

ABSTRAK

PENGGUNAAN KONSELING KELOMPOK TEKNIK *MINDFULNESS* UNTUK MENGURANGI PERILAKU *FEAR OF MISSING OUT* (FOMO) PADA MAHASISWA BIMBINGAN DAN KONSELING UNIVERSITAS LAMPUNG TAHUN 2025

Oleh

ALIFYA SHABRINA PERMANA

Masalah penelitian ini adalah adanya perilaku *Fear of Missing Out* (FOMO) terhadap media sosial pada mahasiswa yang berdampak pada kesehatan mental dan hubungan sosial mahasiswa. Tujuan penelitian ini untuk mendeskripsikan penggunaan layanan konseling kelompok teknik *mindfulness* dalam mengurangi perilaku *Fear of Missing Out* (FOMO) pada mahasiswa program studi Bimbingan dan Konseling Universitas Lampung. Metode penelitian yang digunakan adalah *Pre-Eksperimental Design* dengan *One Group Pretest Posttest Design*. Subjek penelitian ini adalah 6 mahasiswa yang memiliki tingkat perilaku *Fear of Missing Out* (FOMO) yang diambil menggunakan teknik *purposive sampling*. Teknik pengumpulan data pada penelitian ini menggunakan instrumen skala FOMO. Data dianalisis menggunakan uji *Wilcoxon Signed-Rank Test*. Berdasarkan hasil uji *Wilcoxon Signed Ranks Test*, diperoleh nilai signifikansi sebesar 0,027 karena nilai signifikansi lebih kecil dari 0,05, yang menunjukkan adanya perbedaan yang signifikan antara skor *pretest* dan *posttest*. Sehingga H_0 ditolak dan H_a diterima. Dapat disimpulkan bahwa penggunaan layanan konseling kelompok teknik *mindfulness* dapat digunakan untuk mengurangi perilaku *Fear of Missing Out* (FOMO) pada mahasiswa program studi Bimbingan dan Konseling Universitas Lampung.

Kata kunci: *Fear of Missing Out*, Konseling Kelompok, Mahasiswa, *Mindfulness*

ABSTRACT

THE USE OF GROUP COUNSELING WITH MINDFULNESS TECHNIQUES TO REDUCE FEAR OF MISSING OUT (FOMO) BEHAVIOR AMONG GUIDANCE AND COUNSELING STUDENTS AT THE UNIVERSITY OF LAMPUNG IN 2025

By

ALIFYA SHABRINA PERMANA

The problem of this research is the existence of Fear of Missing Out (FOMO) behavior towards social media in students which has an impact on mental health and social relationships of students. The purpose of this study is to describe the use of mindfulness technique group counseling services in reducing Fear of Missing Out (FOMO) behavior in Guidance and Counseling study program students at the University of Lampung. The research method used is Pre-Experimental Design with One Group Pretest Posttest Design. The subjects of this study were 6 students who have a level of Fear of Missing Out (FOMO) behavior taken using a purposive sampling technique. The data collection technique in this study used the FOMO scale instrument. Data were analyzed using the Wilcoxon Signed-Rank Test. Based on the results of the Wilcoxon Signed Ranks Test, a significance value of 0.027 was obtained because the significance value was smaller than 0.05, which indicated a significant difference between the pretest and posttest scores. So H_0 was rejected and H_a was accepted. It can be concluded that the use of mindfulness technique group counseling services can be used to reduce Fear of Missing Out (FOMO) behavior in students of the Guidance and Counseling study program at the University of Lampung.

Keywords: *Fear of Missing Out, Group Counseling, Students, Mindfulness*