

ABSTRAK

HUBUNGAN ANTARA KONTROL DIRI DENGAN *FEAR OF MISSING OUT* (FOMO) PADA MAHASISWA PENGGUNA MEDIA SOSIAL DI FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN UNIVERSITAS LAMPUNG

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Penelitian ini menemukan masalah *Fear of Missing Out* pada mahasiswa tinggi. Penelitian ini bertujuan untuk mengetahui hubungan antara kontrol diri dengan *Fear of Missing Out* pada mahasiswa Program Pengguna Media Sosial di Fakultas Keguruan dan Ilmu Pendidikan Universitas Lampung. Populasi penelitian ini sebanyak 150 mahasiswa dan sampel penelitian berjumlah 100 mahasiswa. Teknik pengumpulan data menggunakan skala kontrol diri dan skala *Fear of Missing Out*. Teknik analisis data menggunakan korelasi Product Moment. Hasil penelitian menunjukkan terdapat hubungan yang kuat antara kontrol diri dengan *Fear of Missing Out* mahasiswa yang ditunjukkan dengan nilai koefisien korelasi yang diperoleh $r_{hitung} = -0,755 > r_{tabel} = 0.195$ yang signifikan pada taraf 0,05 kemudian dapat diartikan berkorelasi kuat dan hasil perhitungan menunjukkan hasil yang signifikan negatif. Kesimpulan dari penelitian ini adalah semakin tinggi kontrol diri maka semakin rendah *Fear of Missing Out* begitupun sebaliknya, semakin rendah kontrol diri maka semakin tinggi *Fear of Missing Out*.

Kata Kunci : Bimbingan dan Konseling, Kontrol Diri, *Fear of Missing Out*.

ABSTRACT

THE RELATIONSHIP BETWEEN SELF-CONTROL AND FEAR OF MISSING OUT (FOMO) IN STUDENTS USING SOCIAL MEDIA AT THE FACULTY OF TEACHER AND EDUCATIONAL SCIENCES, UNIVERSITY OF LAMPUNG

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This study identified a high level of Fear of Missing Out among university students. The purpose of this research was to determine the relationship between self-control and Fear of Missing Out among students enrolled in the Social Media Users Program at the Faculty of Teacher Training and Education, University of Lampung. The population of the study consisted of 150 students, with a sample size of 100 students. Data collection techniques included a self-control scale and a Fear of Missing Out scale. The data were analyzed using the Product Moment correlation technique. The results showed a strong relationship between self-control and Fear of Missing Out, as indicated by the correlation coefficient value of $r_{count} = -0.755$, which is greater than $r_{table} = 0.195$, and significant at the 0.05 level. This suggests a strong negative correlation. The conclusion of this study is that the higher the level of self-control, the lower the level of Fear of Missing Out, and vice versa—the lower the self-control, the higher the Fear of Missing Out.

Keywords : *counseling guidance, Self Control, Fear of Missing Out.*