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# Journal of Behavioral Addictions



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AKADÉMIAI KIADÓ

MEMBER OF WOLTERS KLUWER GROUP

**S-1F1****Lonely online: A social model of digital media addiction  
A study in 21 countries**

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Digital media addiction limits face-to-face communication, which can have negative effects on the subjective wellbeing of individuals. However, the effect of digital media addiction on subjective wellbeing has not been adequately explored, and it is recommended in the literature that the role of mediating variables related to social life should be investigated. These include loneliness and satisfaction with relationships. The current study investigated whether loneliness and satisfaction with relationships explained the link between people's digital media addiction and their sense of flourishing. A sample of 6,434 respondents from 21 countries (Mage = 25.92 years, SD = 9.78; 65.5% women) took part in a cross-sectional survey study. The study included a comprehensive evaluation of digital media addiction using several measures. The following scales were applied: the Adapted Mobile Phone Use Habits,

the Internet Addiction Scale, the Facebook Intrusion Questionnaire, the Phubbing Scale, the De Jong Gierveld Loneliness Scale, the Relationship Assessment Scale, and the Flourishing Scale. A two-level path analysis showed that loneliness and satisfaction with interpersonal relationships fully mediated the link between digital media addiction and flourishing on the individual level. This suggests that digital media addiction may affect flourishing only through its impact on loneliness and satisfaction with interpersonal relationships.

**Keywords:** digital media addiction, flourishing, loneliness, satisfaction with relationships

## S-1F2

### **The Emergence of #SocialMediaAddiction in Indonesia: A nationwide survey**

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*Background:* Worldwide, Internet and social media has shown vast growth in numbers over a short period of time from 3.42 billion in 2016, among 31% are social media users, to 4.54 billion in 2020, among 49% use social media. In Indonesia, a similar pattern with a highly significant number is seen with internet users increase from 175.4 million in 2020, with 59% are social media users, to 204.7 million in 2022, among an alarming 93% are social media users mostly aged from 18-34. This increase has many risks biopsychosocially including social media addiction. In spite of the potentially high risk of addiction, to date, there are no social media usage regulations in Indonesia. *Methods:* National-wide survey perform on the beginning of 2023 including college students through an online survey including demographic data including gender, social media usage, and the Indonesian version of Social Media Disorder Scale (SMDS) and focus group discussion. *Results:* The expected results will be prevalence of social media addiction and the demographic and pattern of social media usage pattern in Indonesia. *Conclusions:* The significant number of social media users in Indonesia may lead to an expected serious problem of social media addiction. Documentation of the pattern of social media usage and the issue of addiction nationwide may aid the government in developing policies and guidelines that can prevent and treat social media addiction nationwide.

**Keywords:** Social Media Addiction, Indonesia, college students, social media usage, nationwide survey