The Relationship Between Harmonious Familiy With Loneliness

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The authors declare that they have no significant competing financial, professional or personal interests that might have influenced the performance or presentation of the work described in this manuscript.

Abstract: The purpose of this study was to know the relationship between harmonious family with loneliness in 10th Grade 1 High School Pandeglang. Research conducted using quantitative methods with correlational types. The population in this study were students of 10th Grade 1 High School Pandeglang with a sample of 218 students studied. The sampling technique using probability sampling include simple random sampling. The instrument used to measure harmonious family and loneliness was a questionnaire created by the researcher. By the result of data analysis using statistical method with Product Moment analysis showed that the value of r-count < r-table was $0,01 < 0,05$ then the null hypothesis (Ho) was rejected and the alternative hypothesis (Ha) was accepted at a significance level of 5% so that it can be interpreted that there is a relationship between harmonious family with loneliness of the 10th Grade 1 High School Pandeglang in Academic Year of 2022/2023.

Keywords: Harmonious family; Loneliness; Adolescence

Introduction

Students get their first education from the family. Thus, the family plays a very important role in shaping the personality of students according to the values that can help in their development, so that students can grow to be strong, independent, not easily emotional, adaptable and other positive things. Families, especially parents must pay attention to children's personality problems, children must also get enough attention from their parents. With the attention given and parenting that is suitable for children, it can help children optimize their potential (Saputra, 2021: 2) .

The family also has a very important role for students in understanding their significance. According to Openshaw, the quality of interaction between family members is seen from how they socialize positively between family members, which is one of the characteristics of the functioning of a family (Savitri, 2018: 55) . In this regard, Stewert argues that the family has a more complex function, which is contained in the concept

of family characteristics, ability to adapt, communication, *self-acceptance* , social support, affection, *quality time* , ability to express emotions, *problem solving* , morality or religiosity, family climate, hatred and concern between each family member (Savitri, 2018:3) .

Septiana explained that a harmonious family is a family where all family members feel happy, this can be characterized by reduced tension, disappointment and feeling satisfied with all circumstances and existence itself which includes physical, mental, emotional and social aspects (Masi, 2021: 215) . The integrity of parents or mothers and fathers in a family is very important, because the influence, guidance, direction and value system instilled can always be respected, influencing attitudes and behavior patterns in their children. According to Nisfianoor & Yulianti in (Masi, 2021: 215) if in a family there is no father or mother, one of them dies, gets divorced or often goes out of town for months, then the family can be said to be incomplete.

a touch of affection, a sense of security, attention and make their family a shelter. If the child does not get all of that, then according to *Saqinah* the child can experience neurotic or emotional disturbances such as withdrawing from peers, appearing lonely because they do not get enough attention, lack of self-confidence, lack of enthusiasm in life and difficult interact with others (Masi, 2021:215) .

As social beings, students need help and guidance from others, therefore students are expected to have a good relationship with the surrounding environment. The relationship in question is a healthy and quality relationship. The absence of a good relationship that exists can allow *loneliness* in students. As explained by De Jong Gierveld who said that *loneliness* or loneliness can occur due to situations of a lack of quality relationships forged with other people. Meanwhile Baron and Byrne argue that *loneliness* is a feeling of unhappiness arising from cognitive and emotional reactions caused by the desire to establish intimate relationships that cannot be achieved (Susanti, 2019: 7) .

Mund & Neyer explained that *loneliness* in students can have a negative impact, such as a decrease in *well-being* in the form of sleep problems, depression, appetite disorders, to the point of being pathological (Yuditha et al., 2022: 154) . Thus, Hidayati & Muthia explained that disturbed psychology is the result of a lack of quality and quantity in establishing social relationships (Yuditha et al., 2022: 154) .

Reporting from an IDN Times article on July 28 2022 entitled "survey: Loneliness and *self-harm* are rife in Indonesia" in commemoration of mental health day which is commemorated in May 2021, a suicide prevention community called *into the light* works together with *Change.org* Indonesia to conduct a survey. From the survey results, it can be seen that 98% of the 5,211 participants involving adolescents aged 18-24 years and adults aged 25-34 years experienced loneliness (Putra, 2021) . Based on this phenomenon, the researcher conducted a preliminary study by conducting a simple discussion about *loneliness* with the resource person , Mrs. Hj. Siti Nuraeni, S.Pd as a counseling teacher at SMA Negeri 1 Pandeglang. From the results of the preliminary study the counseling teacher provided information that there were some students who had the characteristics of *loneliness* , this could be obtained from the observations made by the counseling teacher while providing guidance and counseling services. *Loneliness* students show s behavior , one of which is by blaming themselves for bad social relations and various things that are beyond their control. Students who experience these characteristics usually have low self-esteem and self-awareness. Students who experience *loneliness* usually talk more about themselves and pay less attention to other people's stories. Based on the results of this study, guidance and counseling services are needed to reduce the *loneliness* experienced by students. The counseling services provided are an attempt to reduce the level of *loneliness* in students.

Method

The research method used in this study is a quantitative method with a correlational type. According to Arikunto in (Pratomo & Gumantan, 2020: 12) the correlational method has the aim of knowing how close the relationship is in the variables studied. The variables in this study consist of the independent variable or X which is about family harmony and the dependent variable or Y is *loneliness.*

This research was carried out in stages, starting with the preparatory stage to the end in preparing the report, according to Arikunto (2013: 61) the flow of the research stages is as follows: (a) The preparatory stage, contains the formulation of the problem, determines the research variables, looks for descriptions and theoretical foundations with conduct a literature study, determine and compile the measuring instruments to

be used. Determining research locations and conducting research instrument tests. (b) Implementation of research, during the implementation of research carried out the process of collecting data on predetermined samples, explaining the objectives of the research conducted and asking for consent from respondents to fill out a research questionnaire. After obtaining the consent of the respondent, the next step is giving a questionnaire to students with the aim of collecting data. At this stage it is included in CHAPTER I, II and III. (c) The final stage of the research, the final stage being the stage where the researcher interprets, then analyzes and manages statistical data results based on theory which then draws a conclusion. This stage is listed in CHAPTER IV and CHAPTER V.

The characteristics of the population in this study were early adolescents in the age range of 12-15 years with male and female gender, totaling 480 students of class X at SMA Negeri 1 Pandeglang. Sampling was carried out using *probability sampling techniques* including *simple random sampling* . This study also used the Slovin formula to determine the required sample size, namely 218 class X students at SMA Negeri 1 Pandeglang.

Data collection in this study used a questionnaire technique as an instrument. According to Tohirin, the technique of collecting data using a questionnaire has a way of providing a set of written statements or questions to be filled in by respondents (Wulandari et al., 2020: 11) . The data obtained from the questionnaire instrument can be processed to obtain interval values that can be interpreted in data analysis. The study uses parametric analysis techniques, namely the data obtained from the instrument produces interval and ratio data that meet several criteria. The data to be processed must be normally distributed, homogeneous and linear. The data that has been obtained is then processed using descriptive and inferential statistics. Inferential statistics consist of analysis prerequisite tests and hypothesis testing. While the prerequisite test consists of a normality test and a linearity test. The instrument lattice for family harmony and loneliness can be seen in the table below:

Table 1. Grid of Family Harmony Instruments

Research variable	Aspect	Amount
Family harmony	Creating a family based on religion	6
	Have free time with family	6
	Have good communication between family members	6
	Respect each other	6
	Has little quantity and quality of conflict	6
	Have a close relationship between family members	6
Total		36

Table 2. Loneliness Instrument Grid

Research variable	Dimensions	Amount
Loneliness	*Emotional loneliness*	15
	Social loneliness	15
Total		30

The above instruments were then tested again on 35 class X students at SMA Negeri 1 Pandeglang. Calculation of the validity test using SPSS 20 showed that there were 33 items on the family harmony variable and 28 items on the loneliness variable which were declared valid or usable. The instrument reliability test was carried out using the *Cronbach Alpha calculation* and obtained a result of 0.986 for the family harmony

variable and 0.969 for the *loneliness variable* with the interpretation of both statement data being declared reliable because it has an alpha value > 0.600.

Results and Discussion

Results

Picture of Family Harmony

The following is a description of the family harmony of class X students of SMA Negeri 1 Pandeglang obtained from the results of collecting data on 218 students of class X SMA Negeri 1 Pandeglang.

Table 3. Overview of Family Harmony

Category	Criteria	Frequency	Percentage (%)
Tall	$X \geq 121$	137	63%
Currently	$77 \leq X < 121$	81	37%
Low	$X < 77$	0	0%
Total		218	100%

The table above shows that family harmony in class X students at SMA Negeri 1 Pandeglang in the high category has 137 students or 63%. Family harmony in the moderate category has 81 students or 37%. Whereas with the low category there are as many as 0 students or 0%.

Description of *Loneliness* in Students

The following is a description of the *loneliness* of class X students of SMA Negeri 1 Pandeglang obtained from the results of collecting data on 218 students of class X SMA Negeri 1 Pandeglang.

Table 4. Overview of Family Harmony

Category	Criteria	Frequency	Percentage
Tall	$X \geq 103$	67	7%
Currently	$65 \leq X < 103$	144	66%
Low	$X < 65$	58	27%
Total		218	100%

The above data was obtained from data collection on students who were the research sample. Students with a high *loneliness category* have 67 students or 7%, students with a moderate level of *loneliness* have a total of 144 students or 66%, while students with a low category have 58 students or 27%.

Normality test

The normality test is carried out to identify normally distributed data by looking at the *2-talled significance value* for each variable which must have a value > 0.05 . The normality test is obtained using the *Kolmogrov sminrov method* , decision making is done by comparing *Asymp.sig* or pu *P-values* . If *Asymp.sig* or *P-value* is greater than 0.05 then the data is normally distributed. On the other hand , if *the Asymp.sig* or *P-value* is less than 0.05 , the data is declared not normally distributed. The results of the normality test in this study can be seen in the table below.

Table 5. Normality Test

One-Sample Kolmogorov-Sminrov Test

	Unstandardized residuals	Status
Asymp. sig	0.200	Normal

From the table above, it can be seen that the results obtained from the normality test on data on family harmony and *loneliness* are at an *unstandardized residual Asymp.Sig value of* 0.200, which means the data is greater than 0.05. So that both variables are declared normally distributed.

Linearity Test

Linearity test was carried out to see a linear relationship from the data obtained. The relationship between variables is declared linear if it has a significance value of more than 0.05. conversely , if the significant value is less than 0.05, then the relationship between variables is declared non-linear. The results of the linearity test in this study can be seen from the table below.

Table 6. Linearity Test

Data on Family Harmony and *Loneliness*

Variable	N	Defiction Form Linearity	Significance Level	Ket
Family harmony and *loneliness*	218	0.216	5%	linear

The table above shows that the linearity test between family harmony and *loneliness* has a linear relationship because the *sig deviation of linearity* has a value of 0.216 which is greater than 0.05.

Hypothesis testing

Simple Linear Regression Test

This study uses hypothesis testing with a simple regression test technique. The aim is to find the regression equation on the variable family harmony to *loneliness* on the basis of decision making as follows: (a) If the *sig (2-tailed)* < 0.05 then it is rejected, which means that variable x has a relationship with variable y. (b) If the *sig (2-tailed) value is* > 0.05 then it is accepted, which means that variable x has no relationship with variable y. A simple linear regression test was carried out after the research instrument was declared valid and reliable as well as normal and linaer. The results of the simple regression test in this study are as follows:

Table 7. ANOVA Simple Linear Regression Test Results

Simple Linear	N	Significance
Regression	218	0.001

The results of the simple regression test show the acquisition of a significance value of 0.01 <0.05 which means (H0) is rejected and (Ha) is accepted. This means that there is a relationship between family harmony and *loneliness.*

Correlation Coefficient Test (R) and Determination Coefficient Test (R^2)

Analysis of the correlation value coefficient was carried out to see how much the independent variable (x) had an effect on the dependent variable (y) which was expressed in percentage form. The small value of (R^2) means that the capacity of the independent variable to explain the very limited dependent variation. If the value is close to 1, then the independent variable provides a lot of data needed to predict variable variations. The results of the correlation coefficient test (R) and the Determination Coefficient Test (R^2) can be seen in the table below.

Table 8. Results of the Analysis of the Coefficient of Determination

Summary Model ᵇ

Model	R	R Square	Adjusted R Square	std. Error of the Estimate
1	.660 ᵃ	.435	.432	13.148

The table above interprets the results of the correlation test between family harmony and *loneliness* , which obtains a correlation value (R) of 0.660 based on the correlation coefficient test. Researchers can predict the level of relationship between family harmony and *loneliness.* The coefficient of determination (R^2) in this study obtained a value of 0.435. Based on these results, it can be seen that the family harmony variable correlates with *loneliness* by 43.5%, the contribution of family harmony with *loneliness* is at least 56.5%, other factors not examined by researchers that can contribute to *loneliness* .

Next, to find out the direction of family harmony with *loneliness* in this study can be seen in the regression equation in the table below:

Table 9. Results of Simple Regression Equation Analysis

	Unstandardized Coefficients	significance
Constant Value	**155,476**	**<.001**
Family harmony	**-.634**	**<.001**

The results of the analysis of the regression equation in this study obtained a constant value of 155.476, while the value of family harmony was -0.634 so that the regression equation obtained Y = 155.476 + (-0.634) X. These results mean that a constant value of 155.476 indicates a constant value on the harmony variable family. The value of the regression coefficient X is -0.634 which states that for every 1% addition to the value of family harmony, *loneliness* decreases. Thus, the regression coefficient is negative, so that the higher the family harmony, the lower the *loneliness* experienced by students.

Correlation Hypothesis Test

In this study, researchers used *Karl Person Product Moment analysis.* The aim is to determine the degree of relationship and the contribution of the family harmony variable to the *loneliness variable.* The basis for making the decision is if the significance value is < 0.05 then it is correlated. Conversely, if the significance value is > 0.05 then it is not correlated. The results of the *product moment* correlation analysis in this study can be seen in the table below.

Table 10. Results of Simple Regression Equation Analysis

Coreelations

		Family harmony	*Loneliness*
Family harmony (x)	Person correlation	1	-.660 **
	Sig. (2-tailed)		<.001
	N	218	218
Loneliness (y)	Person correlation	-.660 **	1
	Sig. (2-tailed)	<.001	
	N	218	218

The table above shows the correlation between family harmony and *loneliness with* a significance value of 0.01 and a personal *correlation* of -0.660. That is, a significance value < 0.05 means that there is a correlation between family harmony and *loneliness. The personal correlation* value shows -0.660 which means that the relationship between family harmony and *loneliness* is a negative relationship at the level of interpretation of a strong relationship, because the value of -0.660 is included in the coefficient interval of 0.60-0.799.

Discussion

This study aims to determine the relationship between family harmony and *loneliness* in class X students at SMAN 1 Pandeglang. Before doing statistical analysis using *product moment analysis* . Where before testing the hypothesis the researcher first carried out a prerequisite test where this prerequisite test consisted of a normality test to find out whether the data obtained was normally distributed and a linearity test to find out whether the independent variable has a linear relationship with the dependent variable. The normality test results obtained sig. = 0.200 whose value is > 0.05. Because the significance value is more than 0.05, it can be concluded that the data is normally distributed. The linearity test results obtained sig. = 0.216 > 0.05, which means that the data has a linear relationship.

Based on research data regarding the relationship between family harmony and *loneliness* in class X students at SMAN 1 Pandeglang , the results show that there is a relationship between family harmony and *loneliness* . Based on the results of the correlation calculation test, both have a value of r = (- 0.660) with a significance value of 0.0 00 1 < 0.05, which means that the two variables are family harmony and *loneliness* has a negative relationship where the higher the level of family harmony , the lower the *loneliness in* class X students at SMAN 1 Pandeglang , and vice versa.

The explanation above is in line with the results of research conducted by (Surya, 2021: 77) with the research title "Relationship Between Parental Involvement and Loneliness in Adolescents Living with Single Parents" with the results of the study that there was a significant negative relationship between parental involvement and loneliness in adolescents who live with a single parent, where the higher the involvement of parents, the lower the level of loneliness in adolescents who live with a single parent. Vice versa, the lower the parental involvement, the higher the level of loneliness in adolescents who live with a single parent.

This statement is also supported by the results of research conducted by (Savitri, 2018: 59) which shows that there is a significant negative relationship between *family functioning* and *loneliness* . This is evidenced by statistical calculations with a significance value (p), namely 0.038, the value of R = -0.202. Family functioning contributes 4% to the emergence of *loneliness* in research subjects (r^2 = 0.04), which means that 96% of other factors contribute to the emergence of *loneliness* .

Fraenkel in (Subianto, 2013 : 343) stated that schools are not just a place to carry out learning and teaching activities but schools are also a place that is responsible for molding students and students into individuals who have superior knowledge in all aspects including the development of identity, character and personality possessed by students and his female students. For this reason, in handling it, especially in the school environment as a guidance and counseling teacher, it has a very important role and responsibility in forming the self-development of a student .

The results of the study show that the level of family harmony is in the high category of 63%. Meanwhile *loneliness* is in the moderate category with a score of 66%. Based on the results of this study, guidance and counseling services are needed to reduce the *loneliness* experienced by students. The counseling service that is carried out is one of the efforts to reduce the level of *loneliness* in students, then providing assistance from other parties can also support optimal student development so as to avoid *loneliness* in the long term, the responsible party is the student's parents/guardians, scope of students and other *stakeholders* (Aditiono et al., 2022 :306) . Researchers designed guidance and counseling programs in the personal-social field as the implications of this research. The program created is also expected to help students reduce the *loneliness* they experience.

Conclusion

Based on research that has been done regarding the relationship between family harmony and *loneliness* in class X students at SMA Negeri 1 Pandeglang for the 2022/2023 academic year, it is concluded that the general picture of family harmony of class X students at SMA Negeri 1 Pandeglang is included in the high category . The general description of *loneliness* in class X students at SMA Negeri 1 Pandeglang is included in the moderate category . There is a relationship between family harmony and *loneliness* in class X students at SMA Negeri 1 Pandeglang with a correlation value of -0.660 and a significance level of 0.01 <0.05 with a strong correlation coefficient. Based on these data, it shows that there is a negative relationship between family harmony and *loneliness* . This means that the higher the level of family harmony, the lower the *loneliness*

of students, and vice versa. The R square value is 0.435 which means that the relationship between family harmony and *loneliness* is 43.5% and the remaining 56.5% comes from other variables not examined by researchers which can contribute to *loneliness* .

There is a negative relationship between family harmony and *loneliness , which* has a correlation value of -0.660, which means that the higher the value of family harmony, the lower the *loneliness* of students. This is also corroborated by a picture of family harmony with a high category of 63% of students, a medium category of 37% of students and a low category of 0% of students. An overview of *loneliness* with a high category of 7% of students, a moderate category of 66% and a low category of 27%. Based on these findings, personal and social guidance services are needed to help students optimize the level of family harmony and reduce *loneliness* in class X students at SMA Negeri 1 Pandeglang. Therefore, it is necessary to design a personal and social guidance program which is the implication of this research, which can then be implemented by guidance and counseling teachers at SMA Negeri 1 Pandeglang.

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Article Information (Supplementary)

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