

HUBUNGAN ANTARA *SELF-CONTROL* DENGAN *FEAR OF MISSING OUT* (FOMO) PADA REMAJA PENGGUNA MEDIA SOSIAL TIKTOK PASCA PANDEMI COVID-19

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ABSTRAK

Dengan beralihnya beragam kegiatan yang dilakukan di rumah akibat pandemi covid-19, muncul peningkatan tren penggunaan media sosial Tiktok sebagai platform yang mawadahi kreativitas penciptaan konten dan mengatasi kejenuhan. Kebebasan user memproduksi konten tidak diimbangi outputs konten yang dapat dipertanggungjawabkan. Penelitian ini bertujuan untuk mengetahui hubungan antara self-control dengan fear of missing out pada remaja pengguna media sosial Tiktok pasca pandemi covid-19. Teori yang digunakan dalam penelitian ini mengacu pada teori Full Self-control dari Tangney, Baumeister, dan Boone (2004) dan fear of missing out dari Przybylski, Murayama, Dehaan, dan Gladwell (2013). Subjek penelitian ini sebanyak 60 orang yang diambil menggunakan purposive sampling. Metode yang digunakan adalah metode penelitian kuantitatif dengan menggunakan skala likert. Teknik analisis menggunakan rank spearman. Perhitungan analisis dilakukan menggunakan bantuan Microsoft Excel for Microsoft 365 dan program IMB SPSS 29 for Windows. Hasil penelitian menunjukkan uji normalitas dengan nilai sig 0.200 (>0.05) dan hasil uji rank spearman diperoleh nilai sig <0.001 <0.05 dengan nilai koefisien korelasinya -0,709 sehingga Ho ditolak, artinya terdapat hubungan antara self-control dengan fear of missing out pada remaja pengguna media sosial Tiktok pasca pandemi covid-19 yang bersifat kuat dengan arah hubungan negatif.

Kata Kunci: *Fear of Missing Out, Pandemi, Remaja Pengguna Tiktok, Self-Control*

RELATIONSHIP BETWEEN SELF-CONTROL AND FEAR OF MISSING OUT (FOMO) IN ADOLESCENT TIKTOK SOCIAL MEDIA USERS POST PANDEMI COVID-19

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ABSTRACT

With the shift in various activities carried out at home due to the covid-19 pandemic, there has been an increasing trend of using social media Tiktok as a platform that accommodates creative content creation and overcomes boredom. User freedom to produce content is not matched by accountable content outputs. This study aims to determine the relationship between self-control and fear of missing out in adolescent users of social media Tiktok after the Covid-19 pandemic. The theory used in this study refers to the theory of Full Self-control from Tangney, Baumeister, and Boone (2004) and fear of missing out from Przybylski, Murayama, Dehaan, and Gladwell (2013). The subjects of this study were 60 people who were taken using purposive sampling. The method used is a quantitative research method using a Likert scale. The analysis technique uses rank spearman. Analysis calculations were performed using Microsoft Excel for Microsoft 365 and the IBM SPSS 29 for Windows program. The results showed a normality test with a sig value of 0.200 (> 0.05) and the results of the Spearman rank test obtained a sig $< 0.001 < 0.05$ with a correlation coefficient of -0.709 so that H_0 was rejected, meaning that there is a relationship between self-control and fear of missing out in adolescent users Tiktok social media after the Covid-19 pandemic which is strong with a negative relationship direction.

Keywords: *Fear of Missing Out, Pandemic, Teens Using Tiktok, Self-Control*