THE RELATIONSHIP BETWEEN FRIENDSHIP QUALITY AND SELF-ESTEEM AND LONELINESS IN LATE ADOLESCENCE

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Abstract

This study aims to determine the relationship between friendship quality and self-esteem and loneliness in late adolescence. This study uses a quantitative method with a correlational design. The sampling technique used is a sampling quota involving 200 final adolescents aged 18-21 years. The instruments used are friendship quality scales, self-esteem scales, and loneliness scales that have been tested for reliability. The results showed a significant negative relationship between friendship quality and loneliness with rxly -0.546 with p of 0.000 ($p<0.01$), and between self-esteem and loneliness with rxly -0.581 and p of 0.000 ($p<0.01$). These findings indicate that the higher the quality of friendship and self-esteem, the lower the tendency to be lonely in late adolescence. Therefore, improving the quality of friendship and self-esteem is very important to be considered as a preventive and intervention effort in reducing loneliness in this group.

Keywords: Loneliness, Quality of Friendship, Self-Esteem.

INTRODUCTION

Research conducted by the Health Collaborative Center (HCC) also showed results that 34% of high school students in DKI Jakarta were identified as having mental health problems, and more than 20% of them felt lonely. This condition is influenced by several factors, such as conflicts with friends, lack of closeness in peer friendship relationships, and a decrease in direct social interaction due to excessive use of gadgets and social media (CNN Indonesia, 2021). Research by Manuela Barreto of the University of Exeter and team reported in Personality and Individual Differences in 2021 titled "Loneliness Threatens Adolescents' Mentality, Even When Connected to Social Media" also showed results that rates of loneliness were particularly high among the 16-24 year age group, surpassing all other age groups in many countries (Kompas.id, 2024). In adolescents, loneliness can have an impact on various aspects of life, including decreased academic performance, involvement in risky behaviors, and the emergence of mental health problems such as depression (S. Cacioppo et al., 2015). Adolescents who experience loneliness often find it difficult to control their behavior and attitudes, because their thoughts and feelings are more focused on the loneliness they feel (Sagita & Hermawan, 2020). Loneliness can also have a negative impact on adolescents' psychological conditions, one of which is encouraging them to participate in activities such as rave parties to seek a sense of closeness and affinity with others (Biolcati & Mancini, 2018), adolescents are less able to build friendships with others (Santrock, 2016), and can result in adolescents becoming victims of bullying (Acquah et al., 2015). Although loneliness is a negative psychological experience, these feelings can actually serve as radar, i.e. a signal or warning that living without social connections can be dangerous (Yanguas et al., 2018). Therefore, loneliness often encourages a person to look for a certain way or effort to overcome it (Prasetyo & Huwae, 2023).

The author interviewed 3 respondents with 2 female respondents (SA and SL) and male respondents (AN) aged 18 and 19 years respectively regarding loneliness and its relationship to the quality of friendship and self-esteem experienced. The 18-year-old SA respondent felt that her life had been often quiet, empty and had no one to care about her lately. He felt this feeling when he was faced with a problem in his family (his mother cheated on him). Moreover, he also admitted that his family rarely communicated with each other. His family only invited him to speak up when he needed something or when he made a mistake. This makes him prefer to be alone in his room or go out alone on a motorbike without a destination. When he tries to share his story or confide in him, he is often not greeted with empathy, but receives judgments such as insulting children from the family who are not right, shameless, and considered unlucky. This also makes him shunned by those closest to him. In fact, he was also judged that he would definitely make the same mistake as his mother did. She felt that the incident was prolonged until it made her

often feel insecure, afraid and difficult to start a relationship with others. In addition, he was also shunned by his closest people, especially his friends who knew about the incident. Meanwhile, the interview with the 17-year-old SL respondent admitted that he often felt alone and not considered by the people around him. He also feels very useless and cannot forgive himself. This incident began when she was confiding in her friend about the problems she was experiencing, which was slandered and harassed by her own partner. He hoped that by telling the incident he would get support to be able to get up, but it turned out that he was actually blamed that it was entirely because of himself. In addition, the confession that he told his friend was also spread to the people around him. To make him shunned and hated by the people around him. In fact, he also admitted that he received more slander and was harassed again both verbally and non-verbally. The incident also made him traumatized, insecure because he felt different and preferred to be alone, because he was afraid and had difficulty trusting others anymore. In fact, several times he made himself do self harm by slashing his hands and banging his head against the wall.

In addition, the same thing was also felt by the 18-year-old AN respondent who admitted that since entering the world of lectures, he had found it very difficult to get along with his friends so that he did not have friends or friends who were familiar with him. This makes him often feel empty and lonely, especially since he is a shy person, not confident and afraid to start a relationship with others. Moreover, he also feels that he has an introverted personality that has been instilled by his parents since childhood, that quietness is considered a form of manners. But this actually made him shunned by his friends because he was considered null and arrogant and never hung out with others. Building relationships with friends is one of the important tasks for adolescents in the process of finding their identity and feeling accepted by their social environment. Without a sense of acceptance, adolescents can experience feelings of isolation, isolation and loneliness. Therefore, adolescents have certain expectations for the quality of social relationships they have. If these expectations are not met or different from the reality they are experiencing, unpleasant feelings in the form of loneliness arise (Cacioppo & Patrick, 2008). The quality of friendship has an important role in adolescent happiness. A friend can be a source of support when facing difficulties, help reduce loneliness, be a place to share thoughts, and help shape adolescent self-identity. (Saidah & Herdajani, 2024). Friendships are formed due to close closeness, shared interests or experiences between individuals, and a sense of comfort with each other (Laila et al., 2023). When adolescents fail to build and maintain these friendships, they have the potential to experience loneliness (Goossens, 2018).

Based on the results of a study conducted by Rachmanie & Swasti (2022), it shows that the quality of friendship plays a significant negative role in the level of stress with loneliness mediators in public school students in Indonesia aged 18-21 years. The study found that the better the quality of friendships students had, the lower the level of stress they experienced. This happens because students with quality friendships tend to feel lonely less often. In other words, the high quality of friendship can lower stress through its effect on reducing loneliness. These findings are in line with research by Lodder et al., (2017) which showed that low quality friendships can increase feelings of loneliness, and that loneliness ultimately leads to psychological stress (Yanguas et al., 2018). The quality of friendship refers to certain aspects of a friendship relationship, such as the extent to which the friendship provides intimacy, mutual pleasure, help, guidance, emotional support, and shared closeness. These qualities also include how often conflicts occur and how easily they can be resolved (Rachmanie & Swasti, 2022). High-quality friendships are characterized by high positive aspects in relationships and low negative aspects. For adolescents, the quality of friendship is considered more important in the development of their social relationships, than just the number of friends they have (Tipton et al., 2013). If in their lives, adolescents are not able to form quality friendships, it is possible that the relationship can have a bad impact on them (Rachmanie & Swasti, 2022). Establishing and maintaining friendships, as well as being friends with others, is an important part of human development. Friendship can help improve self-confidence, well-being and adaptability in social life (Rubin et al., 2006).

The quality and quantity of friendships are predictors of loneliness in adolescents and are stronger predictors when compared to social acceptance and victimization (Vanhalst et al., 2014). Low quality friendships with peers can trigger feelings of loneliness in adolescents (Qualter et al., 2015). Conversely, if friendships go well, the likelihood of adolescents experiencing loneliness will be lower (Woodhouse et al., 2012). Adolescents who feel lonely tend to have fewer friends and withdraw more often from interactions with peer groups (Wedaloka & Turnip, 2019). Peplau & Perlman (Geukens et al., 2023) also say that a person can feel lonely due to a lack of quality in their social relationships. This implies that a lack of quality in social relationships fosters feelings of loneliness. This is in accordance with research by Nicolaisen & Thorsen (2017) which shows that the quality of friendship plays an important role in determining how much a person has the potential to experience loneliness throughout his life. The study found that in the age group of 18-19 years, the potential for loneliness is due to the lack of frequency of contact with friends, in the age group of 30-49 and 50-64 years loneliness is caused by the lack of close friends and the lack

of frequency of contact with them. Meanwhile, in the age group of 65-79 years, the potential to experience loneliness often arises due to a lack of interaction with friends and close friends. Research conducted by Fikrie et al., (2021) showed similar results, that improving the quality of friendship can help reduce feelings of loneliness. In addition to the quality of friendship, adolescents who feel lonely often have low self-esteem and tend to blame themselves for perceived inadequacies (Naraparaju et al., 2022). Self-esteem is a basic need for humans to develop healthily and normally. When self-esteem is low, it negatively affects a person's psychological state, characterized by negative feelings about themselves, loss of confidence, and feeling like a failure in achieving goals. On the contrary, high self-esteem can affect a person's mental health and well-being (Wandono, 2017). With positive self-esteem, a person tends to feel satisfied with themselves and is able to overcome feelings of loneliness, anxiety, and social barriers experienced. Physically and psychologically, low self-esteem makes a person judge themselves negatively (Sholich & Amelasasih, 2022). The results of another study were also carried out by Febriani & Wati (2024), which showed that there are deep problems related to self-esteem and loneliness of adolescents in South Bangka. Based on the results of the study, it was found that there was a negative relationship between self-esteem and loneliness in adolescents in South Bangka, that the higher the level of self-esteem a person, the lower the level of loneliness experienced, and vice versa. In addition, the majority of participants in this study showed low self-esteem. Meanwhile, the rate of loneliness also tends to be high. This shows that self-esteem and loneliness are two interrelated psychological issues that have a significant impact on adolescent psychological development.

LITERATURE REVIEW
Definition of Loneliness
Loneliness can be interpreted as a negative reaction that arises when a person feels a difference between the desired social relationship and the relationship he actually has (Vanhalst et al., 2014). According to Cacioppo et al., (2010), loneliness is an unpleasant emotional experience that arises from an inadequacy of the quality of social relationships. Rokach (2011) added that loneliness occurs when a person's social needs are not met through meaningful social interactions, Meanwhile, Rotenberg & Shelley (Rachmanie & Swasti, 2022) emphasize that loneliness is a person's cognitive and emotional reaction in response to threats arising from one's social relationships.

Definition of the Quality of Friendship
Lana & Indrawati (2021), define the quality of friendship as a relationship of giving and receiving between individuals, which is based on equality and volunteerism, where individuals share affection, care, and carry out activities together. Quality friendships are characterized by a high level of satisfaction in terms of care, togetherness, mutual support, and disclosure of personal information, as well as a low level of conflict, such as betrayal (Saidah & Herdajani, 2024).

Definition of Self-Esteem
Self-esteem is the result of an individual's evaluation of himself or herself positively or negatively. This evaluation shows how individuals assess themselves and whether or not their abilities and successes are recognized. This assessment can be seen from their appreciation for the existence and meaning of themselves as they are (Santrock, 2008). Self-esteem is also defined as the evaluation that an individual makes and the habit of looking at himself, especially regarding the attitude of accepting or rejecting, and an indication of the individual's great confidence in his ability, meaning, success and worth. In short, self-esteem is a "personal judgment" about feelings of worth or meaning expressed in individual attitudes towards themselves (Maya et al., 2018).

RESEARCH METHODS
This study is a quantitative study with a correlational design that aims to determine the relationship between friendship quality and self-esteem and loneliness in late adolescence. The study population is late adolescents aged 18–21 years who live in the areas of Kota Kudus, Demak, Pati, and Jepara, Central Java, with a sample of 200 respondents determined using quota sampling techniques based on age and domicile characteristics. Data collection was carried out using a survey method through the distribution of a closed questionnaire prepared based on indicators of loneliness, friendship quality, and self-esteem, and measured using a four-point Likert scale, namely Very Appropriate, Appropriate, Not Appropriate, and Very Not Appropriate. Data analysis was carried out quantitatively with the help of the SPSS program, which began with a prerequisite test of analysis including a normality test using the Kolmogorov–Smirnov test, a homogeneity test using the Levene's Test, and a linearity test using the Analysis of

Variance (ANOVA), then continued with correlation and regression analysis to test the relationship and contribution of friendship quality and self-esteem to the level of loneliness in late adolescents with a significance level of 0.05.

RESULTS AND DISCUSSION
Description of Research Insertion

The respondents involved in this study consisted of late adolescents with an age range of 18 to 21 years, who lived in the areas of Kota Kudus, Demak, Pati and Jepara. The selection of these age groups and regions is based on the suitability of the research objectives and the characteristics of the population to be studied. Overall, the number of respondents who were successfully collected in this study amounted to 200 respondents. The following is a description of the respondents involved in the study.

1. Gender
   The description of respondents by gender is as follows:

Table 1. Description of data by gender

Gender	Frequency	Introduce yourself
Male	96	48%
Women	104	52%
Total	200	100%

2. Age
   The description of respondents by age is as follows:

Table 2. Description of Data by Age

Age	Frequency	Introduce yourself
18	52	26%
19	44	22%
20	55	27,5%
21	49	24,5%
Total	200	100%

3. Domicile
   The description of respondents based on domicile/region is as follows:

Table 3. Data Description by Domicile

Age	Frequency	Introduce yourself
São Paulo	63	31,5%
Demak	36	18%
Patio	57	28,5%
São Paulo	44	22%
Total	200	100%

Description of Research Data

Descriptive statistics on the normality test using the Statistical Package for the Social Sciences (SPSS) 26.0 For Windows program. Further explanations can be seen in the following table:

Table 4. Descriptive Statistics

No.	Variable	N	Red	Std. Deviation	Min	Max
1.	Quality of Friendship	200	79,06	21,575	39	127
2.	Self-Esteem	200	87,81	22,915	45	143
3.	Loneliness	200	88,95	12,090	60	117

1. **Results of the friendship quality research data category**

   The results of the distribution of the friendship quality scale in 200 respondents obtained a Mean Emperik of 79.06 with a Standard Deviation of 21.575 as follows:

Table 5. Results of the Friendship Quality Data Category

Categories	Frequency	Introduce yourself
Very High	17	8,5%
Height	46	23%
Medium	73	36,5%
Low	51	25,5%
Very Low	13	6,5%
Total	200	100%

2. Results of self-esteem research data categories

The results of the self-esteem scale distribution in 200 respondents obtained an Emperik Mean of 87.81 with a Standard Deviation of 22.915 as follows:

Table 6. Results of the Self-Esteem Data Category

Categories	Frequency	Introduce yourself
Very High	17	8,5%
Height	47	23,5%
Medium	74	37%
Low	54	27%
Very Low	8	4%
Total	200	100%

3. Results of the loneliness research data category

The results of the loneliness scale distribution in 200 respondents obtained an Emperic Mean of 88.95 with a Standard Deviation of 12.090 as follows:

Table 7. Lonely Data Category Results

Categories	Frequency	Introduce yourself
Very High	11	5,5%
Height	53	26,5%
Medium	74	37%
Low	44	22%
Very Low	18	9%
Total	200	100%

Assumption Test
1. Normality test

Table 8. Normality Test Results

No.	Variable	K-SZ	p (0.05)	Remarks
1.	Quality of Friendship	0,060	0,081	Normal distribution
2.	Self-Esteem	0,051	0,200	Normal distribution
3.	Loneliness	0,052	0,200	Normal distribution

Normality tests are performed to determine whether the data obtained follows normal distribution or not. In this study, the normality test was applied to data on friendship quality, self-esteem and loneliness in late adolescents. The normality test process uses the Statistical Package for the Social Sciences (SPSS) 26.0 For Windows program tool with the Kolmogorov-Smirnov Test method and the Asymptotic approach. The data is considered to be normally distributed if the significance value ($p > 0.05$). The results of the normality test showed that the friendship quality variable had a significance value of p of 0.081 ($p > 0.05$) with a K-SZ value of 0.060, which indicated a normal distribution. The self-esteem variable obtained a significance value of p of 0.200 ($p > 0.05$) and K-SZ of 0.051 which shows that the data is also normally distributed. Finally, the loneliness variable showed a significance value of p of 0.200 ($p > 0.05$) with a K-SZ of 0.052, which is normally distributed.

2. **Linearity test**

Table 9. Results of the Linearity Test between the Quality of Friendship and Loneliness

Variable	F	Sig. (p)	Remarks
The Quality of Friendship with Loneliness	1,396	0,051	Linear

The results of the linearity test showed that the variables of friendship quality (X1) and loneliness (Y) had a p value of 0.051 (p > 0.05) with a linear F value of 1.396. Thus, the relationship between the quality of friendship (X1) and loneliness (Y) can be said to be linear because the value (p > 0.05).

Table 10. Results of the Linearity Test between Self-Esteem and Loneliness

Variable	F	Sig. (p)	Remarks
Self-Esteem with Loneliness	1,079	0,350	Linear

The results of the linearity test showed that the variables of self-esteem (X2) and loneliness (Y) had a p value of 0.350 (p > 0.05) with a linear F value of 1.079. Therefore, the relationship between self-esteem (X2) and loneliness (Y) can be said to be linear because the value (p > 0.05).

Hypothesis Test

1. **Major hypothesis test**

The major hypothesis test in this study was carried out using the calculation of the Statistical Package for the Social Sciences (SPSS) 26.0 For Windows program with a two-predictor regression analysis technique, with the following results:

Table 11. Regression Test Results

Models	R	R^2	Adjusted R squared	Std. Error the Estimate	F	Sig (p)
1 Regression	0,688	0,474	0,469	8,813	88,735	0,000

Based on the results of the regression test, p was obtained as 0.000 (p < 0.01) with rx12y 0.688, showing that there is a very significant relationship between the quality of friendship (X1) and self-esteem (X2) and loneliness (Y), so that the hypothesis that there is a relationship between the quality of friendship (X1) and self-esteem (X2) and loneliness (Y) was accepted with an effective contribution of 47.4%.

2. **Minor hypothesis test**

To test the hypothesis regarding the negative relationship between the quality of friendship and loneliness using the Statistical Package for the Social Sciences (SPSS) 26.0 For Windows program with product moment analysis, with the following results:

Table 12. Minor Hypothesis Table 1

Variable	R	Sig. (p)
Quality of Friendship*Loneliness	-0,546	0,000

Based on the results of the product moment test on the friendship quality variable (X1) and loneliness (Y), a p result of 0.000 (p < 0.01) with rx1y -0.546 was obtained, showing a very significant negative relationship between friendship quality (X1) and loneliness (Y). Therefore, the hypothesis that the higher the quality of friendship, the lower the level of loneliness, and the lower the quality of friendship, the higher the level of loneliness accepted. To test the hypothesis regarding the negative relationship between self-esteem and loneliness, the Statistical Package for the Social Sciences (SPSS) 26.0 For Windows program with product moment analysis, with the following results:

Table 13. Minor Hypothesis 2

Variable	R	Sig. (p)
Self-Esteem*Loneliness	-0,581	0,000

Based on the results of the product moment test on the variables of self-esteem (X1) and loneliness (Y), a p result of 0.000 (p < 0.01) with rx1y -0.581 was obtained, showing a very significant negative relationship between self-esteem (X2) and loneliness (Y). Therefore, the hypothesis that the higher the self-

esteem, the lower the level of loneliness, and the lower the self-esteem, the higher the level of loneliness accepted.

Discussion

Based on the results of the data analysis that has been carried out, it was found that the quality of friendship and self-esteem have a very significant negative relationship with loneliness in late adolescence. The results of the analysis made an effective contribution of 47.4% in explaining the tendency to be lonely. This suggests that friendship quality and self-esteem are strong predictors of influencing loneliness rates in late adolescence. Therefore, the hypothesis that there is a negative relationship between friendship quality and self-esteem and loneliness in late adolescence is acceptable. Loneliness is a psychological experience that can have a negative impact on the emotional and social condition of adolescents. Teens who feel lonely will tend to experience feelings of helplessness, lack of confidence, dependence, and feelings of abandonment. In addition, individuals who experience loneliness also often feel worthless, undercared for, and unloved (Najwa & Aprilia, 2024). Nonetheless, loneliness can also serve as a "radar" that warns of the dangers of living isolated from social relationships, thus encouraging individuals to take certain steps to overcome it (Yanguas et al., 2018).

When teenagers experience loneliness, they often have difficulty controlling their behaviors and attitudes because their thoughts and feelings are centered on the loneliness they are facing (Sagita & Hermawan, 2020). Loneliness that occurs in adolescents has an impact on various aspects of life, including decreased academic performance, involvement in risky behaviors, and the emergence of mental health problems such as depression (S. Cacioppo et al., 2015). Therefore, factors that can reduce loneliness, such as the quality of friendship and self-esteem, are very important to pay attention to, since they both act as protectors against the experience of loneliness and improve the psychological well-being of adolescents. Loneliness in adolescents is influenced by external factors and internal factors. Externally, it includes the quality of relationships with peers, social support, and the social environment in general. Teens who have warm, trustworthy, and emotionally supportive friendships are more likely to experience low loneliness (Alsarrani et al., 2022; Geukens et al., 2023). Meanwhile, internal factors in the form of individual characteristics such as self-esteem also determine how adolescents assess their quality in social relationships. Adolescents with low self-esteem will be prone to interpret social interactions negatively, feel less worthy of acceptance, and withdraw more easily from social environments, thus increasing the risk of loneliness (Orth et al., 2012; Vanhalst et al., 2014).

The first minor hypothesis in this study suggests that friendship quality is negatively related to loneliness in late adolescence. Based on the results of the analysis presented in table 4.16, it shows that there is a significant and unidirectional negative relationship between the two variables. This means that adolescents who have quality friendships full of trust, supportive, and emotional closeness tend to experience lower loneliness. This is in line with research studies Alsarrani et al., (2022) entitled "Association between friendship quality and subjective wellbeing among adolescents: a systematic review" which suggests that the quality of friendship is consistently negatively associated with loneliness. The study also confirms that the quality of friendship serves as a protective factor that helps improve psychological well-being and reduce the risk of mental problems in adolescents. The suitability of results was also seen in the research study Geukens et al., (2023) with title "Loneliness and Friendship Quality in Early Adolescence: Analyzing Bidirectional Associations" which suggests that the quality of friendship has a negative relationship with loneliness, where adolescents with quality friendships are more likely to experience higher rates of loneliness. The study also found that reciprocal relationships, namely high loneliness, can decrease the quality of friendships in the next period.

Furthermore, the second minor hypothesis in this study shows that self-esteem has a negative relationship with loneliness in late adolescence. Based on the results of the analysis presented in table 4.17, it shows a significant and unidirectional negative relationship between the two variables. Self-esteem is an intrapersonal aspect of a person's way of perceiving and assessing themselves and is important in determining how adolescents respond to their social conditions. This is in line with research studies Fiqran et al., (2025) entitled "The Relationship between Self-Esteem and Loneliness in Students at Makassar State University" which shows that there is a significant negative relationship between self-esteem and loneliness among adolescents. In the study, self-esteem played a role as a strong intrapersonal variable in predicting loneliness, where individuals with low self-esteem tended to experience higher levels of loneliness. . The suitability of the results was also seen in the research study by Orth & Robins (2014) entitled "The Development of Self-Esteem", which suggests that individuals with high self-esteem tend to have better self-perception as well as the ability to establish healthier relationships. This condition indirectly lowers the risk of feelings of loneliness, because individuals with high self-esteem will feel worthy of love and do

not easily withdraw from the social environment. Overall, the results of this study are also in line with previous research studies by Nurmina, Sugiyanto (2008) with the title "The Role of Friendship and Self-Esteem on Loneliness in Adolescents" which shows that the quantity of friends, quality of friendship and self-esteem are stimulants that contribute significantly to influencing the high and low levels of loneliness in adolescents. However, the relationship between self-esteem, friendship quality and loneliness is not always simply linear, for example in research studies conducted Taufiqah (2024) with the title "The Influence of Self-Esteem and Life Satisfaction on Loneliness in Early Single Adulthood" which shows that self-esteem alone is not always able to reduce loneliness if the indicators of social relationships or life satisfaction are not met.

Therefore, the results of this study further strengthen the understanding that the balance between interpersonal factors in the form of friendship quality and intrapersonal factors in the form of self-esteem has a very important and significant role in reducing the rate of loneliness in late adolescence. Loneliness in adolescents cannot be understood only as a result of personal vulnerability or internal psychological conditions, but also as influenced by the interaction and quality of social relationships they have. The quality of friendship acts as a source of emotional support, a place to share experiences, and a forum for self-validation. While self-esteem serves as a factor influencing how adolescents rate themselves, including the extent to which they feel worthy of acceptance in social relationships. This means that the quality of friendship and self-esteem are two aspects that complement each other, so both need to be considered simultaneously so that interventions against loneliness can be more effective.

During the research process, there are several limitations that need to be considered. The use of questionnaires as a data collection instrument has the potential to cause response bias, as respondents may be more likely to provide answers that are considered socially appropriate, especially regarding sensitive topics such as self-esteem and friendship quality. In addition, the number of question items that must be answered can cause fatigue or boredom for respondents, so the quality of answers risks decreasing. These factors can affect the accuracy and reliability of the data obtained. Therefore, attention to these aspects is very important so that the research results can be more valid, reliable, and accountable.

CONCLUSIONS

From the results of data analysis and discussion in this study, it can be concluded that the quality of friendship and self-esteem play a very important role in influencing loneliness in late adolescence. The higher the quality of friendship possessed by an early adult woman, the lower the likelihood of experiencing loneliness. Similarly, the higher the level of self-esteem, the lower the risk of loneliness. The results of this study show the importance of efforts to have and improve the quality of friendship and self-esteem in adolescents, as a preventive step in reducing the risk of loneliness. Thus, interventions that focus on strengthening the quality of friendship and self-esteem are needed in order to create better mental health in the group.

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