

**PENGARUH *PROBLEMATIC INTERNET USE (PIU)* DAN *LONELINESS*
TERHADAP *PSYCHOLOGICAL WELL-BEING* PADA REMAJA
PENGGUNA MEDIA SOSIAL**

SKRIPSI

Diajukan Kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata Satu (S1)
Psikologi (S.Psi)



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INTISARI

Kondisi *psychological well-being* yang rendah pada remaja menjadi sorotan yang serius karena berimplikasi pada permasalahan psikis dan dapat mengganggu aktivitas sehari-hari mereka. Penelitian ini bertujuan untuk mengetahui bagaimana pengaruh dari *problematic internet use* (PIU) dan *loneliness* terhadap *psychological well-being* pada remaja pengguna media sosial. Metode penelitian yang digunakan adalah kuantitatif korelasional dengan teknik analisis regresi linier berganda. Subjek penelitian ini berjumlah 400 remaja aktif pengguna media sosial di Surabaya. Pengambilan sampel menggunakan teknik *cluster random sampling* dengan pengumpulan data menggunakan kuisioner *online*. Instrumen pengukuran yang digunakan sebanyak tiga buah yakni *Psychological Well-Being Scale* (PWBS), *Generalized Problematic Internet Use Scale Version 2* (GPIUS-2), dan *UCLA Loneliness Scale Version 3*. Hasil penelitian ini menunjukkan bahwa *problematic internet use* dan *loneliness* masing-masing menunjukkan pengaruh yang signifikan terhadap terbentuknya *psychological well-being*. Demikian pula dengan *problematic internet use* dan *loneliness* yang secara bersama-sama berpengaruh terhadap *psychological well-being*. Penelitian ini diharapkan dapat menjadi pijakan fundamental bagi pengembangan intervensi yang lebih efektif guna menjaga kualitas *psychological well-being* di era digital yang semakin modern.

Kata Kunci: *Psychological Well-Being, Problematic Internet Use, Loneliness*

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ABSTRACT

The low state of psychological well-being in adolescents is a serious concern as it implicates psychosocial issues and may disrupt their daily activities. This research aims to investigate the influence of problematic internet use (PIU) and loneliness on psychological well-being among adolescents who are users of social media. The research method employed is quantitative correlational with multiple linear regression analysis. The study included 400 adolescents actively engaged in social media in Surabaya, selected through cluster random sampling, and data were collected using an online questionnaire. Three measurement instruments were utilized, namely the Psychological Well-Being Scale (PWBS), Generalized Problematic Internet Use Scale Version 2 (GPIUS-2), and UCLA Loneliness Scale Version 3. The findings of this research reveal that both problematic internet use and loneliness individually exert a significant influence on the formation of psychological well-being. Furthermore, when considered together, problematic internet use and loneliness collectively impact psychological well-being. This study is expected to serve as a foundational basis for the development of more effective interventions to uphold the quality of psychological well-being in the increasingly modern digital era.

Keywords: Psychological Well-Being, Problematic Internet Use, Loneliness

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