

ABSTRAK
HUBUNGAN *SELF ESTEEM* DENGAN *FEAR OF MISSING OUT*
PADA MAHASISWA BIMBINGAN DAN KONSELING UNIVERSITAS
SANATA DHARMA

Gracesya Viona Thany

Bimbingan dan Konseling

Universita Sanata Dharma

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Penelitian ini bertujuan untuk 1) mengetahui seberapa tinggi tingkat *self esteem* pada mahasiswa Bimbingan dan Konseling Universitas Sanata Dharma 2) mengukur *self esteem* mana saja yang capaian skornya belum optimal, 3) mengetahui seberapa tinggi tingkat FOMO mahasiswa Bimbingan dan Konseling Universitas Sanata Dharma, 4) mengukur *fear of missing out* mana saja yang capaian skornya belum optimal, 5) mengetahui apakah *self esteem* berkorelasi dengan FOMO pada Mahasiswa Bimbingan dan Konseling Univeristas Sanata Dharma.

Metode Penelitian yang digunakan dalam penelitian ini adalah penelitian kuantitatif korelasional. Responden penelitian ini berjumlah 71 mahasiswa Bimbingan dan Konseling Universitas Sanata Dharma. Teknik analisis dalam penelitian ini menggunakan kategorisasi, uji normalitas, uji linearitas dan uji hipotesis. Skala yang digunakan yaitu skala *self esteem* dengan item valid berjumlah 32 dengan nilai uji reliabilitas 0.897 dan skala *fear of missing out* dengan item valid berjumlah 28 dengan nilai uji reliabilitas 0.813.

Hasil dari penelitian ini menyatakan bahwa 1) tingkat *self esteem* mahasiswa bimbingan dan konseling tergolong sangat tinggi dengan 32 responden (45%), 2) capaian skor item *self esteem* berada pada kategori sedang 13 item (42%), 3) tingkat *fear of missing out* tergolong sedang 38 responden (54%), 4) capaian skor item *fear of missing out* pada kategori rendah 12 (55%), 5) *self esteem* berpengaruh terhadap *fear of missing out* dengan *smirnov* 0,200 dimana p-value >0.05 dan *pearson correlation* -0.427 menunjukkan hubungan negatif.

Kata kunci: *self esteem, fear of missing out, mahasiswa.*

ABSTRACT
THE RELATIONSHIP OF SELF ESTEEM AND FEAR OF MISSING OUT IN GUIDANCE AND COUNSELING STUDENTS OF SANATA DHARMA UNIVERSITY

Gracesya Viona Thany

Guidance and Counseling

Sanata Dharma University

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This research aims to 1) find out how high the level of self-esteem is in guidance and counseling students at Sanata Dharma University, 2) measure the self-esteem of those whose scores are not optimal, 3) find out how high the level of FOMO is in counseling students at Sanata Dharma University, 4) measure fear of missing out, anyone whose score is not optimal, 5) find out whether self-esteem is correlated with FOMO in Guidance and Counseling Students at Sanata Dharma University.

The research method used in this research is quantitative correlational research. The respondents for this research were 71 Guidance and Counseling students at Sanata Dharma University. The analysis technique in this research uses categorization, normality test, linearity test and hypothesis test. The scales used are the self-esteem scale with 32 valid items with a reliability test value of 0.897 and the fear of missing out scale with 28 valid items with a reliability test value of 0.813.

The results of this research state that 1) the level of self-esteem of guidance and counseling students is classified as very high with 32 respondents (45%), 2) the achievement of self-esteem item scores is in the medium category with 13 items (42%), 3) the level of fear of missing out is classified as moderate 38 respondents (54%), 4) achievement of the fear of missing out item score is in the low category 12 (55%), 5) self esteem influences fear of missing out with a Smirnov 0.200 where the p-value is > 0.05 and the Pearson correlation -0.427 indicates a negative relationship

Keywords: *Self esteem, fear of missing out, students*