

HUBUNGAN ANTARA INTENSITAS PENGGUNAAN MEDIA SOSIAL *INSTAGRAM* DAN *ONLINE FEAR OF MISSING OUT* MEMILIKI PACAR PADA DEWASA AWAL

ABSTRAK

Krismasdayanti, F.R. (2024). *Hubungan antara intensitas penggunaan media sosial Instagram dan Online Fear of Missing Out memiliki pacar pada dewasa awal. Skripsi.* Fakultas Psikologi, Universitas Sanata Dharma.

Tujuan penelitian ini untuk mengetahui hubungan antara intensitas penggunaan media sosial *Instagram* dan *Online Fear of Missing Out* memiliki pacar pada dewasa awal. Hipotesis penelitian yang diajukan dalam penelitian ini adalah adanya hubungan antara intensitas penggunaan media sosial *Instagram* dan *Online Fear of Missing Out* memiliki pacar pada dewasa awal. Responden penelitian ini sebanyak 405 individu dewasa awal berusia 18-40 tahun, belum memiliki pacar, dan aktif mengakses media sosial *Instagram*. Penelitian ini merupakan penelitian kuantitatif korelasional dengan menggunakan teknik pengambilan sampel *non-probabilitas*. Alat ukur yang digunakan dalam penelitian ini yaitu skala *Online Fear of Missing Out* (On-FoMO) digunakan untuk pengukuran variabel *Online Fear of Missing Out* memiliki pacar dan *Social Networking Time Use Scale* (SONTUS) digunakan untuk variabel intensitas penggunaan media sosial *Instagram*. Skala *Online Fear of Missing Out* (On-FoMO) memiliki koefisien reliabilitas sebesar 0,857 dan *Social Networking Time Use Scale* (SONTUS) memiliki koefisien reliabilitas sebesar 0,96. Analisis data penelitian dilakukan dengan menggunakan uji *Pearson product-moment*. Hasil uji korelasi menunjukkan bahwa terdapat hubungan positif yang signifikan antara intensitas penggunaan media sosial *Instagram* dan *Online Fear of Missing Out* memiliki pacar ($r=0.960, p < 0.001$).

Kata Kunci: Intensitas penggunaan media sosial *Instagram*, *Online Fear of Missing Out* memiliki pacar, dewasa awal.

THE RELATIONSHIP BETWEEN INTENSITY OF SOCIAL MEDIA USE INSTAGRAM AND ONLINE FEAR OF MISSING OUT HAVING A LOVER IN EARLY ADULTHOOD

ABSTRACT

Krismasdayanti, F.R. (2024). *The relationship between intensity of social media use instagram and online fear of missing out having a lover in early adulthood. Skripsi.* Fakultas Psikologi, Universitas Sanata Dharma.

The purpose of this study was to determine the relationship between the intensity of Instagram social media use and Online Fear of Missing Out having a lover in early adulthood. The research hypothesis proposed in this study is that there is a relationship between the intensity of use of Instagram social media and Online Fear of Missing Out having a boyfriend or girlfriend in early adulthood. The respondents of this study were 405 early adults aged 18 - 40 years old, who did not have a lover, and is actively online in Instagram. This study was a correlational quantitative study using non-probability sampling methods. The measuring instrument used in this study is the Online Fear of Missing Out (On-FoMO) scale, which is used to measure the Online Fear of Missing Out variable of having a lover, and the Social Networking Time Use Scale (SONTUS), that is used for the intensity variable of Instagram use. The Online Fear of Missing Out (On-FoMO) scale has a reliability coefficient of 0.857 and the Social Networking Time Use Scale (SONTUS) has a reliability coefficient of 0.96. The research data analysis was conducted using the Pearson product-moment test. The results of the correlation test showed that there was a significant positive relationship between the intensity of social media use Instagram and Online Fear of Missing Out in having a lover ($r = 0.960$, $p < 0.001$).

Keywords: Intensity of use of social media Instagram, Online Fear of Missing Out having a boyfriend, early adulthood.