

The Relationship Between Loneliness and Nomophobia Among Migrant Students in Banda Aceh

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Abstract

Abstract: Loneliness is a feeling that arises due to a lack of interpersonal relationships and is considered unsatisfactory. One way to divert loneliness is to use a cell phone. Excessive use of cell phones can cause Nomophobia. This study aimed to determine the relationship between loneliness and Nomophobia in migrant students in Banda Aceh. This study uses a quantitative approach with the product-moment correlation method. This research uses the loneliness scale, developed based on aspects of loneliness identified by Peplau and Perlman (1981), with a reliability coefficient of 0.962. Additionally, it employs the nomophobia scale, based on aspects of Nomophobia identified by Yildirim and Coreia (2014), which has a reliability coefficient of 0.923. This study's population was migrant students active at the Ar-Raniry State Islamic University and Syiah Kuala University. The sampling technique used in this research is quota sampling with a total sample of 200 respondents. The study found a correlation coefficient of $r = 0.209$ with $p = 0.002$, indicating a significant positive relationship between loneliness and Nomophobia among migrant students in Banda Aceh. This means that the higher the loneliness, the higher the Nomophobia experienced by migrant students in Banda Aceh. Vice versa, the lower the loneliness, the lower the Nomophobia experienced by migrant students in Banda Aceh.

Keywords: Loneliness, Migrant Students, Nomophobia

Abstrak

Abstrak: Kesepian merupakan suatu perasaan yang muncul akibat kurangnya hubungan interpersonal yang dimiliki dan dianggap tidak memuaskan. Salah satu cara untuk mengalihkan kesepian adalah dengan menggunakan ponsel. Penggunaan ponsel secara berlebihan dapat menyebabkan nomophobia. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara kesepian dengan nomophobia pada mahasiswa merantau di Banda Aceh. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasi product moment. Alat ukur penelitian ini yaitu skala kesepian yang dikembangkan berdasarkan aspek-aspek kesepian oleh Peplau dan Perlman (1981) dengan koefisien reliabilitas = 0,962 dan skala nomophobia yang dikembangkan berdasarkan aspek-aspek nomophobia oleh Yildirim dan Coreia (2014) dengan koefisien reliabilitas = 0,923. Populasi dalam penelitian ini adalah mahasiswa rantau yang berstatus aktif di perguruan tinggi Universitas Islam Negeri Ar-Raniry dan Universitas Syiah Kuala. Teknik pengambilan sampel yang digunakan dalam penelitian ini adalah quota sampling dengan jumlah sampel sebanyak 200 responden. Hasil penelitian menemukan koefisien korelasi $r = 0,209$ dengan $p = 0,002$ yang menunjukkan bahwa terdapat hubungan positif yang sangat signifikan antara kesepian dengan nomophobia pada mahasiswa rantau di Banda Aceh. Artinya semakin tinggi kesepian maka semakin tinggi nomophobia yang dialami oleh mahasiswa merantau di Banda Aceh. Begitu pula sebaliknya semakin rendah kesepian maka semakin rendah nomophobia yang dialami oleh mahasiswa merantau di Banda Aceh.

Kata kunci: Nomophobia, kesepian, mahasiswa baru

Introduction

As time passes, technology and communication tools become more advanced and sophisticated. Mobile phones are one of the growing advances in communication technology. Initially, mobile phones only provide voice telephone features and send messages, but now mobile phones can include social associations, emotional exchange, sharing thoughts, information, news, and so on. So now the name is switching to a smartphone. Various features offered by mobile phones make it easy for individuals to communicate and access information needed everywhere and at any time.

Based on data from the Statista site (2021), in 2020, the number of cellular internet users reached 4.28 billion, showing that more than 90 percent of the global internet population used mobile devices online. Social media is one of the most popular online activities among mobile users. For over a decade, social networking, messaging applications, and photo and video-sharing platforms have become one of the main drivers of global cellular involvement. In 2019, the level of penetration of cellular social networks worldwide reached 42 percent. With over 2.7 billion active users, Facebook remains a leading social network worldwide, while WhatsApp ranks first among the most popular cellular messaging applications.

The increase in the number of cellular internet users is following Bragazii and Puentes's research (2014), which states that changes in the habits and daily behavior of individuals are currently due to increasing the use and penetration of new technology and virtual communication that is personal, where one of the intermediary technologies is cellphone. The many benefits resulting from using mobile phones certainly must also be balanced with the ability to manage the use of mobile phones. The inability to manage themselves using mobile phones is predicted to have a negative impact, namely dependence on the cellphone, which causes feelings of anxiety, worry, and fear when far from the cellphone. Dependence on mobile phones is called no-mobile phone phobia (Nomophobia).

In 2008, the UK Post Office created this term during a study in which they assigned YouGov, a UK-based research organization, to sample 2,163 people to examine the anxiety experienced by mobile users. The study found that almost 53% of mobile users in the UK tend to worry when they lose their cellphones, run out of battery or quota, or do not have a network range (Securenvoy, 2012). Based on the results of research conducted by Ozdemir, Cakir, & Hussain (2018), 95% of users of mobile phones use their cellphones to watch YouTube, WhatsApp, or other media to induce sleep; 72% cannot be far from their cellphones, and usually store cellphones only five feet away from their position. Prevalence of similar Nomophobia between developed and developing countries; Both show prevalence between 77 and 99%, and the highest among the young adult population.

Yildirim and Correia (2015) state that given the many uses of cellphones among students, it is not surprising that they are vulnerable to Nomophobia. Research findings conducted at Airlangga University reinforce this statement. Among the 380 respondents, only 17 were found not to have experienced Nomophobia. The rest entered into several categories: 88 respondents included in the category of light Nomophobia, 148 respondents included in the moderate nomophobia category, 92 in the severe nomophobia category, and 34 in the nomophobia category very heavy (Mulyar, 2016).

Sudarji (2017) explains that people who experience Nomophobia always feel worried and anxious when they put or store a cellphone. This is also why they always carry their cellphones wherever they go. People with Nomophobia can check their cellphones 34 times a day and often bring them to the toilet.

One of the factors that can affect Nomophobia's behavior is loneliness. In line with research conducted by Tan, Pamuk, and Donder (2013), 527 students show that loneliness has a significant relationship with the use of mobile phones. Students who use cellphones 10 hours

or more, 7-9 hours, 4-6 hours, and 1-3 hours have a higher lonely score than those who use cellphones for less than 1 hour per day. Lonely is often experienced by young people, especially migrant students.

The Big Indonesian Dictionary (2016) interprets migrating as going to a place, either domestically or abroad, to make a living, gain knowledge, or pursue other activities overseas. Islam also recommends migrating to seek knowledge. The person who studies is like being in the way of Allah until he returns; this is following the words of the Prophet Muhammad. :

"Has told us Nahsr bin Ali he said, having told us Khalid bin Yazid Al Ataki from Abu Ja'far Ar Razi from Ar-Rabi 'bin Anas from Anas bin Malik he said; Rasulullah Sallallahu 'alayhi wasallam said: "Whoever comes out in order to study then he is in the way of Allah until he returns" (Hadith History of An-Nasai).

Researchers interviewed three Migrant students studying at the UIN Ar-Raniry University of Banda Aceh on March 12, 2021. They gave the following statements:

Interview Insites I:

"Aku selalu bawa hp kemana-mana, kalo lupa bawa hp itu rasanya ada yang janggal. Pernah beberapa kali pulang lagi ke rumah untuk ambil hp padahal waktu itu udah telat masuk kuliah. Disini selalu pegang hp, pasti selalu cari-cari kesempatan untuk liat hp, tapi kalo di kampung jarang gitu. Kadang gak teringat pun hp di cas di kamar udah berjam-jam." (RJ, Perempuan 23 tahun, Wawancara Personal)

Interview Insites II:

"Bawalah, selalu bawa udah candu keknya aku sama hp hahahaha. Gabisa lagi jaoh-jaoh sama hp. Kalo pegang hp ya tiktok, IG, youtube kadang streaming drakor. Di Kampong? Di kampong aku gak terlalu lale sama hp karena kan di kampong rame-rame gitu jadi gak suntok" (RF, Perempuan 20 tahun Wawancara Personal)

Interview Insites III:

"Bawa, selalu bawa. Aneh rasanya sekarang kalo gak bawa hp. Bentar- bentar cek notif walaupun udah ku cek beberapa menit yang lalu hahaha. Mungkin karna gaada kawan ngomong ya, jadi aku tengok teros hp. Kalo di kampong aku bisa gak pegang hp bentar-bentar." (M, Perempuan 22 tahun Wawancara Personal)

The interview above concludes that migrant students tend to use mobile phones more intensively when they are overseas than when they are in their hometown. Mobile phones have become important in the daily lives of migrant students, so if they are far from cellphones, there will be uneasy feelings like something that is up. Therefore, they always make sure to bring cellphones wherever they go. Students tend to feel lonely when they are overseas. In contrast, in their hometown, they can meet their families and familiar environments, reducing feelings of loneliness and, consequently, decreasing their cellphone use.

When nomads leave their hometown, they must separate from family and close friends. This separation causes significant changes in the social scope of migrant students. Sometimes, the social relations they form do not meet their expectations, leading to feelings of dissatisfaction. As a result, nomads have the potential to experience boredom, sadness, and even loneliness. The situation can lead to the possibility of migrant students using mobile phones to communicate online, access social media, and find various entertainment. Unwittingly, this behavior can cause adverse effects if done excessively.

Loneliness occurs when an individual has a slight interpersonal relationship or the relationship is not as satisfactory as expected, so it can cause cognitive and emotional reactions. Cognitive and emotional reactions can be in the form of cognitive processes (memory, perception, expectations, and interpretations) that cause subjective feelings in

individuals (Weiten et al., 2014). Weiss (1974) in Perlman, Peplau, & Goldston (1984) explains that loneliness is the loneliness individuals feel because of the absence of relationships needed or determined. Loneliness is a response to the absence of a particular type of relationship or the availability of unique relationships.

According to Russell (1982), loneliness is a dynamic personality in individuals from psychophysical systems that determine the characteristics of behavior and thinking. Individual desires in social life and their environment, combined with the presence of depression—marked by feelings of sadness, depression, lack of enthusiasm, worthlessness, and a focus on failure—can significantly impact a person's well-being.

Loneliness is an emotional response that occurs when the social relationships people want do not follow the experience of their genuine relationship with others. Loneliness causes someone to withdraw further from family and friends, making it more lonely. Loneliness can influence how we anticipate and interpret our social experience. This can mean we are more worried, afraid of social situations, or too easy to capture social rejection cues (Campaign to End Loneliness, 2020).

Impacts that can occur on migrant students when experiencing Nomophobia can be reviewed in terms of health and academics. In terms of health, Nomophobia can cause symptoms such as headaches, neck pain, and pain in the thumb. This is in line with research by Acharya et al. (2013), who found that headaches (51.50%) are the most common symptoms, followed by irritability (50.80%) in subjects using mobile phones. Other health effects include body pain (32.19%) and eye tension (36,51. %), thumbs (13.8%) are the most common health hazards due to mobile use.

Students often play on their cellphones when the teaching and learning process is ongoing. Many young people lose attention from the real world because the virtual world absorbs too much of their attention, and eventually, teenagers become addicted to technology (Dongre et al., 2017). The presence of cellphones changes adolescent behavior; when they are gathering together, it is not uncommon for them to be more focused and like to play with their cellphones compared to other people who are near them (Rahmandani et al., 2018).

The results of observations made by researchers of two students who migrated (FI and S) on 30 and 31 December 2021 also showed a similar phenomenon. FI and S blink and rub their eyes after using a cellphone for one to three hours. Then S, who was watching using his cellphone, held and massaged his neck lightly, then stretched his neck by turning his face to the right and left twice. FI lightly stretched and melded the waist, then changed the position from sitting to lying. FI and S are the final students who are preparing a thesis. However, researchers see that both of them lost focus while working on their thesis, where they sometimes saw and checked their cellphone notifications several times. Sometimes, after working on a thesis for 30 minutes, they play on their cellphones for two to three hours. They repeatedly do this, which prolongs the thesis work process beyond the expected time.

Based on the phenomena and data outlined above, the researcher is interested in researching "The Relationship Between Loneliness and Nomophobia in Students Migrating in Banda Aceh."

Research Method

Research approaches and methods

The research approach used in this study is quantitative. Quantitative research is a way to answer data-related problems through statistical numbers and programs (Wahidmurni, 2017). According to Martono (2016), a quantitative approach is a study that collects data in numbers, words, or sentences converted into data in numbers. This approach is called a quantitative approach because research data is in the form of numbers and analysis using statistics.

The research method used in this study is correlational. According to Azwar (2017), correlational research aims to determine the significance of the relationship between interconnected research variables. It tests differences in the characteristics of two or more variables or entities (Duli, 2019).

Research subject

Population

The population in this study were migrant students who were studying at Ar-Raniry State Islamic University and Syiah Kuala University in Banda Aceh. The population criteria taken in this research are:

- a. Aged 18-24 years
- b. Currently studying in Higher Education at the Ar-Raniry State Islamic University and Syiah Kuala University
- c. Migrating in the city of Banda Aceh
- d. Do not live with complete family members,
- e. Coming from outside the city of Banda Aceh
- f. Has a cellphone in the form of Android or iPhone

Sample

Research samples are part of the population used as subject to retrieval of research data (Periantalo, 2016). In sampling, researchers use quota sampling techniques that are included in non-probability sampling. The quota sampling technique is a sampling technique that establishes several sample members' quotum or rations, and the number is used as a basis for taking the required sample unit (Notoatmodjo, 2018). In this study, researchers set a research sample of 200 respondents.

Data collection technique

The data collection method used in this study is a questionnaire, a questionnaire is a data collection technique that is carried out by giving a set of questions or written statements to respondents to be answered (Sugiyono, 2005).

1. Research Measuring Devices

The research was started by preparing measuring instruments to collect research data—the questionnaire used in this study on a favorable and unfavorable scale. Data collection techniques in this study use a Likert scale. According to Sugiyono (2017), the Likert scale measures the attitudes, opinions, and perceptions of a person or group of people about social phenomena. In compiling a Likert scale, we elaborate the variables to be measured into indicators, allowing us to arrange them into items. The scale used is the loneliness scale, which uses aspects of Peplau and Perlman (1981), and the nomophobia scale, which uses aspects of Yildrom (2015).

2. Validity Test

According to Arikunto (2010), we can use a valid and reliable scale based on a trial's statistical analysis. First, we trial the measuring instrument to determine its validity and reliability. After conducting trials, we suspended and tested validity and reliability with the help of a computer, namely by using the Statistical Product and Service Solution (SPSS) 20.0 for Windows.

CVR computing results from the loneliness scale get the results of the validity ratio content computation from the lonely scale that the researcher uses with 3 people's judgment experts. There are 28 Items that have a coefficient of 1 and 8 Items that have a coefficient of

0.3. Based on the results obtained from the SME assessment on the lonely scale, show the value above zero (o) so that all items are essential and declared valid.

The Content Validity Ratio computation from the loneliness scale researchers used with third-bounteous expert judgment has a coefficient of 1, and 1 Item has a coefficient of 0.3. Based on the results obtained from the SME assessment on the nomophobia scale, indicate a value above zero (o) so that all items are essential and declared valid.

Result

Prerequisite Test

a. Distribution Normality Test

We use the distribution normality test to determine whether the data is from a normally distributed population. This test employs a product-moment correlation following the rules of this study. If the significance is more significant than 0.05, the distribution is considered normal; conversely, if the significance is less than 0.05, the distribution is considered abnormal, using the Smirnov-Kolmogorov formula.

Table 1
Normality Test The distribution of research data

Variable	K-SZ coefficient	P
Loneliness	0,749	0,629
Nomophobia	1,112	0,169

The data in Table 1 indicates that the loneliness variable follows a typical distribution with K-S Z = 0.749 and P = 0.629 ($P > 0.05$). Similarly, the data distribution for the nomophobia variable is also found to be typical with K-S Z = 1.112 and p = 0.169 ($P > 0.05$). Because both variables exhibit normal distributions, the study's results can be generalized to the population of this study.

b. Relationship Linearity Test

The Linearity Test is used to determine whether two variables have a significant linear relationship; the linearity test uses linearity; two variables are said to have a straight-drawn relationship if the significance value in the linearity is less than 0.05. The results of the relationship linearity test conducted on the two research variables obtained data listed in the following table:

Table 2
Linearity Test Research Data Relationship

Variable	F Deviation From Linearity	P
Loneliness	1,114	0,299
<i>Nomophobia</i>		

Based on the table above, the results of the relationship linearity test carried out using SPSS 16.00 obtained deviation from linearity with F = 1,114 and P = 0.299 ($P > 0.05$). This means that both scales have linear properties and do not deviate from a straight line, so it can be concluded that there is a linear relationship between loneliness and Nomophobia.

c. Hypothesis Testing

After the prerequisite test, the next step is to do a hypothesis test using a product-moment correlation from Pearson. The results of the analysis can be seen in Table 3 below:

Table 3
Research data hypothesis test

Variable	<i>Person Correlation Product moment</i>	P
Loneliness <i>Nomophobia</i>	0,209	0,002

The results of the hypothesis test show that the correlation coefficient $R = 0.209$ with a significance of 0.002 indicates a very significant positive relationship between loneliness and Nomophobia. With this this shows that the higher the loneliness, the higher the Nomophobia owned by migrant students; on the contrary, the lower the loneliness, the lower the Nomophobia the students have. The analysis results of this study indicate that the significance value of $P = 0.002$ ($p < 0.05$), which means the research hypothesis is accepted. As long as the relative contribution of the results of the research of the two variables can be seen in Table 4 below:

Table 4
Measure of Association Analysis

	<i>R Squared</i>
Loneliness dengan <i>Nomophobia</i>	0,044

Based on the Measure of Association table above, this research has a relative contribution between the two variables r Squared = 0.044 , which means that there are 4.4% of the relatively lonely influence on Nomophobia in students to migrate, while other factors influence 95.6% .

Discussion

This study aims to determine the relationship between loneliness and Nomophobia in Rantau students who study at UIN Ar-Raniry and Syiah Kuala University. After the Product Moment Correlation Test from Pearson, the correlation coefficient of $R = 0.209$ with a significance level of 0.002 ($p < 0.05$) shows a positive relationship between loneliness and Nomophobia, which means the proposed hypothesis is accepted. The relationship shows that the higher the loneliness, the higher the Nomophobia experienced by migrant students, and vice versa, the lower the loneliness, the lower the Nomophobia experienced by the overseas student.

The results of research analysis conducted by Fahira, Amna, Mawarpury, and Faradina (2021) with the title "Lonelian and Nomophobia in Once Students" also showed that there was a positive and significant relationship between loneliness and Nomophobia in nomads at Syiah Kuala University. In addition, research conducted by Kara, Baytemir, and Kara (2019) shows that there is a significant correlation between the duration of the use of cellphones every day, loneliness, anxiety, and Nomophobia.

The results also showed that the effect of a single and double mediation of loneliness and anxiety in the relationship between the duration of the use of mobile phones and Nomophobia is significant, in line with research conducted by Saripah and Pratiwi (2020) with the title "Loneliness and Nomophobia Relations in Generation Z Students" who found that there was a positive relationship between loneliness and Nomophobia. From these results, the relationship pattern is that the higher the level of loneliness, the higher the nomophobia level. And vice versa, the lower the lower the nomophobia level.

Research conducted by Ciptadi and Selviana (2020) with the title "Relationship Between Extraversial Personality and Loneliness with Nomophobia Trends in Adolescents" Based on

the results of data analysis using Bivariate correlation shows that there is a positive and significant relationship between loneliness and the tendency of Nomophobia. A multivariate correlation analysis shows a positive and significant relationship between extraversion and loneliness personality with the tendency of Nomophobia with $r = 0.344$ and $p = 0,000 < 0.05$ with influential contributions of extraversion and loneliness personality to the nomophobia tendency of 11.8%. The rest is a contribution from other factors that are not examined.

The results of research by Koluri, Jafarian, Jafari, and Senobar with the title Investigation the Role of Personality Characteristics and Loneliness in Predicting Nomophobia in Students showed that there was a positive and significant relationship between extraversion, friendliness, neuroticism, lonely, and Nomophobia ($p < 0.01$); However, the relationship between openness and Nomophobia is not significant. Also, the results show that 15 percent of the total variance of Nomophobia in the use of mobile phones is predicted by loneliness and personality characteristics, which means that loneliness and personality characteristics seem to improve the symptoms of Nomophobia in students.

The results of research conducted by A Kılınc, C Çam, A ünsal, D Arslantaş, with the title "Evaluation of Nomophobia and Loneliness in High School Students in Turkey" found that the level of student nomophobia increased in line with their intensity checking their cellphones and the number of time they were Spend for their smartphone ($F = 28,424$, $P < 0.001$, $R_2 = 0.213$). There is a weak positive correlation between Nomophobia and the level of loneliness ($r = 0.353$, $p = 0.001$).

Excessive use of mobile phones is an individual's way of healing feelings of loneliness when they try to overcome disturbing feelings because cellphones can give them different forms of socialization (Darcin et al., 2016). According to Turkle (2017), technology also replaces the intimacy of human relations with shallow communication, preventing people from having intimate and quality interactions with others and thereby increasing loneliness. Bian and Leung (2014) state that loneliness is one of the causes of individuals interacting through cellphones excessively. Using a cell phone to divert loneliness can cause dependence on the cell phone.

According to Jin & Park (2012), loneliness can motivate individuals to use mobile phones more often, such as calling individuals when they are lonely. In addition, there is a positive relationship between using mobile phones more pronounced for those who are lonely than those who have many friends. Individuals who have many friends are more comfortable spending time interacting with others compared to their cellphone contact. Nowland (2017) found that the time spent online and the total internet use positively correlate with loneliness.

Genzgin et al. (2019) show that participants who experience Nomophobia show repeated metaphors of loneliness in the absence of mobile phones, making individuals feel lost in something essential and valuable. Therefore, Nomophobia is considered a negative situation that can interfere with individuals. According to Bhattacharya, Bashar, Srivasta, and Singh (2019), individuals who are nomophobic prefer virtual interactions and avoid face-to-face, which leads to "techno-stress," which is the condition when individuals avoid social-to-face social interaction and are limited in themselves, without regard others.

Based on the demographic data of respondents in this study, it was dominated by migrant students who were 22 years old, as many as 65 people (32%), with a dominating sex of 121 women (60.5%). The university dominated by respondents in this study was 108 Ar-Raniry State Islamic University (54%). It was then dominated by migrant students in semester 9, with as many as 58 people (29%). The area of origin of the respondents in this study was dominated by West Aceh Regency and Bireuen Regency, with as many as 17 people (8.5%). Furthermore, Rensponden's study was dominated by migrant students who lived in boarding houses, with as many as 84 people (42%). Moreover, the dominance of migrant students in this study lived alone as many as 84 people (42%).

The results of the categorization of loneliness in the respondents of this study by empirical data showed that 36 migrant students experienced low loneliness (18%), 135 migrant students experienced moderate loneliness (67.5%), and 29 migrant students experienced high loneliness (14, 5%). During the results of nomophobia categorization, 26 migrant students experienced low Nomophobia (13%), 148 migrant students experienced moderate Nomophobia (74%), and 26 migrant students experienced high Nomophobia (13%).

This study has several limitations. For example, the quantitative approach is only interpreted into numbers and statistical percentages, which are then described based on the results obtained, so they cannot see the dynamics of psychology more deeply. This research also does not see the length of time to migrate, which may influence loneliness and Nomophobia, so it is recommended that further researchers examine the length of time to migrate as one of the factors related to loneliness and Nomophobia.

Conclusion

Based on the results of the analysis in this study, the correlation coefficient was obtained of $r = 0.209$ with a significance level of 0.002 ($p < 0.05$) and r squared = 0.044 , so it can be concluded that there is a very significant positive relationship between loneliness and Nomophobia which means the proposed hypothesis accepted. The relationship shows that the higher the loneliness, the higher the Nomophobia experienced by migrant students, and vice versa, the lower the loneliness, the lower the Nomophobia experienced by the overseas student.

Some suggestions that researchers can convey for practical and theoretical purposes for those who will examine similar variables are as follows:

1. For migrant students

Migrant students are encouraged to participate more actively in the organization both on and outside campus and often attend various group activities. This will help migrant students establish social relations and carry out positive activities, which is expected to reduce Nomophobia in migrant students.

2. For universities

Researchers expect that the university can make the results of this study a review that loneliness and Nomophobia often occur in migrant students and cause various negative impacts. Therefore, solutive programs are needed that can increase interaction between students and the community, such as group activities, refreshing associations, learning together, and so on, so that it can improve interpersonal relations in students to migrate so that the possibility of loneliness and Nomophobia in migrant students can be minimized.

3. For further researchers

The researcher hopes that further researchers deepen their knowledge of loneliness and Nomophobia in migrant students so that they can associate other factors that may affect them. This research does not see the length of time to migrate, which has the possibility of influencing loneliness and Nomophobia, so it is recommended that further researchers examine the length of time to migrate as one of the factors related to loneliness and Nomophobia. It is also hoped that research can increase and enrich the presentation of more diverse data to expand the knowledge of the research world.

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