



The Impact Of Loneliness On The Intensity Of Mobile Phone Use Among Early Adolescents Of The Gen-Alpha Generation

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Abstract

This study aims to analyze the Impact of Loneliness on the Intensity of Mobile Phone Use in Early Adolescents of the Gen-Alpha Generation. The subjects in this study were early adolescents of the Gen-Alpha generation. Early adolescents in this study are defined as individuals aged 12-14 years, according to the developmental age limits. Based on the results of the research that has been carried out, the following conclusions can be drawn: There is a significant relationship between loneliness and the intensity of mobile phone use. This result is proven by the value of the loneliness variable on the intensity of mobile phone use variable of .000, namely $.000 > 0.05$. This shows that the research hypothesis is accepted, namely there is an impact of loneliness on the intensity of mobile phone use in early adolescents of the Gen-Alpha generation. The Pearson Correlation value of = .948 indicates a positive direction of the relationship between loneliness and the intensity of mobile phone use. This shows that the loneliness variable (X) has a strong level of relationship with the intensity of mobile phone use variable (Y), namely a unidirectional relationship. If the X variable increases then the Y variable also increases.

Keywords: Loneliness, Intensity, Mobile Phone, Teenagers, Gen-Alpha

INTRODUCTION

Modern developments have created a variety of modern technological devices with increasingly advanced features. Among them, mobile phones (cell phones), often called cellphones (handphones), have become increasingly sophisticated. Smartphones, or smart phones, now offer a variety of application and social media features. This sophisticated technology is increasingly attracting users, especially young adults.

A smartphone is a mobile phone with advanced capabilities, even functioning almost identically to a computer. It offers features that go beyond the simple human capabilities of making phone calls and playing games. Over the years, the concept of the smartphone has continued to evolve as an increasingly sophisticated handheld device (Batara & Kristianingsih, 2020).

According to Putra (Setyowati, Sigit, & Maulidiyah, 2021) there are three aspects of smartphone use: duration, frequency, and physical activity. Factors influencing smartphone use include security, affordability and practicality, the need for access to information, support for social interaction, parental involvement, time management and coordination,

maintaining privacy, image building, and eliminating boredom and dependency (Prameswari, Chotidjah, & Wyandini, 2022).

A survey published by Stock Apps on global smartphone users reached 5.3 billion in July 2011. This figure aligns with research conducted in early 2022 by the data research firm Reportal, which found that Indonesia saw an increase in smartphone usage, reaching 301.1 million, an increase from previous years. Data from 2021 shows Indonesia ranked fourth in smartphone usage. Smartphones were used by 170.4 million out of 61.7% of the total population (katadata.co.id). A 2019-2020 survey by the Indonesian Internet Service Providers Association (APJI) showed 196 million internet users, or 73.3% of the total population. Java contributed the largest share, at 56.4%. Data from the United Nations Children's Fund (UNICEF), the Ministry of Communication and Information Technology, and Harvard University indicate that children and adolescents are the majority of internet users. Indonesia is expected to grow by 30 million mobile phone users. According to research, children and teenagers aged 10-19 years are active on the internet or as many as 98 percent of 400 respondents know about the internet and as many as 79.5 are internet users (Akbar & Abdullah, 2021).

The results of several surveys mentioned above demonstrate a tendency toward smartphone dependency among children and adolescents. Research conducted by Mokalu et al. (2016) demonstrates both positive and negative impacts of smartphone use. The positive impacts include facilitating communication with people over long distances and filling free time with games and other social media platforms. The negative impacts include health problems such as eye, head, hand, and other organ problems. Furthermore, it can disrupt concentration at work, damage social values and interpersonal relationships, and even lead to smartphone addiction.

According to Paramita (TRANGGONO, 2022) smartphone addiction is an individual's dependence on smartphones for excessive internet access without considering the negative impacts. According to Yuwanto (Ramadhan & Coralia, 2022) there are several factors that cause smartphone addiction, namely internal, situational, social, and external factors.

According to an article in the British daily, The Telegraph (Dani & Aryono, 2019) global smartphone sales are predicted to grow by 18%, driven by emerging markets, led by India, China, and Indonesia. Smartphone users in Indonesia are growing rapidly. Indonesia has become the country with the fourth largest number of active smartphone users in the world after China, India, and the United States, primarily for social media and online gaming.

A current phenomenon observed is that people always prioritize their mobile phones, whether while eating, studying, watching television, or hanging out with friends. They are always in their hands. Individuals can put their phones away and carry on with their normal activities, but this will not last long, as they will immediately check or play with their phones. Based on a more in-depth investigation, two main factors causing addiction are game addiction and the Fear of Missing Out (FoMO) syndrome, better known as a person's dependence on social media (Akbar & Abdullah, 2021).

20% of smartphone users in Indonesia fall into the data-hungry category, with data consumption reaching 249 MB per day. With their prime time in the evening (7:00 PM to 10:00 PM), this group spends an average of 126 minutes per day using their smartphones (Tarigan & Apsari, 2022).

The increasing intensity of mobile phone use has resulted in various negative consequences stemming from excessive use. In addition to its positive impacts, mobile

phones can also have negative ones. The phenomenon that occurred in the Alpha generation above reflects the current conditions and circumstances, especially in the world of the Alpha generation. This situation can also occur not only in urban areas but has also spread to rural areas.

Individuals who use smartphones for various reasons, such as texting, emailing, browsing social media, and playing online games, experience loneliness, anxiety, and stress. One way to escape stress and the problems they face is through smartphone use. A study conducted by Park (Sekhsaria & Pronin, 2021).with 157 subjects in Seoul showed that several causes of smartphone addiction include habit, loneliness, entertainment, relaxation, calming oneself from problems, and maintaining relationships with others.

Researchers also conducted interviews with two junior high school students in Pematang Siantar City, namely as follows:

"The first student, identified as AL, used his phone an average of five hours per day to support daily activities such as doing homework, watching YouTube, and filling his free time. After using his phone for a long time, Al felt tired, especially in his eyes, but did not experience feelings of loneliness because there was time to do other activities. When hanging out with friends, he used his phone to check messages or play games together. According to Al, there is a possible relationship between the intensity of phone use and feelings of loneliness, depending on the individual's social circumstances. Some people use their phones to maintain long-distance social relationships, while others use them to avoid direct interaction." (Yunarti, 2024).

"Based on the interview results, TH uses his cell phone for around 5-6 hours per day. This cell phone use is due to having many friends to interact with and entertainment activities such as watching videos. After using his cell phone for a long time, TH feels normal, although sometimes boredom arises. He does not feel lonely when using his cell phone because he can do various activities and still interact with his friends. When hanging out with friends, using his cell phone is considered efficient for finding topics of conversation. According to TH, there is no direct relationship between the duration of cell phone use and feelings of loneliness, because each individual has different methods and thought patterns.

According to Bruno (Utami, 2022) loneliness is a mental and emotional condition characterized by feelings of isolation and a lack of meaningful relationships with others. This theory was used in this study because it is relevant to the research objective, which is to show that low-quality social. early adulthood often experiences loneliness due to the transition from an age-stratified environment to one more based on social status. During this phase, individuals leave the free social dynamics of school and enter more complex social structures. Research by Deka Rangga (Aprianti & Wendari, 2022) also shows that more than half of early adults experience moderate levels of loneliness.

Factors that can cause someone to experience loneliness include: a) Changes in internal conditions (mental conditions), b) Feeling that the interactions they undergo do not match their expectations or achievements, c) Mismatch between the type of social relationship they want and the type of social relationship they have, d) Being separated from important social ties or because an important relationship has ended.

Loneliness is based on three aspects, namely: a) Personality, which is a personality that includes individuals from the psychophysical system, which concerns the actions or reciprocal relationships of human psychological and physical characteristics that determine

their behavior and thoughts, b) Social desire, which is a social life that is liked and desired by individuals in their lives in their environment, c) Depression, which is a mood disorder characterized by feelings of sadness, gloom, lack of enthusiasm, feeling worthless, and focusing on failure.

A dependency and feeling of anxiety have a very close relationship with emotions, where individuals who have experienced dependency and anxiety will try to find the need for intimacy that they cannot get from the real world, therefore individuals who feel lonely will push their desire to use smartphones. If the intensity of smartphone use exceeds the limit and is not balanced with strong self-control, it will cause a disorder, namely the tendency to experience nomophobia.

A study conducted by Sunanjar, Mulawarman, and Purwanto (Rahardjo & Soetjiningsih, 2022) examined the mediating role of self-perception in the relationship between loneliness and problematic smartphone use (PSU) in high school students in Semarang. The results showed that loneliness can increase PSU through decreasing self-perception. Using a bias-corrected bootstrapping method, this study demonstrated that self-perception is a significant factor in mediating the influence of loneliness on smartphone addiction.

In their research at SMA Negeri 2 Bekasi, Subagio and Hidayati (Muhamam, Sulistiya, Sari, Zikrinawati, & Fahmy, 2023) found a positive and significant relationship between loneliness and smartphone addiction. The higher the level of loneliness, the higher the level of smartphone addiction experienced by students. Although loneliness contributed relatively little (3.6%), these results confirm that emotional factors such as loneliness play a role in increasing the risk of smartphone addiction in adolescents.

Therefore, this phenomenon has attracted researchers to conduct a study to prove the relationship between smartphone usage intensity and loneliness. This is important to understand, especially since there has been no research on this topic in junior high schools in Pematang Siantar City. Therefore, researchers are interested in submitting a study entitled "The Impact of Loneliness on Smartphone Use Intensity in Early Alpha Adolescents."

METHOD

This research uses a quantitative approach. According to Sugiyono (2011), a research variable is an attribute or characteristic, or value, of a person, object, or activity that has certain variations determined by the researcher to be studied and then conclusions drawn.

The subjects in this study were early adolescents from the Gen-Alpha generation. Early adolescents in this study are defined as individuals aged 12-14 years, in accordance with the developmental age limits according to Santrock (Utami, 2023). This age selection is relevant because early adolescence is a transitional period from childhood to adolescence, characterized by emotional, social, and behavioral changes, including the use of digital media such as mobile phones. At this stage, individuals begin to show an increased need for social interaction, which can be related to feelings of loneliness and the intensity of gadget use as a form of social compensation.

The research subjects will be selected using purposive sampling, a sampling technique based on specific criteria that align with the research objectives. The criteria used in this

study include: Aged 12-14 years (2010 to 2024), Owning and using a personal mobile phone, Willing to complete the research instrument with parental consent, and Male and Female.

According to Usman (Santoso, Widayasi, & Solihah, 2021) population is the total value obtained from the results of calculations or measurements, both in quantitative and qualitative forms, which will reflect certain characteristics of a group of objects completely and clearly. Meanwhile, Sugiyono (2011) defines population as a generalization area consisting of objects or subjects with certain characteristics that have been determined by researchers to be studied and analyzed in order to draw conclusions. In this study, the population studied was 211 junior high school students who were still active at SMP Methodist Pematang Siantar.

A sample is a subset of a population that can provide a representative picture of the population as a whole. According to Sugiyono, a sample is a number of individuals who possess certain characteristics that correspond to the population. In this study, the sampling technique used was a non-probability sampling method with a total sampling approach. This technique was chosen because the sample was determined based on research subject criteria relevant to the research objectives, so the results can be used to draw conclusions.

In this study, the sample size was calculated using the Isaac and Michael formula. This was based on the consideration that the population size was relatively large and not precisely identified. Therefore, the number of respondents, based on the Isaac and Michael table, with a 5% error, was 131. Therefore, 131 students participated in this study.

This research will be conducted over four weeks in June 2025, with data collection taking place from the first to third weeks. Data collection will take place on school days agreed upon with the school, with questionnaire completion times adjusted to avoid disrupting student learning activities.

Data collection will be conducted at junior high schools in urban areas that have collaborated with the researchers. These schools will be selected based on ease of access and representation of the early adolescent population of the Gen-Alpha generation in the city. In this study, the data analysis technique used is simple linear regression analysis. This technique was chosen because it is in accordance with the research objective to determine the effect of the independent variable, namely the level of loneliness, on the dependent variable, namely the intensity of mobile phone use in early adolescents of the Gen-Alpha generation (Vasist & Amrutha Raju, 2024). Simple linear regression is used because this study only examines the relationship between two variables (loneliness and mobile phone use), which is expected to provide an overview of the extent to which the level of loneliness can influence mobile phone

RESULTS AND DISCUSSION

This research was conducted on April 1st to May 10th, 2025, and was conducted on-site at the Pematangsiantar Methodist Junior High School, with 131 respondents. The respondents were classified as early adolescents, aged 12-14 years old, the alpha generation of students at Pematangsiantar Methodist Junior High School. Based on the results obtained through the distribution of research instruments, information was obtained that provides a comprehensive picture of the characteristics of the subjects involved in this study. Further explanations regarding these aspects will be described in detail below.

Overview of Research Subjects Based on Gender

Based on Table it can be seen that the largest sample in this study was female, at 53 people (52.5%), and the research subjects were male, at 48 people (47.5%). This distribution can be seen in the following table.

Table 1. Description of Research Subjects Based on Gender

NO	Gender	Frequency	Percentage
1	Man	48	47.5%
2	Woman	53	52.5%
	Total	101	100%

Hypothesis Testing

Table 2. Summary of Hypothesis Test Results

		Lonely	Intensity of mobile phone use
Loneliness (X)	Person	1	.948
	Correlation		
	Signature tiles)	(2	.000
	N	101	101
	Person	.948	1
	Correlation		
Intensity of mobile phone use (Y)	Signature tiles)	(2	.000
	N	101	101

Based on the table, the purpose of conducting a hypothesis test is to determine whether the research hypothesis is accepted or rejected, and also to determine the degree of closeness of the relationship between the two variables. In this study, the hypothesis test was conducted using the Pearson Product Moment correlation with the help of SPSS 26.0 for Windows. The hypothesis test for this study can be seen in the table below:

Based on the results of the correlation analysis in the table above, it was found that the loneliness variable was .000, namely $.000 > 0.05$. While the variable intensity of mobile phone use was obtained at .000, namely $.000 > 0.05$. then it can be seen that the significant value of $.000 = (\text{Sig} < 0.05)$. then it can be concluded that the data is correlated. This shows that the research hypothesis is accepted, namely that there is an impact of loneliness on the intensity of mobile phone use in early adolescents of the alpha generation. The Pearson Correlation value of = .948 indicates a positive direction of the relationship between loneliness and the intensity of mobile phone use. This shows that variable X has a strong level of relationship to the variable, namely a unidirectional relationship. If variable X increases then variable Y also increases.

Discussion

The results of statistical hypothesis calculations using simple regression analysis test techniques assisted by the SPSS.24 for Windows program showed that the loneliness variable was .000, namely $.000 > 0.05$. While the intensity of mobile phone use variable was obtained at .000, namely $.000 > 0.05$. then it can be seen that the significant value of $.000 =$

($\text{Sig} < 0.05$). then it can be concluded that the data is correlated. This shows that the research hypothesis is accepted, (H1), namely there is an impact of loneliness on the intensity of mobile phone use in early adolescents of the alpha generation. The Pearson Correlation value of = .948 indicates a positive direction of the relationship between loneliness and the intensity of mobile phone use. This shows that the loneliness variable (X) has a strong level of relationship with the intensity of mobile phone use variable (Y), namely a unidirectional relationship. If the loneliness variable (X) increases then the intensity of mobile phone use variable (Y) also increases (Siregar & Wiza, 2021).

This research is also supported by previous research conducted by Angga Wirajaya Subagio and Farida Hidayati, researching on "The relationship between loneliness and smartphone addiction in students of SMA Negeri 2 Bekasi" showed that there was a positive and significant relationship between loneliness and smartphone addiction ($r = 0.189$; $p = 0.004$). These results indicate that the higher the loneliness, the higher the smartphone addiction. The effective contribution of loneliness to smartphone addiction was 3.6% and the remaining 96.4% was explained by other factors.

In this study, the loneliness of Gen Alpha teenagers needs to be addressed through more useful and beneficial activities, thereby minimizing the intensity of cell phone use. Gen Alpha teenagers can develop their talents and potential or pursue their hobbies consistently and optimally.

Based on hypothetical data (data related to measuring instruments) and empirical (data related to the field. According to the loneliness measuring instrument the average is 40 while according to the field (empirical) the average is 52 meaning it is higher, so the loneliness data will tend to be higher so the category will tend to be medium to high. While the intensity measuring instrument the average is 52 while according to field data (empirical) the average is 69 indicating a tendency to be higher. Likewise with the hypothetical loneliness data $X_{\text{min}} 16$ and $X_{\text{max}} 64$ while according to field data $X_{\text{min}} 36$ and $X_{\text{max}} 45$ show higher movement. Hypothetical intensity data $X_{\text{min}} 21$ and $X_{\text{max}} 84$ while according to field data $X_{\text{min}} 64$ and $X_{\text{max}} 84$ show higher movement as well.

This indicates that the level of loneliness and intensity of mobile phone use among Gen Alpha adolescents at Methodist Private Middle School in Pematangsiantar ranges from moderate to high. The obtained loneliness variable categorization data reinforces this finding, showing that 10 (9.9%) students are in the moderate category, while 91 (90.1%) students are in the high category. Meanwhile, the categorization data for the intensity of mobile phone use variable shows that 101 (100%) students are in the moderate category. The study indicates that the level of loneliness among Gen Alpha adolescents is moving from moderate to high. Likewise, the intensity of mobile phone use among Gen Alpha adolescents is moving from moderate to high (Munisa, 2020).

According to the results of the Crosstab or cross tabulation for gender, age, and duration in table 4.14, it can be seen that 1 12-year-old male (8.3%) used a cellphone for a duration of 4 hours and 11 (91.7%) males used a cellphone for a duration of 5 hours. There were no 12-year-old females who used cellphones for a duration of 4 and 5 hours so it can be assumed that 12-year-old females used cellphones for less than 4 hours. In 13-year-old males, 5 people (13.9%) used cellphones for a duration of 4 hours and 31 (86.1%) males used cellphones for a duration of 5 hours and 15 (100%) females used cellphones for a duration of 5 hours. From these results, it can be explained that 13-year-old males tend to be higher in cellphone use with an average duration of 5 hours per day.

Among 14-year-old girls, 4 (10.5%) used their cell phones for 4 hours, and 31 (86.1%) used their cell phones for 5 hours. These results indicate that 14-year-old girls tend to use their cell phones more frequently, with an average of 5 hours per day.

Based on the age of 12-14 years, the alpha generation can be explained that 14-year-old women tend to use cell phones more than men, so that women at the age of 14 are more affected by loneliness than men. While men for the age of 13 years, the alpha generation tends to use cell phones more than women, so that 13-year-old men are more affected by loneliness than women. In 12-year-old men, the alpha generation was found to have a higher tendency to use cell phones, so that 12-year-old men are more affected by loneliness. From the results of this data, it shows that feelings of loneliness are quite widely felt by students, even in social environments such as schools. This strengthens the assumption that the physical presence of others does not necessarily guarantee emotional connectedness, especially in the current digital era, there needs to be an intimate emotional relationship and a deep family role to be directly involved in the activities of alpha generation teenagers.

The results of this study are also supported by research conducted by Andrew, a researcher from the University of Oxford (Anggraeni, 2019), who stated that the ideal duration for online activities is 257 minutes, or approximately 4 hours and 17 minutes per day. With this duration, researchers believe that teenagers not only have technological skills but also social skills. Beyond 4 hours and 17 minutes, cellphones are considered capable of disrupting adolescent brain function. Gadget usage time is divided into three categories: 1) High usage, with an intensity of use of more than 3 hours per day. 2) Moderate usage, with an intensity of use of around 3 hours per day. 3) Low usage, with an intensity of use of less than 3 hours per day. Prabawati (2021)

Similar findings support the findings of this study. Another study conducted by Purnama (Witarsa, Hadi, Nurhananik, & Haerani, 2018) found a correlation between the intensity of mobile phone use and loneliness, with an R value of 0.427 and a calculated F of 119.661, with a significance of ($P < 0.01$). Meanwhile, Agustin et al. stated that children aged 6-18 years should only be in front of a screen for less than one hour a day. This opinion is also supported by another opinion stating that the ideal time for children to use gadgets is 30 minutes to 1 hour per day. Other researchers, Sari and Mitsalia (Damayanti, Ahmad, & Bara, 2020) classify gadget use as high intensity if Gen Alpha teenagers use gadgets for more than 120 minutes/day and for a single use of gadgets for more than 75 minutes. Furthermore, this can occur several times a day, even multiple times (more than 3 uses). Using gadgets for 30-75 minutes can lead to gadget addiction. Furthermore, use of gadgets with moderate intensity if using gadgets for a duration of more than 40-60 minutes/day and the intensity of use in one use is 2-3 times/day for each use.

This study has three categorizations: high, medium, and low. The authors' categorization of the dependent variable, cellphone usage intensity, based on gender, found that men were in the high category. Women were in the medium-high category. Meanwhile, the independent variable, loneliness, showed that men were in the medium-high category. Women were in the medium-high category.

Based on the results of the categorization, it can be concluded that the level of loneliness and intensity of cellphone use in male and female alpha generation teenagers shows a movement from moderate to high. This is also supported by the results of hypothetical and empirical data.

Based on the results of the categorization of cellphone usage intensity based on age, it can be seen that 12-year-olds are in the moderately high category. Then, 13-year-olds are in the moderately high category. Next, 14-year-olds are in the moderately high category. Meanwhile, the categorization of loneliness based on age, it can be seen that 12-year-olds are in the moderately high category. Then, 13-year-olds are in the moderately high category. Next, 14-year-olds are in the moderately high category.

Based on the results of the categorization, it can be concluded that the level of loneliness and intensity of cellphone use in male and female adolescents of the alpha generation shows a movement from moderate to high. This is also supported by the results of hypothetical and empirical data.

This research is highly relevant to the current social conditions of Gen Alpha youth, particularly junior high school students in early adolescence. During this phase, individuals experience complex biological, cognitive, and social changes. They are in the process of discovering their identity and are highly dependent on acceptance from their social environment, especially peers. When the need for social acceptance is not met physically, feelings of loneliness increase, and the intensity of mobile phone use becomes an escape, offering a virtual space for connection. According to Haslinika (2016), the impact of increasing loneliness is due to low emotional intimacy, both from the family, which ultimately increases the intensity of mobile phone use. High intensity of mobile phone use tends to reduce Gen Alpha youth's enthusiasm for interaction or involvement in emotional intimacy. Therefore, the higher the loneliness, the higher the intensity of mobile phone use in Gen Alpha youth. This is strongly supported by the research hypothesis that there is an impact of loneliness on the intensity of mobile phone use in Gen Alpha youth (Syifa, Setianingsih, & Sulianto, 2019).

The limitations of this study include limited resources, including time, budget, expertise, or access to research facilities. If possible, longer interviews and field observations should be conducted to deepen the phenomena in the field. Time is of the essence considering that April-June is the period for students to take school exams and for grade IX it is the time for them to focus on final exams. This results in difficulty finding the right time with the school to disseminate data. With a short time, students tend to rush to fill out the scale data so that it is possible to do it well and correctly (Jamun, Wejang, & Ngali, 2019).

Overall, the results of this study indicate that loneliness is not the sole cause of increased cell phone use, but rather a significant factor contributing to this increase (Sianturi, 2021). This increased use of cell phones could be due to other factors not addressed in this study. In response to these findings, it is important for schools, parents, and other stakeholders to contribute to Gen Alpha youth's perceived loneliness through emotional approaches and activities related to their hobbies and interests (Bewu, Dwikurnaningsih, & Windrawanto, 2020).

CONCLUSION

Based on the results of the research that has been carried out, the following conclusions can be drawn:

1. There is a significant relationship between loneliness and the intensity of mobile phone use. This result is proven by the value of the loneliness variable against the variable of the intensity of mobile phone use of .000, namely $.000 > 0.05$. This indicates that the research hypothesis is

accepted, namely that there is an impact of loneliness on the intensity of mobile phone use in early adolescents of the alpha generation. The Pearson Correlation value of = .948 indicates a positive direction of the relationship between loneliness and the intensity of mobile phone use. This shows that the loneliness variable (X) has a strong level of relationship with the variable of the intensity of mobile phone use (Y), namely a unidirectional relationship. If the X variable increases then the Y variable also increases.

2. Based on the results of the Empirical Mean, it can be seen that the empirical average value of loneliness (52.23) is slightly higher than the hypothetical value (40) . This indicates that in general, participants in this study have a slightly better level of loneliness than theoretically expected. Although the difference is not too large, this may indicate a tendency that subjects have the capacity to control impulses or desires in certain contexts, especially regarding the intensity of cellphone use. Then the average intensity of cellphone use in the empirical data (69.60) is also slightly higher than the hypothetical data (52.5) . This indicates that overall, the level of involvement or dependence of participants on the intensity of cellphone use slightly exceeds theoretical expectations.

Suggestion

Based on the results of research on the impact of loneliness on the intensity of cellphone use in early alpha generation teenagers, the researchers provide the following useful suggestions:

1. For Students. Based on the results of control data, it was found that the level of loneliness and intensity of cellphone use among alpha generation teenagers tends to be high, which can lead to feelings of depression and social and personal disorders. Therefore, students are expected to engage in positive physical activities, for example participating in extracurricular activities such as sports and hobbies (art or music) to minimize their level of loneliness.
2. For Schools : Pematangsiantar Methodist School should be more active in organizing positive activities, such as providing stimulus to help students identify their talents and potential. Furthermore, they should establish relationships with other schools to organize joint activities that can increase student enthusiasm and motivation, such as retreats. Field activities can be increased to facilitate students' hobbies and abilities. This will reduce student loneliness and the intensity of cell phone use.
3. For Researchers: Researchers interested in further research and reviewing loneliness and the intensity of mobile phone use are expected to be more careful in selecting research subjects. Furthermore, future researchers are advised to consider other variables that influence loneliness

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