

**HUBUNGAN ANTARA REGULASI DIRI DAN *FEAR OF MISSING OUT* (FOMO)
PADA SISWA SEKOLAH MENENGAH PERTAMA (SMP)**

Wandani, Bernadetta. 2024. Hubungan antara Regulasi Diri dan *Fear of Missing Out* (FoMO) pada Siswa Sekolah Menengah Pertama (SMP). Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Univesitas Sanata Dharma.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi diri dan *Fear of Missing Out* (FoMO) pada siswa Sekolah Menengah Pertama (SMP). Hipotesis penelitian adalah terdapat hubungan negatif antara regulasi diri dan *Fear of Missing Out* (FoMO) pada siswa Sekolah Menengah Pertama (SMP). Responden pada penelitian ini berjumlah 139 siswa SMP dengan rentang usia 13 sampai 15 tahun. Penelitian ini adalah penelitian kuantitatif dengan menggunakan teknik pengambilan sampel *non-probability sampling*. Instrumen yang digunakan dalam penelitian ini adalah dua skala yang disusun oleh peneliti sendiri, yaitu skala regulasi diri dengan mengacu teori regulasi diri Bandura (1986) dan skala FoMO dengan mengacu teori FoMO oleh Patrick J. McGinnis (2020). Hasil uji coba skala menunjukkan reliabilitas pada skala regulasi diri sebesar 0,770 dan reliabilitas pada skala FoMO sebesar 0,748. Teknik analisis data yang digunakan adalah teknik korelasi *Pearson Product Moment* karena data penelitian terdistribusi normal. Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara regulasi diri dan *Fear of Missing Out* (FoMO) pada siswa Sekolah Menengah Pertama (SMP) ($r = 0,209$, $p = 0,014$), dengan demikian hipotesis penelitian ini ditolak.

Kata kunci : regulasi diri, *fear of missing out* (fomo), siswa sekolah menengah pertama (smp)

CORRELATION BETWEEN SELF-REGULATION AND FEAR OF MISSING OUT (FOMO) IN JUNIOR HIGH SCHOOL STUDENTS

Wandani, Bernadetta. 2024. Correlation Between Self-Regulation and Fear Of Missing Out (FoMO) in Junior High School Students. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

ABSTRACT

This research aimed to determine the relationship between self-regulation and Fear of Missing Out (FoMO) in junior high school students. The research's hypothesis was found a negative relationship between self-regulation and Fear of Missing Out (FoMO) in junior high school students. Respondents in this research were 13 to 15 years old of 139 junior high school students. The research was quantitative research using non-probability sampling techniques. The instruments used in this research were two scale compiled by the researchers, namely the self-regulation scale referring to Bandura's self-regulation theory (1986) and the FoMO scale referring to the FoMO theory by Patrick J. McGinnis (2020). The results of the scale trial showed that the reliability on the self-regulation scale was 0.770 and the reliability on the FoMO scale was 0.748. The data were analyzed by the Pearson Product Moment correlation technique because the research data followed normal distribution. The research results indicated a significant positive relationship between self-regulation and Fear of Missing Out (FoMO) in junior high school students ($r = 0.209$, $p = 0.014$). Therefore, the research hypothesis was rejected.

Keyword : self-regulation, fear of missing out (fomo), junior high school students