

Hubungan Kecenderungan *Fear of Missing Out* (FoMo) Terhadap *Life Satisfaction* pada Remaja Pengguna Instagram

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ABSTRAK

Penggunaan media sosial sekarang bukanlah hal asing lagi. Penggunaan terhadap media sosial secara berkepanjangan berdampak timbulnya rasa ketakutan kehilangan momen berharga atau biasa disebut dengan *fear of missing out* (FoMo). Rendahnya *life satisfaction* adalah salah satu faktor yang mempengaruhi tingginya FoMo. *Life satisfaction* merupakan penilaian menyeluruh akan kualitas hidupnya. *Self-determination theory* menyebutkan bahwa individu dengan tiga kebutuhan dasar psikologis rendah, akan memiliki tingkat FoMo yang tinggi dan cenderung memiliki keinginan untuk selalu terhubung dengan media sosial yang dimiliki. Rumusan masalah dan tujuan pelaksanaan penelitian ialah untuk mengetahui bagaimana kecenderungan *fear of missing out* (FoMo) terhadap *life satisfaction* pada pengguna Instagram.

Jenis penelitian ini ialah eksplanatori dengan penggunaan studi korelasi. Populasi penelitian ialah remaja berusia 18 – 21 tahun sebanyak 350 remaja pengguna Instagram di Jember. Responden penelitian ini adalah mahasiswa dari Universitas Muhammadiyah Jember, UIN Khas Jember, STIE Mandala, Politeknik Negeri Jember dan Universitas Jember. Instrumen yang peneliti gunakan yakni *fear of missing out scale* dan *satisfaction with life scale*. Teknik sampling penelitian ini adalah *purposive sampling*, untuk menganalisis data menggunakan uji korelasi *product moment*. Nilai reliabilitas pada FoMo *scale* masuk dalam kategori tinggi dengan nilai 0.789 dan SWLS juga kategori tinggi dengan nilai 0.894.

Hasil penelitian menunjukkan nilai $r = -0.119$ yang berarti berkorelasi ke arah negatif. Artinya H₀ ditolak H₁ diterima, artinya terdapat hubungan antara *fear of missing out* (FoMo) dengan *life satisfaction*. Hal tersebut menunjukkan bahwa hipotesis penelitian yakni FoMo berpengaruh secara negatif terhadap *life satisfaction*, apabila nilai FoMo tinggi maka akan menimbulkan nilai rendah terhadap *life satisfaction*.

Kata Kunci: *Fear of Missing Out* (FoMo), *Life Satisfaction*

1. Peneliti
2. Dosen Pembimbing I

The Relationship Between Fear of Missing Out (FoMo) Tendencies and Life Satisfaction Among Adolescents Instagram Users

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ABSTRACT

The use of social media is now not a new thing. Prolonged use of social media has an impact on the emergence of a sense of fear of losing precious moments or commonly referred to as fear of missing out (FoMo). The low life satisfaction is one of the factors that affect the high FoMo. Life satisfaction is a comprehensive assessment of the quality of life. Self-determination theory states that individuals with low three basic psychological needs will have high levels of FoMo and tend to have a desire to always be connected to their social media. The formulation of the problem and the purpose of the research is to find out how the tendency of fear of missing out (FoMo) towards life satisfaction on Instagram users.

This type of research is explanatory with the use of correlation studies. The research population is teenagers aged 18-21 years as many as 350 teenage Instagram users in Jember. The respondents of this research were students from Muhammadiyah University of Jember, UIN Khas Jember, STIE Mandala, Jember State Polytechnic and Jember University. The instruments that the researcher uses are the fear of missing out scale and the satisfaction with life scale. The sampling technique of this research is purposive sampling, to analyze the data using the product moment correlation test. The reliability value on the FoMo scale is in the high category with a value of 0.789 and the SWLS is also in the high category with a value of 0.894.

The results showed that the value of $r = -0.119$, which means it is negatively correlated. This means that H_0 is rejected, H_1 is accepted, meaning that there is a relationship between fear of missing out (FoMo) and life satisfaction. This shows that the research hypothesis, namely FoMo, has a negative effect on life satisfaction, if the FoMo value is high, it will cause a low value on life satisfaction.

Keywords: *Fear of Missing Out (FoMo), Life Satisfaction*

1. *Researcher*
2. *First Supervisor*