

The Role of Loneliness with Locus of Control in Early Adulthood

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ABSTRACT

Loneliness is an increasing problem among early adult individuals, especially at the age of 20-40 years. Locus of control, as individuals' beliefs about their ability to control outcomes in life, may play an important role in the experience of loneliness. This study aims to examine the effect of locus of control on the level of loneliness in early adult individuals. This study used a quantitative method with a survey approach, involving 250 early adult respondents selected by purposive sampling. Data were collected using an online questionnaire consisting of the UCLA Loneliness Scale and Levenson's Multidimensional Locus of Control Scale. The results of the analysis show that locus of control has a significant negative influence on the level of loneliness, with a coefficient of determination (R^2) value of 0.283. This shows that 28.3% of variations in loneliness levels can be explained by locus of control. This study indicates that individuals with higher locus of control tend to experience lower levels of loneliness. The findings provide important insights in the development of interventions to support the mental health of early adult individuals and achieve the expected research objectives.

Keywords: loneliness, locus of control, early adulthood

Introduction

In essence, all individuals want happiness in their lives, one of which is individuals in early adulthood. Papalia (2021), early adulthood is an individual with an age range of approximately 20-40 years (Salim et al., 2024). Papalia said that early adulthood experiences several developments, namely, a) physical development in early adulthood depends on the lifestyle of the individual, b) cognitive development is marked by an individual's increasingly complex thinking, c) emotional development of an early adult is relatively stable compared to the previous period, but this depends on an event that the individual experiences in his daily life, and d) social development of early adulthood is marked by starting to make decisions to start a new life with someone who has been chosen to accompany him for life (Arnett, 2023).

Afana et al. (2021) added that in early adulthood, changes occur that require a person to engage in social relationships and build connections with others, so that this makes individuals prioritize their appearance in order to build self-confidence. The researchers said that in early adulthood, the individual's responsibilities in this period increase, and an individual no longer relies on their parents for their finances and physiology (Wood et al., 2018). In this period, a person enters a phase where they must choose the best before applying it to their life. Early adulthood is also a time when a person starts looking for a partner or life partner, has a commitment or life goal that is starting to become clear, there is a change in perspective, resulting in increasingly widening social relationships, starting to be responsible and accepting dual roles, and at this time a person is freer in determining what they want. In addition, during this period a person experiences various life problems, unstable emotional levels, feels excluded from social life, and still depends on or needs the role of parents.

In his book added that early adulthood has characteristics that differentiate it from the previous life period. A person in early adulthood is more focused on building a solid foundation in various aspects of their life. When compared to late adolescence, early adulthood has various life problems and often experiences emotional tension.

Rantepadang and Gery (2020) stated that early adulthood is an age that often experiences loneliness because early adulthood is a period of change from adolescence to adulthood where in this period a person has a high level of desire to have relatives and partners. Early adulthood is also often said to be the most difficult period of life where an individual is required to live more independently, namely to let go of their dependence on the closest people such as not depending on both parents (Fazira et al., 2023).

Ciptadi and Selviana (2020) added that loneliness is a mental and emotional state. The characteristics that appear are feelings when someone begins to experience conditions where they feel abandoned by those closest to them. In addition to feeling abandoned, lack of social interaction can also be the cause of these feelings of loneliness.

Yurni (2017) said that loneliness can occur when an individual is not good at communicating personally. Loneliness is related to the negative feelings of someone who is not good at communicating personally. A person's view of the level of interaction and communication they do greatly influences the level of loneliness they feel.

Loneliness is a subjectively unpleasant experience because individuals experience a decrease in the quality and quantity of social relationships (Malimon, 2023; Qualter et al., 2015). Based on Perlman & Peplau's (1998) statement regarding loneliness being more related to the quality of social

relationships than to their quantity, Cosan (2014) concluded that the emotional condition that arises when there is a mismatch between the relationships that are owned and the relationships that are not desired will make someone feel isolated even if they are surrounded by many people.

According to researchers, loneliness is divided into two types, namely emotional loneliness and social loneliness. Emotional loneliness occurs when an individual does not have an emotionally close relationship, while social loneliness refers to the absence of a satisfying social circle.

Loneliness has an impact on physical health, mental health, and cognitive health (Halim & Dariyo, 2016). When an individual feels lonely, there are negative effects experienced by the individual such as getting bored easily, feeling unaccepted, having difficulty communicating with others, withdrawing, and having difficulty solving problems (Coşan, 2014). Loneliness is often associated with personality disorders and psychosis, decreased cognitive abilities, and increased depressive symptoms (Pramasella, 2019). Research conducted by Fahtoni & Listiyandini (2021) supports this statement by showing that loneliness has a positive relationship with other psychological distress conditions. Individuals who are able to cope with their loneliness well will see their lives in a more positive way, while individuals who are less able to cope with loneliness will judge their lives in a way that tends to be negative (Mayasari, 2018). An individual's belief about the source of the causes of the events experienced in their life is known as Locus of Control. Levenson divides Locus of Control into three main dimensions, namely internality and external dimensions, which are divided into powerful others and chance. The internal dimension focuses on the extent to which individuals believe that they have the ability to control the outcomes of events in their lives through personal effort and action. Conversely, the external dimension measures the extent to which a person feels that the outcomes of events in their lives are more influenced by external factors such as fate, luck, or the power of others.

The purpose of this study is to explore the influence of locus of control on the level of loneliness among early adults, as well as the implications for interventions that can be carried out to improve the psychological well-being of individuals in this phase of life. Early adulthood is particularly relevant to this issue, given that this phase of life is often characterized by significant social and emotional changes, as well as the need to build stronger and more independent relationships.

Research Method

This study uses a quantitative method with a survey approach to collect data. This method was chosen to statistically analyze the relationship between the variables of loneliness and locus of control, and test their influence on early

adult individuals. The population in this study consisted of early adult individuals aged 20-40 years, with 250 respondents. Respondents were selected through purposive sampling technique, with special characteristics as individuals who experience loneliness or who have relevant experiences in their social context. The data used in this study is primary data obtained through an online questionnaire. The questionnaire consisted of two main instruments: UCLA Loneliness Scale to measure the level of loneliness and Levenson Multidimensional Locus of Control Scale to assess locus of control. These questionnaires were developed based on tested standards and adapted for the Indonesian research context.

Table 1 Demographic data of research participants

Demographics		Frequency	Percentage
Gender	Man	151	60,4
	Woman	99	39,6
	Total	250	100
Domicile	Jakarta	123	49,2
	Bogor	72	28,8
	Tangerang	55	22
	Total	250	100

Result and Discussion

Measurement of the Loneliness

Loneliness is a feeling that arises because someone feels lacking in terms of quantity, quality, or type of relationships with others, which can trigger negative emotions and have an impact on the individual's mental and physical health. To measure loneliness using the UCLA Loneliness Scale Version 3 measuring instrument developed by Russell (1996) with the loneliness variable divided into 2 dimensions, namely emotional isolation and social isolation. This measuring instrument consists of 20 items with 11 positive items and 9 negative items. There are 4 answer choices for the UCLA Loneliness Scale Version 3 measuring instrument, namely "1 = TP (Never)", "2 = JR (Rarely)", "3 = SR (Often)", and "4 = SL (always)".

The results of the reliability test aim to determine the Cronbach's alpha coefficient value for each dimension of the loneliness instrument. The initial and final Cronbach's alpha value for the loneliness dimension is 0.823. The overall results of the 20 statements have a corrected item-total correlation value above 0.2, so there are no items that need to be discarded.

Measurement of Locus of Control Variables

The measuring instrument used in data collection was the Levenson's Multidimensional Locus of Control Scale developed by Levenson and adapted into Indonesian by Wilhanna (2021). The total number of items in the measuring instrument is 24 items with 8 items in the internality dimension, 8 items in the powerful others dimension, and 8 items in the chance dimension. All items are positive and there are no negative items. This measuring instrument is in the form of a Likert scale with 5 answer choices with positive items. Subjects give a value to each statement on a scale of 1 to 5, 1 for very inappropriate, 2 for inappropriate, 3 for neutral or undecided, 4 for appropriate, and 5 for very appropriate. The results of the reliability test will be displayed in the table 2.

Table 2 Subjective Well Being Measurement

Dimension	Item Type	Before grain elimination	After grain elimination	α Cronbach
<i>Internality</i>	Positive Points	8	8	0.713
	Negative Items	0	0	
<i>Powerful Others</i>	Positive Points	8	8	0.901
	Negative Items	0	0	
<i>Chance</i>	Positive Points	8	8	0.875
	Negative Items	0	0	
Total		24	24	

Test of The Role Loneliness With Locus of Control

Based on the data obtained, a role test was carried out between the variables loneliness on locus of Control. From data analysis using linear regression (normal data) and processed simultaneously, the results obtained for the coefficient of determination $R^2 = 0.283$. This also shows that 28.3% of the contribution of locus of control to loneliness while the rest is influenced by other factors.

Furthermore, from the regression analysis it can also be observed that the value of $F = 7.123$ and $p = 0.000 < 0.05$ means that there is a role of locus of control. Furthermore, from the regression analysis it can also be seen which variables most influence loneliness. The next thing is that the partial role can be seen in the standardized coefficients (Beta) value. Where the role of each independent variable can be seen, the complete results can be seen in table 6.

Table 3 Regression Result

Independent Variable	R^2	F	p	β	p
Locus of control	0.283	7.123	0.000	-0.219	0.035

DV: loneliness

Conclusion

Based on the results of the analysis of 250 respondents, the results showed that locus of control have a significant negative effect on loneliness, with a coefficient of determination (R^2) of 0.283. This means that 28.3% of variations in loneliness levels can be explained by individual locus of control. In general, this study illustrates that individuals who have a high locus of control tend to experience lower levels of loneliness. This suggests the importance of developing individuals' ability to control the outcomes of their life experiences as a way to reduce feelings of loneliness. These findings provide new insights to previous research and have practical implications that can be used to design interventions that support the mental health and well-being of early adult individuals. Thus, the aim of this study was achieved, which was to understand and identify factors that can help overcome loneliness among individuals in this critical phase of life.

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