

The Relationship Between Self-Esteem and Psychological Well-Being with Loneliness among College Students in Sidoarjo

Nur Afidah Indriyani¹, Zaki Nur Fahmawati²

^{1,2}Muhammadiyah University of Sidoarjo, Indonesia



DOI : <https://doi.org/10.61796/icossh.v2i3.45>



Sections Info

Article history:

Submitted: April 10, 2025

Final Revised: May 15, 2025

Accepted: May 28, 2025

Published: June 5, 2025

Keywords:

College student

Loneliness

Self esteem

Psychological well being

ABSTRACT

Objective: Students are individuals who are in the early adulthood phase who are in the age range of 18 ± 40 years. In addition to individuals in the early adulthood phase, students are also susceptible to loneliness. This study aims to determine the relationship between self-esteem and psychological well-being with loneliness in students in Sidoarjo. **Method:** The population in this study was 23,039 students with a research sample using cluster sampling using the Isaac & Michael formula with a 5% error rate involving 342 students. **Results:** The results showed that there was a relationship between self-esteem and psychological well-being with loneliness in students in Sidoarjo with a Pearson's correlation test value of $r = -0.468$ for self-esteem and Pearson's correlation $r = -0.419$ for psychological well-being, $p < .001$. This indicates a significant negative relationship between self-esteem, psychological well-being, and loneliness among students in Sidoarjo. **Novelty:** This suggests that higher self-esteem and psychological well-being correlate with lower loneliness levels, and vice versa.

INTRODUCTION

The early adulthood stage is the stage of the transition period from adolescence to the adult phase characterized by increased responsibility, social interaction, and the process of self-exploration. According to Papatungan, this phase is characterized by the completion of physical growth and the readiness of individuals to participate in social life with other adult members of society [1]. From a legal perspective, early adulthood covers the age range of 21 to 40 years. Meanwhile, in research Siregar, Santrock put forward a different perspective by defining early adulthood as a transitional phase from adolescence to adulthood characterized by continuous change. At this stage of development, individuals generally begin to enter the world of higher education as students or enter the world of work [2].

Students are individuals who are undergoing the early phase of adulthood, which is usually in the age range of 18 to 25 years. In this phase, as stated by Hulukati & Djibran, in this phase students are faced with the responsibility of self-development and preparation for entering adult life [3]. The transition process from secondary education to higher education brings a number of fundamental changes in the lives of students. These changes include physical, cognitive, and psychosocial aspects, including adjustments to a more geographically and ethnically heterogeneous social environment, as well as increased demands for academic achievement. Adapting to these changes can trigger stress in students, which comes from two factors. Internal factors relate to limitations in understanding and overcoming problems, while external factors include increased academic load and achievement of grades that do not meet expectations. As stated by Ningrumsari, although the college environment offers opportunities for more

mature psychological development, this phase can also present negative impacts, especially in terms of reduced intensity of social relationships that can lead to feelings of loneliness [4].

The phenomenon of loneliness has been identified by the World Health Organization in 2019 as a global problem. The scale of this problem is evident in Indonesia, where research Tranggono citing data from Into the Light Indonesia revealed alarming statistics where out of 2,393 individuals aged 18-25 years, 98.7% reported experiencing loneliness [5]. The situation in Sidoarjo provides a similar picture where a study entitled "Exploration of Loneliness in Early Adults" by aviva identified a high level of loneliness among early adults, reaching 53% [6]. To strengthen these findings, a preliminary survey was conducted using Google Forms to university students in Sidoarjo, with a sample of 30 respondents from each university. The survey results showed that half of the total respondents experienced loneliness, indicating that 50% of students experience loneliness.

The high level of loneliness among university students has been identified in research Marisa & Afriyeni, which cites the findings of Goossens et al. This phenomenon is closely related to the various social transitions experienced during the transition from late adolescence to early adulthood, including the experience of independent living, separation from family, and adjustment to campus life or the world of work [7]. In the context of the causes of loneliness in college students, Zunaizah identified several main factors, namely inadequate communication due to physical separation, interpersonal conflict, and limited social support from the surrounding environment [8]. Interesting findings were revealed in a study Anggriani & Agus A., which showed that living conditions, whether migrating or living in boarding houses or living with parents, did not create significant differences in the level of loneliness in students with both groups showing the same level of loneliness at 50% [9].

According to Perlman and Peplau in research conducted by Agriyanti & Rahmasari, loneliness is a subjective experience that is less pleasant because there is a difference between expectations of social relationships and their reality, which often causes a significant decrease in both the quality and quantity of these relationships [10]. Baron & Byrne in research conducted by Mayasari also argue that loneliness is a person's emotional and cognitive response to conditions where existing social relationships do not meet expectations, resulting in dissatisfaction [11]. Meanwhile, Anggraeni in research Natalia & Hendro stated that loneliness is a feeling of failure in social relationships that causes dissatisfaction, so that individuals have difficulty in establishing social relationships and developing [12].

Based on Russell in research conducted by Meianisa & Rositasari, Loneliness can be categorized into two different types, namely loneliness in social aspects (social loneliness) and loneliness in emotional aspects (emotional loneliness). Emotional loneliness relates to more intimate relationships, especially the extent to which a person feels understood by others. Meanwhile, social loneliness focuses more on everyday interactions, such as involvement in groups or organizations. The difference between

these two types of loneliness is also reflected in the strategies individuals use to cope with them [13]. Permana & Astuti explain that social loneliness is related to cognitive problem solving, while emotional loneliness tends to encourage individuals to adopt problem-solving strategies that involve both behavioral and cognitive aspects [14]. Based on Russell in research conducted by Muawanah & Tentama, loneliness is based on three aspects, namely: 1) Personality aspects, which are structures that continue to develop within a person, including psychophysical aspects that shape thinking patterns and ways of acting, which are characterized by feelings of inferiority, discomfort, anxiety, and passivity, 2) Aspects of social desirability, which is a person's urge to fit in and gain acceptance from the social environment in which he lives, which is indicated by the behavior of feeling unaccepted, ostracized by group members, and boredom, 3) Depressive aspects, which are attitudes and feelings characterized by feelings of worthlessness, lack of enthusiasm, a sad heart, and a tendency to feel like a failure, described by sad behavior, depression, loss of spirit, self-blame, emptiness, and even leading to suicide [15].

Research conducted by Marchini revealed that individuals who feel loneliness show symptoms of depression, social anxiety, aggressive behavior, and inaccuracy, and have the potential to consume alcohol as a form of escape from loneliness [16]. The impact of loneliness experienced by Diehl that individuals includes mental disorders, depression, severe stress, and social and emotional emptiness associated with the emotional experience of separation [17]. According to Cosan in research conducted by Diyanah, loneliness also has adverse effects, such as increasing the likelihood of individuals feeling bored, experiencing feelings of not being accepted, difficulty in building communication, and withdrawing from the social environment [18]. In addition, loneliness can hinder an individual's ability to solve the problems they face. Hawkey and Cacioppo in research conducted by Nuraini state that loneliness can reduce health conditions to cause stress, poor sleep quality, lack of focus, and even lead to the desire to end life and lead to death [19]. Based on Borawski, social isolation by individuals causes a lack of meaning in life which is one of the factors of loneliness [20]. In the context of lectures, loneliness can reduce student academic performance. This is evidenced by research conducted by Rosenstreich & Margalit which states that students who experience loneliness tend to have low academic performance due to a decrease in cognitive resources [21].

Based on Brehm in research conducted by Azizah & Rahayu, the four main causes of loneliness are as follows: 1) Mismatch or incompatibility in social relationships. According to Brehm, dissatisfaction arises when relationships are inadequate. There are various reasons a person may feel dissatisfied in a relationship that is considered inadequate. In addition, changes in individual expectations of the relationship can also affect the level of satisfaction felt. 2) Changes in expectations of relationships, Brehm also suggests that changes in one's expectations of relationships can contribute to loneliness. At one time, a social relationship may feel satisfying, but as an individual's expectations change, the relationship may lose its appeal and become less satisfying. 3) Self-esteem

and causal attribution. Loneliness is often associated with low self-esteem. Low self-esteem individuals tend to experience discomfort in risky social interactions, such as speaking in front of large crowds or communicating with unfamiliar individuals. As a result, they prefer to avoid certain social contacts repeatedly, which ultimately worsens the condition of loneliness. In addition, individuals who feel lonely tend to see themselves as someone less worthy of love. 4) Interpersonal behavior. Individuals who experience loneliness are generally less active in building social relationships. Compared to those who do not experience loneliness, these individuals tend to have a negative view of others, like and trust them less, and interpret others' intentions and actions in a negative way. Hostility is also more common in their social interactions [22].

According to Brehm in research conducted by Yunita, one of the causes of loneliness is low self-esteem [23]. In addition, research conducted to Pop, low self-esteem can lead to feelings of lack of appreciation and having weak social attachments, which in turn can trigger social anxiety, isolation, and loneliness [24]. Saputri et al., expound that individuals who experience high levels of loneliness tend to have a low self-concept [25]. Based on Afari in the study Muharom, self-esteem is an abstract concept that cannot be seen which describes the way a person sees, assesses, and appreciates himself [26]. According to Hardika, Self-esteem can also be interpreted as the way individuals assess and interpret themselves, both positively and negatively [27]. Based on a literature review of research Ariyanti & Purwoko, seventeen factors were found to play a role in determining a person's self-esteem level, namely: 1) social relationships, 2) talent, 3) psychological well-being, 4) positive emotions, 5) use of social media, 6) satisfaction in living life, 7) self-presentation, 8) feelings of shame, 9) friendship relationships, 10) childhood, 11) psychological pressure, 12) social support, 13) participation in sports, 14) interpersonal relationships, 15) management of negative emotions, 16) control over events experienced, and 17) Loneliness [28]. According to Rosenberg in research conducted by Naswan, there are two components of self-esteem: a). Self respect, which is defined as an attitude that shows that a person considers himself to have high value in his behavior; and b). Self acceptance. Self-evaluation or self-acceptance is more complex than evaluation of other external objects because self-reflexivity is involved in evaluating self-esteem itself [29].

Saskia expound that humans have a primary need to belong to a social group. When individuals are unsuccessful in fulfilling this need for affiliation, feelings of loneliness can arise, which has potential consequences for mental health and psychological well being [30]. Huppert In research conducted by Megawati & Herdiyanto, Huppert stated that psychological well-being is a good living condition that is reflected in individual efforts to optimize their function positively. This includes a positive view of oneself and others, independence in making choices and controlling behavior, the ability to determine or build a supportive environment, have a meaningful life direction, and optimize one's potential [31]. Oprea in research developed by Siringoringo added that psychological well being is an individual's capacity and the realization of long-term potential [32]. Ryff in research conducted by Damayanti

explained that psychological well-being is an idea related to how a person goes through daily routines and expresses themselves as a result and their life experiences [33].

Based on Ryff & Keyes' in research conducted by Hamonangan, psychological well-being has six fundamental components, namely: 1.) self-acceptance or self-acceptance, which is characterized by a person's level of maturity in accepting and interpreting each of his life experiences. 2.) Autonomy, which describes an individual's capacity for self-direction, including the ability to make decisions and determine attitudes independently. 3.) personal growth which refers to a person's ability to continue to develop their potential. 4.) Environmental mastery, which is reflected in the ability to organize and utilize the environment to meet personal needs. 5.) Life purpose is related to the purpose and direction of a meaningful life. 6.) Positive relations with others or positive relationships with others that show a person's ability to build and maintain positive relationships with others [34].

Research conducted Ramadhani, various factors that affect psychological well being include age, gender, culture, social support, locus of control, and evaluation of life experiences. If factors such as culture, social support, and locus of control are disturbed, a person's psychological well being will also be disturbed, which in turn can lead to feelings of loneliness [35]. Research Pramitha shows that there is a close relationship between psychological well-being and one's level of loneliness. Individuals with high psychological well-being tend not to experience loneliness, in contrast to those with low psychological well-being. This study found a negative correlation between the two variables in the student population, the higher a person's level of psychological well-being, the lower the level of loneliness he experiences [36]. Meanwhile, in research Wahyuni, Ryff explains psychological well-being as a condition in which a person can optimize their psychological potential. This aspect includes several important abilities: recognizing one's own strengths and weaknesses, establishing positive relationships with others, acting independently in decision making, managing the environment effectively, having a clear and meaningful life direction, and having resilience in facing various stages of life development [37].

Previous research indicates an opposite relationship between self-esteem and loneliness, such as research conducted by Yunior & Rohmatun with the title "The Relationship Between Self-Esteem and Loneliness in Overseas Students at Sultan Agung Islamic University Semarang". The results showed a significant negative correlation between loneliness and self-esteem. This shows that the research hypothesis is accepted with an effective contribution of the loneliness variable to self-esteem of 37.8% [38]. Another study that showed a significant negative relationship between psychological well-being and loneliness was conducted by Pramitha & Dwi A., with the title "The Relationship between Psychological Well-Being and Loneliness in Students who Migrate in Yogyakarta." Based on this study, the hypothesis regarding the negative relationship between psychological well-being and loneliness in migrant students is accepted. This finding indicates that individuals with high psychological well-being tend to be more

protected from loneliness when compared to individuals who have low levels of psychological well-being [39].

Based on previous research, it can be concluded that self-esteem and psychological well-being have a relationship with loneliness in college students. The phenomenon and several studies on the high level of loneliness in early adulthood in Indonesia, especially in the Sidoarjo area, encourage researchers to conduct research related to loneliness in early adulthood, especially college students. Therefore, this study focuses on the relationship between self-esteem and psychological well being with loneliness in college students in Sidoarjo. This study aims to determine the extent of the relationship between self-esteem and psychological well being to the level of loneliness experienced by students in Sidoarjo.

RESEARCH METHOD

This research uses a quantitative approach with loneliness as the dependent variable, and self-esteem and psychological well-being as independent variables. The study population included all students in Sidoarjo, with a total of 23,039 students referring to data from the Central Statistics Agency (BPS) of East Java Province released in 2022. The sampling method was applied through cluster sampling, using Isaac and Michael's calculation with a margin of error of 5%, resulting in a sample of 342 students. The dependent variable (loneliness) and two independent variables (self-esteem and psychological well-being) were analyzed simultaneously through multiple correlations.

This study used several research instruments. The instrument applied for Self Esteem (X1) is the Rosenberg Self-Esteem Scale (RSE) adapted from Naswan based on Rosenberg's theory, with a Cronbach alpha reliability of 0.92 ($\alpha = 0.92$) [29]. The instrument for Psychological Well-Being (X2) is the Ryff Psychological Well-Being Scale taken from Yemima based on Ryff's theory, with a Cronbach alpha reliability of 0.932 ($\alpha = 0.932$) [40]. The Loneliness Scale (Y) uses The University of California, Los Angeles Loneliness Scale Version 3 (UCLA LS) adapted from Mitasari & Fahmawati based on Russell's (1996) theory, with a Cronbach alpha reliability of 0.920 ($\alpha = 0.920$) [41].

RESULTS AND DISCUSSION

Results

Correlation test analysis is used to examine the relationship between the variables of self-esteem and psychological well-being with loneliness. The results of the correlation test in this study using the JASP version 16.0.4.0 application are as follows:

Table 1. Results of the normality test.
Kolmogorov-Smirnov

Variabel	Statistic	p
Self Esteem	0.063	0.137
Psychological Well Being	0.065	0.113
Loneliness	0.059	0.178

The results from Table 1 on the Kolmogorov-Smirnov normality test indicate that the three variables are normally distributed. This is indicated by the residual values greater than 0.05, namely $(p) = 0.137$ for the self-esteem variable, $(p) = 0.113$ for the psychological well-being variable, and $(p) = 0.178$ for the loneliness variable.

Table 2. Results of the linearity test.

Model Summary - Loneliness

Model	R	R ²	Adjusted R ²	RMSE	R ² Change	F Change	df1	df2	p
H ₀	0.000	0.000	0.000	5.323	0.000		0	341	
H ₁	0.601	0.361	0.357	4.268	0.361	95.684	2	339	< .001

The results of Table 2 in the linearity test show that self-esteem and psychological well-being have a linear relationship with loneliness. This is indicated by a value of 0.361, which means that both independent variables can explain 36.1% of the variability in loneliness. In addition, the significance of $p < 0.001$ ($p < 0.05$) indicates that the relationship between self-esteem and psychological well-being with loneliness is highly statistically significant.

Table 4. Categorization of the self-esteem scale.

Categorization	Interval	Total	Presentage (%)
Low	$X < 27,2$	141	41%
Medium	$27,2 < X < 30$	53	23%
High	$X > 30$	124	36%
	Total	342	100%

Based on Table 4 above, the self-esteem levels of students in Sidoarjo are categorized as low for 141 people (41%), moderate for 53 people (23%), and high for 124 people (36%).

Table 5. Categorization of the psychological well-being scale.

Categorization	Interval	Total	Presentage (%)
Low	$X < 45,2$	52	15%
Medium	$45,2 < X < 61,8$	239	70%
High	$X > 61,8$	51	15%
	Total	342	100%

Based on Table 5 above, the level of psychological well-being among students in Sidoarjo falls into the low category with 52 people (15%), the moderate category with 239 people (70%), and the high category with 51 people (15%).

Table 6. Categorization of the loneliness scale.

Categorization	Interval	Total	Presentage (%)
Low	$X < 45,2$	69	20%
Medium	$45,2 < X < 61,8$	208	61%
High	$X > 61,8$	65	19%
	Total	342	100%

Based on Table 6 above, the level of loneliness among students in Sidoarjo falls into the low category with 69 people (20%), the moderate category with 208 people (61%), and the high category with 65 people (19%).

Discussion

This research aims to analyze the relationship between self-esteem and psychological well-being on loneliness among students in Sidoarjo. Based on data analysis using the Spearman correlation test, a significant relationship was found between the three variables, supporting the research hypothesis. The analysis results show a negative correlation with a moderate level of relationship between self-esteem and psychological well-being towards loneliness. These findings indicate that when levels of self-esteem and psychological well-being decrease, levels of loneliness tend to increase. Conversely, individuals with high self-esteem and psychological well-being tend to have lower levels of loneliness. These findings are consistent with previous research by Jauhar, which found a significant inverse relationship between self-esteem and loneliness among new students; the higher the students' self-esteem, the lower their level of loneliness, and vice versa [42]. Research conducted by Rantepadang & Gery also indicates a significant negative correlation between psychological well-being and loneliness among students, where a high level of psychological well-being is associated with a lower level of loneliness, and vice versa [43].

The existence of a relationship between self-esteem and psychological well-being with loneliness explains that every aspect of self-esteem and psychological well-being contributes to loneliness. The results of the linearity test on the coefficient of determination (R^2) between self-esteem and psychological well-being with loneliness is 0.361, which means the effective contribution of self-esteem and psychological well-being to loneliness is 36.1%, while 63.9% of the effective contribution comes from other factors. Self-esteem contributes effectively 20.4% to loneliness, while psychological well-being contributes 15.6% to loneliness. These results indicate that there are other variables besides self-esteem and psychological well-being that also play a role in influencing loneliness among college students.

Based on the research results, categorization data shows that students in Sidoarjo tend to have low self-esteem levels, with 141 students (41%). According to Alpay in Yurni, this low self-esteem can be caused by a poor self-image and self-construction among students [44]. For the level of psychological well-being, students in Sidoarjo tend to be at a moderate level, with 239 students (70%). According to Kartikasari in the study Anthony

& Viena, when someone has low psychological well-being, it can hinder the development of that individual's potential due to fixation on their existing shortcomings [45]. At the level of loneliness, categorization data shows that loneliness among college students in Sidoarjo tends to be at a moderate level, with 208 students (61%). In line with Brehm research conducted by Repi, students who experience loneliness tend to face obstacles in interacting effectively in their daily lives. They will experience feelings of helplessness, vulnerability to despair, difficulty concentrating, and a tendency to self-blame [46].

Based on the categorization results of loneliness levels by gender, it was found that 9% of male fall into the low category, while for female, the percentage reaches 11%. In the moderate category, 21% of male experience loneliness, while for woman the figure is higher, at 40%. In the high category, 7% of male fall into this group, while for woman the percentage reaches 12%. Thus, it can be concluded that loneliness is more dominantly experienced by female, with an overall percentage of 63%, compared to male who have a percentage of 37%. These results are consistent with the research conducted by Novia, which found that early adult females tend to experience loneliness more dominantly compared to males, with a percentage of 57.1% in females and 42.9% in males [47].

The level of loneliness experienced by each gender has various contributing factors. Research conducted by Crespo Sanminguel shows that the difference in loneliness levels between male and woman is greatly influenced by the situational context when they build intimate relationships [48]. McKenzie expound that social expectations related to masculinity demand male to always present a strong and confident image in various aspects of life, including in dealing with personal problems and maintaining social relationships. This condition causes male to have difficulty and feel uncomfortable sharing their feelings and anxieties with others [49]. Research conducted by Adamczyk revealed that woman have higher levels of loneliness due to their characteristic emphasis on dyadic (two-person) interpersonal relationships, unlike male who are more comfortable with group interactions. As a result, when woman fail to meet their need for intimate interpersonal relationships, they tend to experience a higher level of loneliness compared to men [50].

This research has several limitations, one of which is the data collection method conducted online through Google Forms. As a result, the researchers could not accompany the participants in filling out the research scale directly, especially due to differences in settings that could affect their understanding of each item in the scale. In addition, this study only uses a quantitative approach, so the analysis conducted is limited to the numbers and percentages obtained. Consequently, this research cannot deeply explore the psychological dynamics that may occur in the process.

CONCLUSION

Fundamental Finding : Based on the results of this study, it can be concluded that there is a simultaneous relationship between self-esteem and psychological well-being towards loneliness among students in Sidoarjo. In addition, this study also found a significant negative relationship between self-esteem and loneliness, as well as between psychological well-being and loneliness among students in Sidoarjo. These findings

indicate that the higher the level of self-esteem and psychological well-being of students, the lower the level of loneliness they experience. Conversely, when self-esteem and psychological well-being are low, the level of loneliness experienced by students tends to increase. Based on descriptive analysis, it was found that the level of loneliness in the student population in Sidoarjo falls into the moderate category according to the established measurement criteria, with females tending to experience loneliness more than males. **Implication:** These findings provide valuable insights for schools, educators, and counselors to develop programs that strengthen students' psychological well-being and self-esteem in order to minimize the risk of loneliness, especially among female students. Initiatives such as mentoring, self-development workshops, or group counseling could be effective strategies to promote emotional resilience and interpersonal connectedness. **Limitation:** However, this study is limited to a specific regional population and relies on self-reported data, which may lead to response bias. The gender differences identified were descriptive and not statistically tested, which limits deeper interpretation. **Future Research:** Future studies are encouraged to expand the population across different regions or education levels, incorporate gender-based statistical analysis, and examine additional variables such as social support, digital connectedness, or academic engagement that may influence students' loneliness.

REFERENCES

- [1] F. Paputungan, "Karakteristik Perkembangan Masa Dewasa Awal Developmental Characteristics Of Early Adulthood," *Media Online) J. Educ. Cult.*, Vol. 3, No. 1, Pp. 2986-1012, 2023.
- [2] E. F. Siregar, "Hubungan Kecerdasan Spiritual Dengan Resiliensi Pada Single Parent Di Rantau Prapat," 2015.
- [3] W. Hulukati And M. R. Djibrani, "Analisis Tugas Perkembangan Mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Gorontalo," *Bikotetik (Bimbingan Dan Konseling Teor. Dan Prakt.)*, Vol. 2, No. 1, P. 73, 2018, Doi: 10.26740/Bikotetik.V2n1.P73-80.
- [4] P. R. Ningrumsari, "Hubungan Antara Regulasi Diri Dengan Kesepian Pada Mahasiswa Tahun Pertama Di Fakultas Kesehatan Masyarakat Dan Fakultas Ilmu Sosial Dan Ilmu Politik Universitas Diponegoro Semarang," *J. Empati*, Vol. 6, No. 4, Pp. 37-43, 2018, Doi: 10.14710/Empati.2017.19986.
- [5] A. Tranggono, "Pengaruh Psychological Well Being Terhadap Loneliness Pada Mahasiswa Rantau Di Kota Makassar," *Science (80-)*, Vol. 7, No. 1, Pp. 1-8, 2022, [Online]. Available: <http://link.springer.com/10.1007/s00232-014-9701-9>
<http://link.springer.com/10.1007/s00232-014-9700-x>
<http://dx.doi.org/10.1016/j.jmr.2008.11.017>
<http://linkinghub.elsevier.com/retrieve/pii/S1090780708003674>
<http://www.ncbi.nlm.nih.gov/pubmed/1191>
- [6] S. P. A. Aviva And M. Jannah, "Eksplorasi Loneliness Pada Dewasa Awal Exploration Of Loneliness In Early Adulthood Shafira," *Character J. Penelit. Psikol.*, Vol. 10, No. 02, Pp. 203-212, 2023, [Online]. Available: <https://ejournal.unesa.ac.id/index.php/character/article/view/53184>
- [7] D. Marisa And N. Afriyeni, "Kesepian Dan Self Compassion Mahasiswa Perantau," *Psibernetika*, Vol. 12, No. 1, Pp. 1-11, 2019, Doi: 10.30813/Psibernetika.V12i1.1582.
- [8] S. Zunaizah, "Kesepian (Loneliness) Pada Mahasiswa Ditinjau Dari Dukungan Sosial Dan Self Esteem." 2020.
- [9] B. R. Anggriani And B. Agus Arswimba, "Perbedaan Tingkat Kesepian Mahasiswa Yang Tinggal Di Kost Dan Yang Tinggal Bersama Orang Tua/Keluarga Pada Program Studi

- Bimbingan Dan Konseling Universitas Sanata Dharma," *J. Konseling Dan Pengemb. Pribadi*, Vol. 5, No. 2, Pp. 83–91, 2023, [Online]. Available: [Https://E-Journal.Usd.Ac.Id/Index.Php/Solution/Article/View/7882/3767](https://E-Journal.Usd.Ac.Id/Index.Php/Solution/Article/View/7882/3767)
- [10] S. M. Agriyanti And D. Rahmasari, "Perbedaan Tingkat Kesepian Pada Siswa Kelas X Dan Xi Ditinjau Dari Efektivitas Komunikasi Orangtua," *Charater J. Penelit. Psikol.*, Vol. 8, No. 5, Pp. 181–188, 2021, [Online]. Available: [Https://Ejournal.Unesa.Ac.Id/Index.Php/Character/Article/View/41923](https://Ejournal.Unesa.Ac.Id/Index.Php/Character/Article/View/41923)
- [11] R. Mayasari, "Perbedaan Tingkat Kesepian Dan Subjective Well-Being Pada Individu Yang Tinggal Jauh Dari Keluarga Ditinjau Dari Kepemilikan Hewan Peliharaan," *Psikoborneo J. Ilm. Psikol.*, Vol. 6, No. 1, Pp. 136–145, 2018.
- [12] R. Natalia Biring And D. Hendro Wibowo, "Self-Compassion With Loneliness In Late Teens Who Are Migrating Self-Compassion Dengan Loneliness Pada Remaja Akhir Yang Sedang Merantau," *J. Imiah Psikol.*, Vol. 12, Pp. 72–77, 2024, Doi: 10.30872/Psikoborneo.V12i1.
- [13] K. Meianisa And S. Rositawati, "Pengaruh Social Support Terhadap Loneliness Pada Mahasiswa Rantau Di Kota Bandung," *Bandung Conf. Ser. Psychol. Sci.*, Vol. 3, No. 1, Jan. 2023, Doi: 10.29313/Bcsps.V3i1.6698.
- [14] M. Z. Permana And M. F. Astuti, "Gambaran Kesepian Pada Emerging Adulthood," *Proyeksi*, Vol. 16, No. 2, P. 133, 2021, Doi: 10.30659/Jp.16.2.133-142.
- [15] A. Muawanah And F. Tentama, "Analysis Construct Validity And Reliability Of Loneliness Scale," *Int. J. Sci. Technol. Res.*, Vol. 9, No. 02, P. 2, 2020, [Online]. Available: Www.Ijstr.Org
- [16] S. Marchini, E. Zaurino, J. Bouziotis, N. Brondino, V. Delvenne, And M. Delhayé, "Study Of Resilience And Loneliness In Youth (18–25 Years Old) During The Covid-19 Pandemic Lockdown Measures," *J. Community Psychol.*, Vol. 49, No. 2, Pp. 468–480, 2021, Doi: 10.1002/Jcop.22473.
- [17] K. Diehl, C. Jansen, K. Ishchanova, And J. Hilger-Kolb, "Loneliness At Universities: Determinants Of Emotional And Social Loneliness Among Students," *Int. J. Environ. Res. Public Health*, Vol. 15, No. 9, 2018, Doi: 10.3390/Ijerph15091865.
- [18] F. Dan G. Diyanah, "Hubungan Self-Compassion Dengan Kesepian Pada Remaja Di Boarding School," 2020. [Online]. Available: [Https://Www.Jurnalfai-Uikabogor.Org/](https://Www.Jurnalfai-Uikabogor.Org/)
- [19] I. Nuraini, "Pengaruh Kesepian Terhadap Kesejahteraan Psikologis Pada Mahasiswa The Influence Of Loneliness On Psychological Well-Being Among College Students Abstrak," Vol. 11, No. 02, Pp. 954–965, 2024.
- [20] D. Borawski, M. Sojda, K. Rychlewska, And T. Wajs, "Attached But Lonely: Emotional Intelligence As A Mediator And Moderator Between Attachment Styles And Loneliness," *Int. J. Environ. Res. Public Health*, Vol. 19, No. 22, 2022, Doi: 10.3390/Ijerph192214831.
- [21] E. Rosenstreich And M. Margalit, "Send Orders For Reprints To Reprints@Benthamscience.Ae Loneliness, Mindfulness, And Academic Achievements: A Moderation Effect Among First-Year College Students," *Open Psychol. J.*, Vol. 8, Pp. 138–145, 2015.
- [22] A. N. Azizah And S. A. Rahayu, "Hubungan Self-Esteem Dengan Tingkat," *Hub. Self-Esteem dengan Tingkat Kecenderungan Kesepian Pada Lansia*, Vol. 07, No. 02, Pp. 40–58, 2016.
- [23] M. M. Yunita, K. Isabel, B. E. Keziah, M. C. Natasya, And S. C. Wijaya, "Self-Esteem Dan Kesepian Pada Mahasiswa Selama Masa Pandemi," *J. Psikol. Malahayati*, Vol. 4, No. 2, Pp. 114–128, 2022, Doi: 10.33024/Jpm.V4i2.6126.
- [24] L. M. Pop, M. Iorga, And R. Iurcov, "Body-Esteem, Self-Esteem And Loneliness Among Social Media Young Users," *Int. J. Environ. Res. Public Health*, Vol. 19, No. 9, 2022, Doi: 10.3390/Ijerph19095064.
- [25] N. S. Saputri, A. A. Rahman, And E. Kurniadewi, "Hubungan Antara Kesepian Dengan Konsep Diri Mahasiswa Perantau Asal Bangka Yang Tinggal Di Bandung," *Psymphathic J. Ilm. Psikol.*, Vol. 5, No. 2, Pp. 645–654, 2018, Doi: 10.15575/Psy.V5i2.2158.
- [26] Et Al Fadhil, Muharom, "Pengaruh Self-Concept, Self-Esteem, Self-Efficacy, Dan Teknologi Informasi Terhadap Kinerja Mahasiswa (Studi Pada Mahasiswa Stie Indonesia Banking School Angkatan 2020-2023)," Pp. 327–340, 2023.

- [27] J. Hardika, "Hubungan Self-Esteem Dan Kesepian Dengan Kecenderungan Gangguan Kepribadian Narsistik Pada Remaja Pengguna Sosial Media Instagram," 2019.
- [28] V. Ariyanti And B. Purwoko, "Faktor - Faktor Yang Memengaruhi Self-Esteem Remaja: Literature Review," *Ter. J. Bimbingan. Dan Konseling*, Vol. 6, No. 3, Pp. 362-368, Feb. 2023, Doi: 10.26539/Teraputik.631389.
- [29] Naswan, "Hubungan Self Esteem Dengan Motivasi Belajar Pada Anggota Pergerakan Mahasiswa Islam Indonesia (Pmii) Rayon Al-Ghazali," *Skripsi*, Vol. 65, No. 1, Pp. 31-44, 2022, [Online]. Available: [Http://Ci.Nii.Ac.Jp/Naid/120001123883](http://Ci.Nii.Ac.Jp/Naid/120001123883)
- [30] R. Saskia, "Hubungan Antara Kesejahteraan Psikologis Dan Dukungan Sosial Sebaya Dengan Kesepian Mahasiswa," *Skripsi*, 2022, [Online]. Available: [Http://Repository.Radenintan.Ac.Id/22334/](http://Repository.Radenintan.Ac.Id/22334/)
- [31] E. Megawati And Y. K. Herdiyanto, "Hubungan Antara Perilaku Prosocial Dengan Psychological Well-Being Pada Remaja," *J. Psikol. Udayana*, Vol. 3, No. 1, Pp. 132-141, 2016, Doi: 10.24843/Jpu.2016.V03.I01.P13.
- [32] R. U. L. I. Siringoringo, F. Psikologi, And U. M. Area, "Hubungan Psychological Well Being Dengan Burnoutpada Supir Bus Pt Indah Halmahera L' I' " Usant Ara (Ihn) Me Dan Judul Skripsi: Rinetiy Ui . J Strjngoringo No . Sfambuk Raglan · Pstkoi . Ogt Industry & Organisas Disetujui Oleh . Komisi Pemb1mbing Pem," 2023.
- [33] M. Damariyanti, "Pengaruh Kesejahteraan Psikologis Dan Pemaafan Terhadap Kepuasan Pernikahan," *J. Psikol.*, Vol. 8, No. 2, Pp. 104-111, 2015.
- [34] H. Hamonangan, "Pengaruh Dukungan Sosial Teman Sebaya Terhadap Psychological Well-Being Pada Mahasiswa Selama Pandemi.," *J. Inf.*, Vol. 10, No. 3, Pp. 1-16, 2022, [Online]. Available: [Https://Repository.Uhn.Ac.Id/Handle/123456789/6593%0ahttps://Repository.Uhn.Ac.Id/Bitstream/Handle/123456789/6593/HotmaHamonangan.Pdf?Sequence=1](https://Repository.Uhn.Ac.Id/Handle/123456789/6593%0ahttps://Repository.Uhn.Ac.Id/Bitstream/Handle/123456789/6593/HotmaHamonangan.Pdf?Sequence=1)
- [35] T. Ramadhani, D. Djunaedi, And A. Sismiati S., "Kesejahteraan Psikologis (Psychological Well-Being) Siswa Yang Orangtuanya Bercerai (Studi Deskriptif Yang Dilakukan Pada Siswa Di Smk Negeri 26 Pembangunan Jakarta)," *Insight J. Bimbingan. Konseling*, Vol. 5, No. 1, P. 108, 2016, Doi: 10.21009/Insight.051.16.
- [36] R. Pramitha, "Hubungan Kesejahteraan Psikologis Dengan Kesepian Pada Mahasiswa Yang Merantau Di Yogyakarta Skripsi," *Skripsi*, Pp. 1-120, 2018, [Online]. Available: [Https://Dspace.Uii.Ac.Id/](https://Dspace.Uii.Ac.Id/)
- [37] A. T. Wahyuni, F. Sadili, N. Jamilati, And M. I. Anshori, "Productivit & Psychology Well-Being," *J. Ilm. Dan Karya Mhs.*, Vol. 1, No. 4, Pp. 271-294, 2023.
- [38] R. S. Yunior And Rohmatun, "Hubungan Antara Harga Diri Dengan Kesepian Pada Mahasiswa Rantau Di Universitas Islam Sultan Agung Semarang," *J. Pros. Konstelasi Ilm. Mhs. Unissula* 7, Vol. 000, Pp. 468-474, 2022, [Online]. Available: [Http://Repository.Unissula.Ac.Id/23221/](http://Repository.Unissula.Ac.Id/23221/)
- [39] R. Pramitha And Y. Dwi Astuti, "Hubungan Kesejahteraan Psikologis Dengan Kesepian Pada Mahasiswa Yang Merantau Di Yogyakarta," *J. Sos. Teknol.*, Vol. 1, No. 10, Pp. 179-186, 2021, Doi: 10.36418/Journalsostech.V1i10.211.
- [40] S. Yemima, "Hubungan Dukungan Sosial Dengan Psychological Well-Being Pada Mahasiswa Psikologi Angkatan 2019 Universitas Medan Area Program Studi Psikologi Fakultas Psikologi Universitas Medan Area Medan Hubungan Dukungan Sosial Dengan Psychological Well-Being Pada Ma," 2024.
- [41] R. D. Mitasari And Z. N. Fahmawati, "The Contribution Of Alexithymia And Loneliness On Suicidal Tendencies In Early Adults In Sidoarjo Peranan Alexithymia Dan Loneliness Terhadap Kecenderungan Bunuh Diri Pada Dewasa Awal Di Sidoarjo," No. C, Pp. 1-11, 2024.
- [42] M. A. J. Jauhar, "Hubungan Self-Esteem Dengan Loneliness Pada Santri Baru Madrasah Aliyah Pondok Pesantren Mambaus Sholihin Gresik," 2019.
- [43] A. Rantepadang And A. Ben Gery, "Hubungan Psychological Well-Being Dengan Loneliness," 2020.

- [44] Yurni, "Perasaan Kesepian Dan Self-Esteem Pada Mahasiswa," *J. Ilm. Univ. Batanghari Jambi*, Vol. 15, No. 4, Pp. 123–128, 2015, [Online]. Available: <https://Media.Neliti.Com/Media/Publications/225483-Perasaan-Kesepian-Dan-Self-Esteem-Pada-M-4fb638eb.Pdf>
- [45] S. A. Anthony And Y. Viena, "Hubungan Antara Body Image Dengan Psychological Well Being Pada Remaja Di Bekasi Timur," *J. Psikol. Dan Bimbing. Konseling*, Vol. 4, No. 2, Pp. 1–9, 2024.
- [46] A. A. Repi, "Volume 8 No 2 Maret 2023 Self-Compassion , Hardiness , Dan Loneliness Pada Mahasiswa Rantau Asal Luar Pulau Jawa," Vol. 8, No. 2, 2023.
- [47] H. Novia, "Gambaran Kesepian Pada Dewasa Awal Yang Menggunakan Media Sosial Di Tengah Pandemi Covid-19," *J. Chem. Inf. Model.*, Vol. 53, No. February, P. 2021, 2021, [Online]. Available: <https://Doi.Org/10.1080/09638288.2019.1595750><https://Doi.Org/10.1080/17518423.2017.1368728><http://Dx.Doi.Org/10.1080/17518423.2017.1368728><https://Doi.Org/10.1016/J.Ridd.2020.103766><https://Doi.Org/10.1080/02640414.2019.1689076><https://Doi.Org/>
- [48] I. Crespo-Sanmiguel, M. Zapater-Fajari, R. Garrido-Chaves, V. Hidalgo, And A. Salvador, "Loneliness And Health Indicators In Middle-Aged And Older Females And Males," *Front. Behav. Neurosci.*, Vol. 16, No. March, Pp. 1–11, 2022, Doi: 10.3389/Fnbeh.2022.809733.
- [49] S. K. Mckenzie, S. Collings, G. Jenkin, And J. River, "Masculinity, Social Connectedness, And Mental Health: Men's Diverse Patterns Of Practice," *Am. J. Mens. Health*, Vol. 12, No. 5, Pp. 1247–1261, 2018, Doi: 10.1177/1557988318772732.
- [50] K. Adamczyk, "Voluntary And Involuntary Singlehood And Young Adults' Mental Health: An Investigation Of Mediating Role Of Romantic Loneliness," *Curr. Psychol.*, Vol. 36, No. 4, Pp. 888–904, 2017, Doi: 10.1007/S12144-016-9478-3.

***Nur Afidah Indriyani (Corresponding Author)**

Muhammadiyah University of Sidoarjo, Indonesia

Email: nurafidahindriyanti@gmail.com

Zaki Nur Fahmawati

Muhammadiyah University of Sidoarjo, Indonesia

Email: zakinurfahmawati@umsida.ac.id
