

When Loneliness is Linked to Psychological Well-Being: The Moderating Role of Self-Compassion in Adolescents from Divorced Families

Ketika Kesepian Bertaut dengan Kesejahteraan Psikologis: Peran Moderasi Self-Compassion pada Remaja dari Keluarga Bercerai

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Abstract

Adolescents from families with divorced parents are vulnerable to loneliness, which can lead to a decline in psychological well-being. This study aims to analyze the effect of loneliness on psychological well-being and to examine the role of self-compassion as a moderator among adolescents from broken homes. This study employs a quantitative approach with a non-experimental design. The study sample consisted of 213 adolescents aged 12–19 years from broken homes, selected using purposive sampling. The research instruments included the De Jong Gierveld Loneliness Scale (DJGLS), the Psychological Well-being Scale, and the Self-Compassion Scale (SCS). Data analysis was conducted using Moderated Regression Analysis (MRA) with the assistance of the Hayes Model 1 Process Macro in SPSS version 25. The results showed that loneliness has a significant negative effect on psychological well-being. Self-compassion was found to moderate the effect of loneliness on psychological well-being. Self-compassion mitigates the impact of loneliness on the psychological well-being of adolescents from broken homes. Thus, self-compassion acts as a moderator that helps adolescents from broken homes maintain their psychological well-being despite experiencing feelings of loneliness.

Keywords: Loneliness, Self-Compassion, Psychological Well-Being, Parental Divorce

Abstrak

Remaja dari keluarga orang tua bercerai rentan mengalami kesepian yang dapat berdampak pada menurunnya kesejahteraan psikologis. Penelitian ini bertujuan untuk menganalisis pengaruh kesepian terhadap kesejahteraan psikologis serta menguji peran self-compassion sebagai variabel moderator pada remaja dari keluarga broken home. Penelitian ini menggunakan pendekatan kuantitatif dengan desain non-eksperimental. Subjek penelitian terdiri atas 213 remaja berusia 12-19 tahun yang berasal dari keluarga broken home dan dipilih menggunakan teknik purposive sampling. Instrumen penelitian meliputi De Jong Gierveld Kesepian Scale (DJGLS), Psychological well-being Scale, dan Self-Compassion Scale (SCS). Analisis data dilakukan menggunakan Moderated Regression Analysis (MRA) dengan bantuan Process Macro Hayes Model 1 pada SPSS versi 25. Hasil penelitian menunjukkan bahwa kesepian berpengaruh negatif dan signifikan terhadap kesejahteraan psikologis. Self-compassion terbukti memoderasi pengaruh kesepian terhadap kesejahteraan psikologis. Self-compassion mampu memperlemah pengaruh kesepian terhadap kesejahteraan psikologis remaja dari keluarga broken home. Dengan demikian, self-compassion berperan sebagai moderator yang membantu remaja dari keluarga broken home mempertahankan kesejahteraan psikologis meskipun mengalami perasaan kesepian.

Kata Kunci: Kesepian, Self-Compassion, Kesejahteraan Psikologis, Perceraian Orang Tua

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INTRODUCTION

Divorce is the legal termination of a marriage and the rights and obligations arising from it. In Indonesia, divorce is regulated by Law No. 1 of 1974 and Government Regulation No. 9 of 1975, and can only be granted by a court after reconciliation efforts have failed. Divorce can occur for various reasons, such as infidelity, domestic violence, abandonment, or persistent disputes that make it impossible for the couple to reconcile. According to the Central Statistics Agency (Badan Pusat Statistik/BPS), there were 399,921 divorce cases in 2024 (BPS, 2025), while a report from the Directorate General of Religious Courts of the Supreme Court (Badilag) recorded a higher figure, reaching 446,359 cases. On the other hand, the number of divorce cases initiated by the wife that is, divorce petitions filed by the wife reached 394,608 cases.

Data from the Central Statistics Agency (BPS) show a decrease in the number of divorces compared to the previous year, from 408,347 cases in 2023 to 399,921 cases in 2024 (BPS, 2025). Although the number decreased, the total remained substantial, indicating that divorce continues to be an important social and family issue in Indonesia. Rather than indicating a rising trend, the number of divorce cases provides an important context for understanding the potential psychological and social consequences for children and adolescents affected by parental divorce. Previous studies have reported various psychological difficulties (Muta'aliyah et al., 2026). According to Law No. 23 of 2002, Article 26, on Child Protection, parents have the obligation and responsibility to care for, nurture, educate, and protect their children; to foster their growth and development in accordance with their abilities, talents, and interests; and to prevent child marriage (Wasiati, 2020). Every child naturally longs for a complete family (father, mother, and child) living together in a home filled with happiness, where each member fulfills their role to create a prosperous and harmonious family life (Hadi et al., 2020; Tullius et al., 2022).

Divorce has not only legal dimensions but also profound psychological and social dimensions. In a psychological context, divorce is a traumatic event that shakes the entire family system, especially for children and adolescents who are still in their formative years. The divorce process is often marked by prolonged conflict, emotional tension, and a deep sense of loss for every family member. Children who witness their parents' divorce experience "double loss" the loss of a parental figure in their daily lives and the loss of a sense of security regarding the family's unity. Adolescents are the most affected and vulnerable group when it comes to divorce because they are in a crucial developmental transition phase, where family stability and support serve as the primary foundation for the formation of their identity and psychological well-being (Jannah et al., 2026; Tullius et al., 2022; Pang et al., 2024).

According to Santrock (2023), adolescence begins at ages 10–12 and ends at ages 18–21. According to Ildil et al. (2020), adolescents from divorced families exhibit poorer adjustment compared to adolescents from intact families.

Those in this transitional phase toward adulthood must cope with the loss of family unity, which triggers a storm of emotions such as deep sadness, anger, shame, disappointment, and feelings of worthlessness (Nazla Meyvida et al., 2026; Rukmana et al., 2026). This is characterized by academic problems, behavioral problems, anxiety and depression, a lack of social responsibility, poor social skills, and a tendency to associate with antisocial peers. These impacts directly diminish their psychological well-being (Naim, 2024; Tullius et al., 2022; Goodfellow et al., 2022).

Psychological well-being is a state in which an individual is able to function optimally in life, both in intrapersonal and interpersonal aspects (Serdiuk, 2022). Ryff (2014) explains that psychological well-being encompasses six main dimensions: self-acceptance, positive relationships with others, autonomy, environmental mastery, life purpose, and personal growth. Thus, psychological well-being is not merely about happiness but also an individual's ability to fully realize their potential. Low psychological well-being can lead to various serious issues, such as feelings of worthlessness, anxiety, depression, and even deviant behavior (Asih et al., 2024). Prolonged emotional stress resulting from unhealthy relationships can drastically reduce psychological well-being; in extreme cases, it can even increase the risk of suicidal ideation as a means of escaping the psychological suffering experienced by the individual (Suparmi & Hanifah, 2026). For adolescents affected by divorce, this situation becomes even more complex as they face emotional stress stemming from family conflicts, the loss of a parental figure, and changes in their living environment (Jannah et al., 2025). In the long term, this situation can hinder the development of self-identity and increase the risk of more severe psychological problems (Li et al., 2024; Afrashteh & Hasani, 2022).

Adolescents' psychological well-being is influenced by various factors, both internal and external. External factors include family circumstances, social support, and the surrounding environment, while internal factors encompass emotional regulation skills, self-confidence, and self-compassion (Nugraha, 2023). This understanding can be explained through the stress-buffering perspective, which proposes that social and psychological resources can influence how individuals respond to stressful experiences and reduce the negative consequences of stress on psychological well-being (Cohen & Wills). In the context of adolescents from divorced families, the loss or disruption of family support may become a significant source of psychological stress. One consequence of this disruption is loneliness, which reflects a perceived lack of meaningful social connection and may negatively affect psychological well-being. Rahman et al. (2026) demonstrated that emotional regulation as an internal factor and social support and environmental conditions as external factors can interact with one another in shaping an individual's well-being. Thus, psychological well-being is not determined solely by an individual's internal condition but is also shaped by how adolescents perceive and respond to difficulties within their social and family environments. When adolescents perceive a lack of meaningful social connection, they may experience

loneliness, which can become an additional psychological burden. The loss of this support system opens the door to psychological problems, one of the resulting impacts being a profound sense of loneliness (Li et al., 2024; Cruz et al., 2024).

Loneliness in adolescents resulting from divorce is not merely a fleeting feeling of sadness, but a condition characterized by feelings of being unloved, neglected, and alienated from their social environment, stemming from the breakdown of emotional bonds within the family (Anidya & Kusmawati, 2026). Adolescents whose parents have divorced lose their primary source of affection, attention, and a sense of security. This loss becomes fertile ground for the growth of deep-seated loneliness, which manifests as feelings of being unloved, neglected, and alienated from their social environment (Turner et al., 2024; Rejaän et al., 2024). Adolescents often feel the loss of parental figures, suffer from deteriorating communication, and experience changes in family dynamics that make it difficult for them to adapt to the new post-divorce situation. As a result, they not only experience deep sadness and a sense of loss but also struggle to form close relationships with others and lack social skills (Arifin & Haerani Nur, 2026; Tullius et al., 2022; Adib Sabharwal, 2024).

This loneliness then disrupts adolescents' psychological well-being, which includes self-acceptance, positive relationships with others, independence, mastery of the environment, as well as life goals and meaning. Adolescents trapped in loneliness often experience a decline in self-acceptance because they blame themselves for their parents' divorce, as well as difficulty building positive relationships due to a crisis of trust in others (Rukmana et al., 2026). Loneliness is an unpleasant feeling experienced by an individual based on subjective experience when the number of interactions or relationships with others is fewer than expected or when the level of closeness with someone does not match actual expectations (Gierveld & Tilburg, 2006a; Irmansyah & Ningrat, 2024; Nurdianto et al., 2023; Hunter et al., 2024).

Among adolescents affected by divorce, loneliness can arise due to the reduced presence of parents, a lack of emotional support, and difficulties in building quality social relationships (Hartantio & Kristinawati, 2024). When adolescents feel lonely, they tend to experience more intense negative emotions, feel isolated from their social environment, and hold less positive views of life, which can lead to a decline in their psychological well-being. Research indicates that loneliness significantly contributes to a decline in psychological well-being as well as increased depression and anxiety among adolescents (Nurdianto et al., 2023). Emotionally stressful childhood experiences contribute to adolescent loneliness, and self-compassion acts as a protective factor in this relationship (Qu, 2024; Adib & Sabharwal, 2024; Tunkkari et al., 2026).

Cahyawati et al. (2024) found that the higher an individual's level of loneliness, the lower their level of psychological well-being. Rantepadang and Gery (2020) demonstrated that loneliness is negatively associated with

psychological well-being, meaning that an increase in feelings of loneliness tends to be followed by a decrease in an individual's psychological well-being. Suprayogi and Hamidah (2024) demonstrated that loneliness has a significant negative association with psychological well-being among young adults in Jakarta. The higher an individual's perceived level of loneliness, the lower their level of psychological well-being. Conversely, individuals with low levels of loneliness tend to have higher levels of psychological well-being.

The researchers explain that individuals experiencing loneliness often feel they lack meaningful relationships, receive insufficient social support, and feel isolated from their environment. These findings are relevant to the circumstances of adolescents from broken homes. Family conflicts, parental divorce, or the absence of a parental figure can increase the risk of loneliness among adolescents. The impact of loneliness on psychological well-being is not always the same for every individual. Some adolescents are able to maintain good psychological well-being despite experiencing feelings of loneliness, while others experience a greater decline in psychological well-being. These differences indicate the presence of protective factors that may influence the relationship between loneliness and psychological well-being (Buecker et al., 2024).

One factor that may play a role is self-compassion an individual's ability to treat themselves with kindness, to understand that difficulties are a universal part of the human experience, and to face negative experiences in a balanced and mindful way. Self-compassion can help adolescents manage the negative emotions arising from loneliness, thereby potentially reducing its association with psychological well-being. Previous studies have examined the relationship between self-compassion, loneliness, and psychological well-being among adolescents; however, the extent to which self-compassion moderates the association between loneliness and psychological well-being specifically among adolescents from divorced families remains insufficiently established. According to Egan et al. (2022) and Li et al. (2024), self-compassion involves self-kindness, recognition of common humanity, and mindful awareness when individuals experience difficult emotions. These components may help adolescents respond to loneliness without becoming overwhelmed by negative emotional experiences.

Although Braet et al. (2025) and Cruz et al. (2024) have discussed self-compassion and psychological well-being in adolescent populations, their findings should be carefully distinguished from the specific context examined in the present study. In particular, the available evidence does not necessarily establish that these studies tested the moderating role of self-compassion in the relationship between loneliness and psychological well-being specifically among adolescents from divorced families. Therefore, the present study focuses specifically on this population and examines whether self-compassion moderates the association between loneliness and psychological well-being among adolescents who have experienced parental divorce.

Self-compassion is an individual's ability to treat oneself with kindness, to understand that suffering is part of the human experience, and to be aware of that experience without overly judging oneself (Macfarlane & Carson, 2023). Individuals with high levels of self-compassion tend to be better able to manage negative emotions adaptively and avoid getting caught up in excessive self-criticism. Sari et al. (2025), in their study, described the levels of self-compassion among adolescents from broken-home backgrounds in North Aceh Regency; This study showed that, in general, the level of self-compassion among adolescents fell into the low category, with self-kindness as the lowest aspect and mindfulness as the highest, indicating that adolescents tend to still lack the ability to be kind and accepting toward themselves, even though they have begun to develop awareness of their emotional states (Neuenchwander & Gunten, 2025; Deniz et al., 2022).

Pramadhandi and Widyasari (2025) examined the role of self-compassion as a moderator in the relationship between perceptions of a competitive environment and the impostor phenomenon among first-year college students in Indonesia. The results showed that the higher an individual's self-compassion, the lower their tendency to experience the impostor phenomenon. Furthermore, self-compassion was found to significantly moderate the relationship between perceptions of a competitive environment and the impostor phenomenon. The similarity with this study lies in the use of self-compassion as a moderator variable, while the differences lie in the focus of the variables and the research context.

Based on a study conducted by Woo Kyeong (2013) on students at a cyber university in Korea, it was found that self-compassion significantly moderates and weakens the negative relationship between academic burnout and students' psychological well-being both in terms of negative indicators such as depression and positive indicators such as psychological well-being. In line with the research by Rahmawati & Kawuryan (2026), the loss of a parent during the transition to adulthood does indeed trigger a decline in psychological well-being in the early stages; however, individuals have the potential to rebuild their stability through self-reflection, family support, and finding new meaning in the experience of loss they have endured. The results of Ghali's (2015) study indicate that self-compassion functions as a moderator variable that weakens the negative influence of psychological suffering on psychological well-being. These findings suggest that individuals with high self-compassion tend to maintain their psychological well-being even when facing high levels of psychological suffering. Self-compassion acts as a protective factor that helps individuals respond to difficult experiences with acceptance, self-kindness, and the understanding that suffering is a universal part of the human experience (Li et al., 2024).

Anisha et al. (2023) examined the relationship between self-compassion, psychological well-being, and loneliness among children from broken homes; that study treated self-compassion and psychological well-being as independent variables influencing loneliness. That study did

not examine how self-compassion functions to strengthen or weaken the relationship between loneliness and psychological well-being. Therefore, this study differs from previous research by treating loneliness as the independent variable, psychological well-being as the dependent variable, and self-compassion as the moderating variable. Thus, this study is expected to provide a deeper understanding of the role of self-compassion as a protective factor that can reduce the negative impact of loneliness on the psychological well-being of adolescents whose parents are divorced. No previous studies on adolescents whose parents are divorced have specifically examined the role of self-compassion as a moderating variable in the relationship between loneliness and psychological well-being.

Although numerous studies have examined the relationship between loneliness and psychological well-being, existing research findings remain inconsistent. Some studies have found that loneliness has a significant negative effect on psychological well-being, while others have shown a weaker or non-significant relationship. This suggests the possibility that other variables may influence this relationship. Furthermore, most studies still treat self-compassion as an independent variable rather than a moderator. On the other hand, self-compassion has the potential to act as a protective factor that can mitigate the negative effects of loneliness. However, research specifically examining adolescents from broken homes due to divorce in this context remains limited, particularly in Indonesia.

Based on the above discussion, it can be concluded that loneliness has a negative effect on psychological well-being. Among adolescents from broken homes who experience loneliness, psychological well-being is likely to decline. However, the magnitude of this effect is thought to vary among individuals depending on their level of self-compassion. Therefore, self-compassion is hypothesized to act as a moderating variable in the relationship between loneliness and psychological well-being.

RESEARCH METHODS

Research Design

This study employs a non-experimental research design with a quantitative approach. The quantitative approach involves structured and systematic planning from the initial stages, including the determination of subjects, objects, objectives, and the research procedures used. This approach emphasizes the objective measurement of variables and the presentation of data in numerical form to support scientific analysis (Creswell et al., 2014)

Research Subjects

Based on the developmental characteristics of adolescence outlined by Santrock (2023), this study defined individuals aged 10–21 years as the target population. This age range was used to determine the population boundaries based on the developmental characteristics of individuals during adolescence. During the data collection process, 213 participants with an actual age range of 12–19 years were

recruited. Although not the entire age range of the target population was represented, all participants fell within the established age range and met the study's inclusion criteria. Therefore, the participants recruited remain consistent with the characteristics of the target population.

The respondent recruitment process was conducted through several channels, including direct visits to the study sites, the use of community networks, and assistance from individuals or parties with access to the target population. The use of these various recruitment channels aimed to broaden the reach of respondents and facilitate the identification of participants who met the established inclusion criteria.

The sample size for this study was calculated using the Lemeshow formula with a 10% margin of error, resulting in a minimum required sample size of 100 participants. However, the researchers successfully recruited a total of 213 participants, a number that far exceeded this minimum threshold. A statistical power analysis prioritized increasing interaction (which indicated that $N = 213$ was at the minimum threshold).

Research Instrument

Psychological well-being is a condition that reflects an individual's ability to function optimally in life, both in intrapersonal and interpersonal aspects. In this study, the psychological well-being variable was measured using the Psychological Well-Being Scale developed by Ryff and Keyes (Dewi et al, 2025). This instrument has been adapted and refined by Dewi et al. (2025). The scale consists of 13 items with a Cronbach's alpha of 0.830. The scale is completed using a Likert scale with five response options: "Strongly Disagree" (STS), "Disagree" (TS), "Neutral" (N), "Agree" (S), and "Strongly Agree" (SS). One example of an item on this scale is "I feel grateful for my life right now."

Loneliness is a psychological condition that describes negative feelings resulting from an individual's unmet need for meaningful social relationships or from relationships that do not meet the individual's expectations (de Jong Gierveld & Tilburg, 2006). In this study, the loneliness variable was measured using the De Jong Gierveld Loneliness Scale (DJGLS), which has been adapted into Indonesian by Triwahyuni et al., (2025). This scale consists of 11 items measuring two dimensions of loneliness: social loneliness Cronbach's alpha = 0.78 and emotional loneliness Cronbach's alpha = 0.75. Next, the researcher re-tested using a Cronbach's alpha value of 0.862. The scale is completed using a Likert scale with five response option: "Strongly Disagree" (STS), "Disagree" (TS), "Neutral" (N), "Agree" (S), and "Strongly Disagree" (SS). One example of an item on this scale is, "I miss having people around me."

Self-compassion is an individual's ability to be kind to oneself, to understand that suffering and failure are part of the common human experience, and to acknowledge negative experiences in a balanced way without being overly self-critical. Self-compassion is measured using the Self-Compassion Scale (SCS) developed by Neff (2003), whose

psychometric properties were re-examined in late adolescents from broken homes by Faqih et al. (2025). This instrument consists of 26 items that measure six dimensions: self-kindness, self-judgment, common humanity, isolation, mindfulness, and over-identification. It exhibits excellent reliability, with a Cronbach's Alpha coefficient of 0.918. This scale uses a Likert scale with five response options: "Never," "Rarely," "Sometimes," "Often," and "Always". One example of an item on this scale is "I try to understand and be patient with aspects of my personality that I do not like."

Research Procedures

This study was conducted at several research sites and involved respondents who were adolescents of divorced parents. The selection of multiple sites was based on the consideration that the population size at a single research site was insufficient to meet the required sample size. In addition, all research sites had population characteristics consistent with the objective of securing an adequate number of respondents to meet the needs of the study and to improve the representativeness of the data regarding the characteristics of the target population.

Data Analysis Techniques

Data verification and processing. After all data were collected, the researchers checked the data for completeness and validity to ensure they could be used in the analysis. Data that met the criteria were then compiled using Microsoft Excel and subsequently analyzed using Statistical Package for the Social Sciences (SPSS) for Windows, version 25. Data analysis was conducted using Moderated Regression Analysis (MRA) Model 1 to test the role of moderator variables in the relationships among the study variables (Hayes, 2018).

RESEARCH RESULTS

Respondent Characteristics

This study involved 213 adolescents aged 10–21 years whose parents were divorced. Participants were selected using a non-probability purposive sampling technique based on the study's eligibility criteria. Data were collected through several recruitment channels, including direct visits to research locations, community networks, and assistance from individuals who had access to the target population.

The respondent characteristics were determined based on the inclusion criteria established for this study. To provide a more comprehensive description of the sample, the demographic characteristics of the respondents, particularly age and gender, are presented in Table 1.

Table 1. Demographic Data of Participants (N=213)

Age (Years)	Frequency (n)	Percentage (%)
12	4	1.9
13	5	2.3
14	13	6.1
15	39	18.3
16	39	18.3
17	52	24.4
18	36	16.9
19	25	11.7
Total	213	100.0
Gender		
Female	134	62.9
Male	79	37.1
Total	213	100.0

As shown in Table 1, the respondents ranged in age from 12 to 19 years. The largest age group consisted of 17-year-olds (52 participants, 24.4%), followed by 15- and 16-year-olds, with 39 participants (18.3%) in each group. The

remaining respondents were aged 18 years (36 participants, 16.9%), 19 years (25 participants, 11.7%), 14 years (13 participants, 6.1%), 13 years (5 participants, 2.3%), and 12 years (4 participants, 1.9%). In terms of gender, the majority of respondents were female (134 participants, 62.9%), while male respondents accounted for 79 participants (37.1%).

Information regarding respondents' living arrangements, including whether they lived with their mother, father, or another caregiver, may also help contextualize their psychological experiences following parental divorce. However, these characteristics are not presented in Table 1 because the corresponding data were not provided in the available demographic information.

Descriptive Statistic and Score Categorization

Descriptive statistical analysis was conducted to examine the minimum scores, maximum scores, empirical means, hypothetical means, and standard deviations of loneliness, psychological well-being, and self-compassion. The results are presented in Table 2.

Table 2. Descriptive Statistics of Research Variables

Variable	Minimum Score	Maximum Score	Empirical Mean	Hypothetical Mean	SD
Loneliness (X)	1.18	4.27	2.038	3	0.584
Psychological well-being (Y)	1.54	4.54	3.005	3	0.819
Self-Compassion (M)	1.27	4.42	2.208	3	0.705

The descriptive analysis showed that the mean loneliness score was 2.038 (SD = 0.584), while the mean self-compassion score was 2.208 (SD = 0.705). Both empirical means were below the hypothetical mean of 3.00. In contrast, psychological well-being had a mean score of 3.005 (SD = 0.819), which was approximately equal to the hypothetical mean.

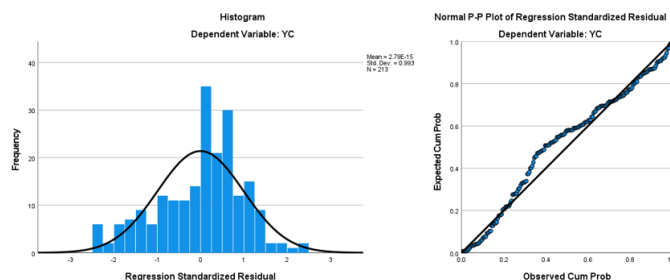
These findings indicate that the average loneliness and self-compassion scores were below the scale midpoint, whereas the average psychological well-being score was close to the midpoint. The classification of these scores as low, moderate, or high should be based on an explicitly stated categorization procedure and its corresponding cut-off scores rather than on the empirical and hypothetical means alone.

Classical Assumption Test

Before conducting the hypothesis tests, classical assumption tests were performed to evaluate the suitability of the regression model. These tests included normality, linearity, multicollinearity, and heteroscedasticity.

Normality Test

The normality of the regression residuals was examined using a histogram and a Normal Probability Plot (Normal P-P Plot) of the regression standardized residuals.

**Figure 1. Histogram of Regression Standardized Residuals**

The histogram was examined to assess whether the distribution of the regression residuals approximated a normal distribution. The Normal P-P Plot showed that most residual points were distributed around the diagonal line and generally followed its direction from the lower left to the upper right. Although minor deviations were visible in some parts of the distribution, the overall pattern suggested approximate normality. Therefore, the normality assumption was considered satisfied based on the visual assessment of the residual distribution.

Linearity Test

A linearity test was conducted to determine whether the relationships between the predictor variables and psychological well-being were adequately represented by a linear function. The results should be reported using the relevant SPSS output, including the deviation-from-linearity significance value or other appropriate diagnostic evidence.

The linearity assumption can only be considered satisfied after the corresponding test results have been examined. The relevant statistics should therefore be added to this subsection before the manuscript is finalized.

Multicollinearity Test

The multicollinearity test was conducted to determine whether the predictor variables were excessively correlated with one another in the regression model. The results are presented in Table 3.

Table 3. Results of the Multicollinearity Test

Variable	Tolerance	VIF
Loneliness (X)	0.273	3.664
Self-Compassion (M)	0.304	3.294

The results showed that the tolerance values for loneliness and self-compassion were 0.273 and 0.304, respectively, both exceeding the commonly used threshold of 0.10. Their VIF values were 3.664 and 3.294, respectively, both below the commonly used threshold of 10. These findings indicate that there was no serious multicollinearity problem according to these criteria.

Heteroscedasticity Test

A heteroscedasticity test was required to determine whether the variance of the regression residuals remained approximately constant across the predicted values. This assumption may be assessed using a residual scatterplot or an appropriate statistical test, such as the Glejser test.

The results of this test should be reported based on the actual SPSS output. If the residual scatterplot shows a random distribution without a systematic pattern, or if the selected statistical test supports homoscedasticity, the findings may be interpreted as evidence that the heteroscedasticity assumption has been met. Because the corresponding results were not provided in the available analysis, no conclusion can yet be drawn regarding this assumption.

Hypothesis Testing

Correlations Among Research Variables

Pearson correlation analysis was conducted to examine the relationships among loneliness, self-compassion, and psychological well-being. The results are presented in Table 4.

Table 4. Correlation Test Results

Variable	Loneliness (X)	Self-Compassion (M)	PWB
Loneliness (X)	1	-0.490**	-
Self-Compassion (M)		1	0.726**
PWB (Y)			1

*Note: * $p < 0.01$

The correlation analysis revealed a significant negative relationship between loneliness and psychological well-being ($r = -0.726$, $p < 0.01$). This finding indicates that higher loneliness scores were associated with lower psychological well-being scores. Self-compassion was positively associated with psychological well-being ($r = 0.753$, $p < 0.01$), indicating that higher self-compassion scores were associated with higher psychological well-being scores. In addition, loneliness was negatively associated with self-compassion ($r = -0.490$, $p < 0.01$). These correlations describe the direction and strength of the relationships among the variables but do not, by themselves, establish causal relationships.

Regression and Moderation Analysis

Regression analysis was conducted to examine the association between loneliness and psychological well-being and to assess whether self-compassion moderated this association. The available regression results are presented in Table 5.

Table 5. Hypothesis Test Results

Variables	B	Calculated t-value	p-value	R ²
Model 1				
Loneliness (X)	-0.659	-11.506	0.000	73.4%
Model 2				
Self-Compassion (M)	-0.323	-2.396	0.017	74.2%
Interaction X*M				

Y = Psychological Well-Being

Model 1 indicated a significant negative association between loneliness and psychological well-being ($B = -0.659$, $t = -11.506$, $p < 0.001$). The model explained 73.4% of the variance in psychological well-being ($R^2 = 0.734$). Thus, Hypothesis 1 was supported.

Model 2 reported a statistically significant interaction between loneliness and self-compassion ($B = -0.323$, $t = -2.396$, $p = 0.017$). The reported R^2 increased from 0.734 to 0.742, representing an increase of 0.008, or 0.8 percentage points, in explained variance. The significant interaction provides evidence that the association between loneliness and psychological well-being varies according to the level of self-compassion. Therefore, the hypothesis concerning the moderating role of self-compassion was supported in terms of the statistical significance of the interaction.

However, the direction of the moderation requires verification. If higher scores indicate greater loneliness and greater self-compassion, and the interaction coefficient is indeed negative, the coefficient alone does not support the claim that self-compassion weakens the negative association. The conditional effects and the moderation plot must be examined to establish whether the association becomes weaker or stronger at higher levels of self-compassion.

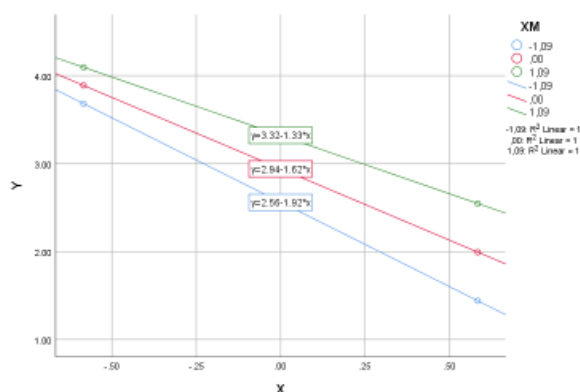


Figure 2. Moderation Plot of Loneliness and Self-Compassion in Predicting Psychological Well-Being

The moderation plot should illustrate the association between loneliness and psychological well-being at low, mean, and high levels of self-compassion. The interpretation should be based on the direction and magnitude of the slopes, together with the conditional effects or simple-slope analysis. A significant interaction indicates that the association varies by moderator level; it does not, by itself, establish that self-compassion weakens the negative association.

Given the cross-sectional design of this study, the findings should be interpreted as statistical associations rather than evidence of causal effects. Longitudinal and intervention studies are needed to examine the temporal relationships among loneliness, self-compassion, and psychological well-being.

DISCUSSION

This study aimed to analyze the effect of loneliness on psychological well-being with self-compassion as a moderator among adolescents of divorced parents. The results indicate that loneliness has a significant negative effect on the psychological well-being of adolescents resulting from divorce; thus, the first hypothesis of this study is supported. These findings are supported by research conducted by Rantepadang and Gery (2020), which showed that loneliness is negatively associated with psychological well-being meaning that an increase in feelings of loneliness tends to be followed by a decrease in psychological well-being. That study indicated that the quality of family relationships is one of the key factors influencing the psychological well-being of adolescents of divorced parents. Meanwhile, the second hypothesis which states that self-compassion moderates the relationship between loneliness and psychological well-being was accepted. Self-compassion mitigates the effect of loneliness on the psychological well-being of adolescents with divorced parents. The impact of loneliness on psychological well-being varies depending on the adolescents' level of self-compassion.

Loneliness has a significant negative effect on psychological well-being. These findings indicate that the higher the level of loneliness experienced by adolescents of

divorced parents, the lower their level of psychological well-being. Conversely, the lower the level of loneliness experienced, the better their psychological well-being. This suggests that the experience of loneliness is a factor that can hinder adolescents' psychological development, particularly in building self-acceptance, positive relationships with others, life goals, and the ability to manage their environment. Ildil et al. (2020) and Pecora et al. (2024) state in their research that adolescents from divorced families demonstrate poorer adjustment compared to adolescents from intact families.

These findings can be understood through the theory proposed by Gierveld and Tilburg (2006), which explains that loneliness is a subjective experience that arises when an individual feels that their existing social relationships are unable to meet their emotional or social needs. Loneliness consists of emotional loneliness and social loneliness that is, the feeling of lacking adequate social connections. Among adolescents whose parents have divorced, both forms of loneliness have the potential to occur simultaneously. Parental conflict, divorce, separation, or the loss of a parent can reduce emotional warmth within the family, while changes in family structure often cause adolescents to withdraw from their social environment or feel different from their peers, thereby increasing social loneliness. These conditions ultimately lead to a decline in adolescents' psychological well-being.

The psychological dynamics experienced by adolescents following their parents' divorce involve what is known as "double loss" the loss of a parental figure in daily life coupled with the loss of a sense of security regarding family unity. The reduced presence of parents, the deterioration of communication patterns within the family, and changes in family functioning following divorce make it difficult for adolescents to adapt to the new situations they face (Arifin & Haerani Nur, 2026). These conditions foster feelings of loneliness stemming from a sense of not being loved, a lack of attention, and alienation from their social environment all of which ultimately stem from the breakdown of emotional bonds within the family (Anidya & Kusmawati, 2026). Adolescents who experience loneliness due to these circumstances tend to blame themselves for their parents' divorce, leading to reduced self-acceptance and difficulty forming positive relationships due to a crisis of trust in others (Rukmana et al., 2026; Lan & Mastrotheodoros, 2024; Hugh-Jones et al., 2025).

In addition to its direct effects, this study also found that self-compassion plays a significant role as a moderator that weakens the negative relationship between loneliness and psychological well-being among adolescents of divorced parents. This pattern suggests that the effect of loneliness on adolescents' psychological well-being is not absolute but depends on the extent of their capacity for self-compassion. Adolescents who experience loneliness due to their parents' divorce but possess high levels of self-compassion tend to maintain good psychological well-being. This occurs because, even though they feel the loss of their parents' presence and a lack of emotional support from their family, they are able to

accept and treat themselves with kindness (self-kindness), refrain from judging themselves for their family's circumstances, and view their parents' divorce as part of the reality of life that many other individuals also experience (common humanity).

The ability to recognize and manage emotional responses adaptively is crucial when facing psychological stress. The literature on emotion regulation indicates that the ability to manage emotions can help individuals cope with academic and social pressures more adaptively (Lubis & Rahayu, 2026). Therefore, it is this capacity for self-acceptance that enables adolescents to continue functioning psychologically in an optimal manner such as maintaining self-acceptance, building positive relationships with others, and having a sense of direction and purpose in life even while experiencing loneliness. Conversely, adolescents who feel lonely but have low self-compassion tend to experience a more pronounced decline in psychological well-being. The inability to accept and love oneself makes adolescents vulnerable to becoming trapped in a cycle of negative self-evaluation, in which feelings of being unloved and alienated due to their parents' divorce are exacerbated by a tendency to blame themselves, as found by Rukmana et al. (2026) found that adolescents trapped in loneliness often experience a decline in self-acceptance because they blame themselves for their parents' divorce. Without adequate self-kindness and self-acceptance, adolescents struggle to mitigate the emotional impact of the loneliness they experience, causing that loneliness to develop into a greater obstacle to their self-acceptance, social relationships, and overall life goals (Seekis et al., 2023).

This dynamic suggests that self-compassion does more than simply alleviate loneliness itself; rather, it determines how adolescents respond to and interpret the loneliness they experience. Adolescents with high self-compassion essentially experience the same intensity of loneliness, but they possess the internal resources to prevent that feeling from eroding all aspects of their psychological well-being. Conversely, without these resources, the loneliness experienced by adolescents of divorced parents has the potential to develop into a deeper and more pervasive crisis of self-acceptance. These findings are consistent with a number of previous studies that have identified self-compassion as a moderator in the context of other psychological stressors. Woo Kyeong (2013), in a study of students at a cyber university in Korea, found that self-compassion significantly moderated and weakened the negative relationship between academic burnout and students' psychological well-being. Tran et al. (2026) demonstrated that self-compassion acts as a moderator in the relationship between psychological risk factors and mental health outcomes, which aligns with the findings of this study that self-compassion moderates the effect of loneliness on psychological well-being.

Similarly, Ghali (2015) showed that self-compassion functions as a moderator that weakens the negative influence of psychological suffering on psychological well-

being, whereby individuals with high self-compassion tend to be able to maintain their psychological well-being even when facing high levels of psychological suffering. Similarly, Praramadhanti and Widyasari (2025) demonstrated that self-compassion significantly moderates the relationship between perceptions of a competitive environment and the impostor phenomenon. The consistency of these findings across different contexts of psychological stress reinforces the argument that self-compassion particularly the ability to accept and love oneself serves as a protective mechanism that transcends specific situations, including the context of loneliness resulting from parental divorce examined in this study.

The findings regarding the role of self-compassion in this study align with the psychological characteristics exhibited by adolescents whose parents are divorced. Adolescents from divorced families generally face experiences marked by guilt, shame, and low self-esteem, particularly those related to the absence of one parent in their lives. Self-compassion in this population serves as a psychological resource, as it helps adolescents cope with and endure these difficult experiences, particularly for those struggling with guilt, shame, and low self-esteem resulting from painful life experiences (Lander, 2019). However, self-compassion in adolescents whose parents are divorced does not always develop naturally. Sari et al. (2025), in their study of adolescents from broken homes in North Aceh Regency, found that self-compassion levels in this population generally fall into the low category. This can be understood through the dynamic that parental divorce often leads to relational experiences filled with conflict and criticism both from the family and social environments causing adolescents to become more accustomed to receiving negative judgments rather than adopting attitudes of acceptance and kindness toward themselves. This is also consistent with findings that children and adolescents who experience maltreatment or unstable family conditions tend to exhibit lower levels of self-compassion, which in turn is associated with higher vulnerability to mental health issues (Tanaka et al., 2011).

For adolescents whose parents are divorced, self-compassion is particularly important because a broken family often gives rise to feelings of disappointment, loss, rejection, or even self-blame. Therefore, even though they still experience loneliness due to their family circumstances, they are better able to maintain their psychological well-being compared to adolescents with low self-compassion. However, these findings should not be interpreted to mean that self-compassion eliminates the negative association between loneliness and psychological well-being. Rather, the moderation results suggest that the negative association between loneliness and psychological well-being may be somewhat weaker among adolescents with higher self-compassion. These findings suggest that self-compassion may represent an important internal psychological resource that can be considered in the development of psychological interventions focused on supporting adolescents from divorced families. However, because the interaction effect

was relatively small, the protective role of self-compassion should be interpreted cautiously and in conjunction with other individual and contextual factors.

This study has several limitations that should be noted; the sampling method and sample size used limit the study's findings to a specific population of adolescents affected by parental divorce. In addition, the cross-sectional design of this study prevents the establishment of temporal or causal relationships among loneliness, self-compassion, and psychological well-being. Therefore, the findings should be interpreted as associations rather than causal effects. It is also possible that the relationship operates in the opposite direction, for example, lower psychological well-being may contribute to greater loneliness or lower self-compassion. Future studies should employ longitudinal or intervention-based designs to examine these relationships over time and to determine whether changes in self-compassion are followed by changes in psychological well-being. Another limitation concerns the use of self-report measures. Although self-report instruments are useful for assessing adolescents' subjective experiences, responses may be influenced by social desirability, recall bias, or individual interpretations of the questionnaire items. The use of self-report measures for multiple variables may also introduce common-method variance. Future research could combine self-report questionnaires with interviews, parent or teacher reports, or other sources of information to obtain a more comprehensive assessment.

This study has several limitations that should be considered when interpreting the findings. First, the absence of a comparison group comprising adolescents from intact families or other family structures means that the study cannot determine whether the levels of loneliness, self-compassion, and psychological well-being observed in the sample differ from those of adolescents who have not experienced parental divorce. Furthermore, the use of non-probability sampling across multiple recruitment sites may limit the representativeness of the sample and the generalizability of the findings to the broader population of adolescents from divorced families. The relatively small sample size may also have limited the statistical power to detect small interaction effects. In addition, the relatively low mean loneliness score may indicate limited variability in loneliness, which could have reduced the ability to detect associations and moderation effects. Future research should therefore include larger and more diverse samples, consider appropriate comparison groups, and recruit participants with a broader range of loneliness experiences to examine whether the observed relationships remain consistent across different populations and levels of loneliness.

Another limitation concerns the measurement instruments and the inclusion of potentially relevant demographic and contextual variables. Some instruments were adapted or modified, including changes to response formats and the use of shortened scales, which may affect their psychometric properties and comparability with the original versions. Moreover, although age and gender were available, they were not included as covariates in the analysis,

while other potentially relevant factors, such as the quality of relationships with both parents, peer and social support, family functioning, and the time elapsed since parental divorce, were not assessed or controlled. These factors may contribute to individual differences in loneliness and psychological well-being and may partly account for the observed associations. Future studies should provide detailed reports of instrument adaptation and validation, conduct additional psychometric analyses where necessary, and consider theoretically justified demographic and contextual variables in their analytical models. Furthermore, examining the subdimensions of loneliness, self-compassion, and psychological well-being, as well as employing mixed-methods designs that combine quantitative analysis with qualitative interviews, may provide a more comprehensive understanding of how adolescents from divorced families experience loneliness and develop self-compassion. Future research may also investigate theoretically relevant mechanisms and contextual factors, including emotion regulation, resilience, attachment, coping strategies, and perceived social support, to clarify the conditions under which self-compassion may buffer the association between loneliness and psychological well-being.

CONCLUSION

The findings indicate that loneliness is negatively associated with psychological well-being among adolescents from divorced families. The moderating analysis further suggests that the negative association between loneliness and psychological well-being is somewhat weaker among adolescents with higher levels of self-compassion, although the negative association remains across levels of self-compassion. Given the cross-sectional design, these findings should be interpreted as associations rather than causal effects. Future research should employ longitudinal or intervention-based designs to examine whether strengthening self-compassion can reduce the adverse association between loneliness and psychological well-being over time.

The findings have several practical implications for supporting adolescents from divorced families. School counsellors and other youth-support professionals may consider screening for loneliness and low self-compassion as part of broader psychological support, particularly among adolescents who show signs of reduced psychological well-being. Interventions that promote self-compassion, such as age-appropriate self-compassion training or programs based on approaches such as Mindful Self-Compassion for Teens, may be considered as a complementary form of support. Such interventions can encourage adolescents to respond to personal difficulties with greater self-acceptance, reduced self-blame, and a more constructive attitude toward challenging experiences.

However, the findings should not be interpreted to mean that increasing self-compassion will eliminate the negative association between loneliness and psychological well-being. Because the negative association between

loneliness and psychological well-being remains evident even at higher levels of self-compassion, self-compassion should be viewed as a potential protective resource rather than a complete solution to loneliness. Therefore, individual interventions may be strengthened by broader support involving families, parents, and co-parenting arrangements, as well as school-based social and emotional support. Further research is needed to determine whether these approaches can effectively improve psychological well-being among adolescents from divorced families.

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DECLARATION OF INTEREST

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the research reported in this article.

TRANSPARENCY OF DATA

The data supporting the findings of this study are available from the corresponding author upon reasonable request, subject to applicable ethical requirements and measures to protect participants' confidentiality. Because the study involved adolescents from divorced families, access to the data must be managed carefully to prevent the identification of individual participants.

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Artificial intelligence (AI) tools, if used during manuscript preparation, were employed only to assist with language editing, grammar checking, and improving the clarity of the academic writing. All research data, statistical analyses, interpretations, and conclusions were reviewed and verified by the authors, who take full responsibility for the accuracy and integrity of the manuscript.

AUTHOR'S CONTRIBUTIONS

Author 1 was responsible for conceptualization, methodology, data collection, formal analysis, and the initial drafting of the manuscript. Author 2 contributed to supervision, methodological review, interpretation of the findings, and critical revision of the manuscript. Author 3 contributed to literature review, data validation, refinement

of the discussion, and editing of the manuscript. All authors reviewed and approved the final version of the manuscript and agreed to be accountable for its contents.

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