

## **ABSTRACT**

### ***The Effect of Shyness on Loneliness in Adolescents***

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*Loneliness has now become a universal phenomenon, where loneliness can be experienced by anyone regardless of age, gender, and social status of the individual. However, several researchers have found that loneliness is most often experienced in adolescence. Previous studies have also found that shyness can be one of the factors that cause loneliness in adolescents. This study aims to see the effect of shyness on loneliness in adolescents. The subjects involved in this study were 478 people. The measuring instrument used in this study was the UCLA Loneliness Scale Version 3 from Russell to measure loneliness in adolescents and the Revised Cheek and Buss Shyness Scale from Cheek and Buss to measure shyness in adolescents. The research method used is a quantitative method and a simple linear regression test to see the effect given by the independent variable on the dependent variable. The results of this study indicate that shyness has a positive effect on loneliness in adolescents. The effect given is 58.6% which can be said to be a large effect.*

**Keywords:** *Loneliness, Shyness, Adolescence*

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