social media addiction behavior will be experienced in adolescents. It is along with the research that has been conducted in which the height of social media addiction in adolescents is triggered by poor family functioning. It is better if family function can be controlled properly so the hope is that adolescents are not addicted in using the internet especially on social media and can use it in accordance with its portion and not excessive.

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Someone who is addict to social media or the internet makes them prefer to express their feelings through gadgets they have and become private person, as in the research of Lewis et al. (2015) parents feel anxious and doubt their ability to control or monitor their children who experiencing social media addiction. The loss of parental control is associated with three internet features and online communication, such as: (a) The internet allows easy access to communicate with content and people, (b) Non-stop virtual communication; it has no limits in space or time, and (c) Children understand more about cyberspace and therefore often more technologically savvy than their parents. Hence, we need control from a good family so that children can use the gadget properly.

The existence of loneliness as a mediator variable in this study, is found that loneliness positively mediates the relationship of family function with social media addiction behavior of $c' = .4503$ which means that the higher the loneliness the greater the influence of family functioning on social media addiction behavior and so on. Loneliness can be interpreted as an unpleasant experience that occurs when an individual feels the absence of a network of social relations in some important ways and can cause feelings such as being ostracized, meaningless and unconfident. Loneliness occurs when a person feels he cannot meet the quality of the relationship he wants (Pels & Kleinert, 2016).

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of the research that has been conducted, the information is obtained that family functioning, loneliness and social media addiction behavior in adolescents have a significant positive relationship. When lonely variables are present, the results show that non-family functioning is significant with a negative influence on social media addiction. It shows that family functioning and social media addiction behavior are mediated by partial (partial) loneliness.

Suggestions from this study are the researcher expect to continue in improving functions in the family, so that they are more responsive when one family member experiences things that are not desirable so it will experience by anyone. A good family has good communication, interaction and rules. In addition, in this era one's insight must be opened with the renewal that takes place in the environment so that it can control what activities are being discussed so that there is no harm such as social media addiction. Thus, functioning is very important and needed by adolescents so they will not experience addiction to social media.

For further researchers who want to do similar research, they should consider other factors that can influence social media addiction behavior in adolescents such as age, family status factors and so on. Furthermore, it can also multiply the subject and also enrich the reference in order to gain better results.

In this study there are still limitations that can affect the results of research, namely data collection which only uses the technique of distributing questionnaires so that the subject can only provide very limited information according to the choice of answers that have been provided.

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Conflict of Interest

The authors clearly declared this paper to bear no conflict of interests

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