

Loneliness and Cognitive Distortion in Adolescent Facebookers

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Facebook users in Indonesia dominated by adolescents in the age range 12 - 15 years. The usage of Facebook has negative effects, such as loneliness and cognitive distortion. The study aims to determine the relationship between loneliness and cognitive distortions in early adolescence Facebook users. Using revision of UCLA Loneliness Scale (ULS) – 8 (Hays & DiMatteo, 1987) and Briere's (2000) Cognitive Distortion Scale (CDS), data was collected from 146 early adolescents, female and male, who studied at schools in East Jakarta, South Jakarta, North Jakarta, and Depok. Based on results of data analysis using Spearman Rank correlation. a significant positive correlation was obtained between loneliness and cognitive distortion on early adolescence Facebook users ($r = .271, p < .005$). It was supported by a significant positive correlation between dimension of cognitive distortion (self criticism, self blame, helplessness, hopelessness, and preoccupation with danger) and loneliness with correlation rate .234 – .308.

Keywords: loneliness, cognitive distortion, early adolescence, Facebook

Pengguna *Facebook* di Indonesia didominasi oleh remaja dari kelompok umur 12-15 tahun. Penggunaan *Facebook* menimbulkan dampak negatif, seperti kesepian dan distorsi kognitif. Studi ini bertujuan mengetahui hubungan antara kesepian dan distorsi kognitif pada remaja awal pengguna *Facebook*. Dengan menggunakan revisi USL-8 dan *Cognitive Distortion Scale*, dilakukan pengumpulan data pada 146 remaja awal berusia 12-15 tahun, baik laki-laki maupun perempuan, yang sekolahnya berada di Jakarta Timur, Jakarta Selatan, Jakarta Utara, dan Depok. Berdasarkan hasil pengolahan data menggunakan analisis korelasi *Spearman Rank* diperoleh hasil adanya hubungan positif yang signifikan antara kesepian dan distorsi kognitif pada remaja awal pengguna *Facebook* ($r = .271, p < .005$). Hal ini didukung korelasi positif yang signifikan antara dimensi distorsi kognitif (*self criticism, self blame, helplessness, hopelessness, dan preoccupation with danger*) dan kesepian dengan rentang tingkat hubungan sebesar .234 – .308.

Kata kunci: kesepian, distorsi kognitif, remaja awal, Facebook

Internet usage in the last decade has experienced a very rapid growth, including the use of social networking sites such as Facebook. In its growth, Facebook has become a rapidly developing social network site that is used very often (Doquier, Menevis, & Eyyam, 2011, Omolayo, Balogun, & Omole, 2013, Kok, Lee, & Chong, 2015). In Indonesia, Facebook users are mostly aged 12-15 years old (Zuckerberg, Si Pembuat Facebook, 2009). This is supported by a survey done by the author in March 2014 on 12-15 year old teenagers, where it was found that Facebook was the most used

social networking site.

Facebook enables its users to create a profile and share private information, pictures, videos, comments, and communicating with friends on Facebook through applications such as messages, gifts, groups, games, and fan pages (Aydin, Muyan, & Demir, 2013). Facebook activities can be categorized into four main types: Internet interaction, spying/stalking, self-presentation, and gaming (Yang & Brown, 2013; Rosa & Santos, 2014). Among the four activities, the most frequent one is electronic interaction with friends, such as posting, commenting, or replying to messages. These are done to create a response from others or their own response towards other people's activity in Facebook. This indicates that Facebook is able to fulfil

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