

HUBUNGAN *PSYCHOLOGICAL WELL-BEING (PWB)* DENGAN *FEAR OF MISSING OUT (FOMO)* PADA MAHASISWA PENGGUNA MEDIA SOSIAL FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN UNIVERSITAS SANATA DHARMA

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2025

Penelitian bertujuan untuk : 1) mengetahui seberapa tinggi tingkat *Fear of Missing Out* pada mahasiswa pengguna media sosial, 2) mengetahui tingkat *psychological well-being* mahasiswa pengguna media sosial, 3) mengetahui hubungan antara *Fear of Missing Out* dengan *psychological well-being* pada mahasiswa Universitas Sanata Dharma pengguna media sosial.

Penelitian menggunakan metode kuantitatif korelasi. Subjek penelitian merupakan para mahasiswa Fakultas Keguruan dan Ilmu Pendidikan Universitas Sanata Dharma sebanyak 168 mahasiswa. Pengumpulan data penelitian menggunakan modifikasi skala skala ON-FoMO Sette dan skala *Psychological Well-Being* Ryff yang telah diuji coba kepada 50 mahasiswa.

Hasil menunjukkan bahwa 1) sebanyak 71 mahasiswa (42.2%) memiliki tingkat *Fear of Missing Out* yang rendah, 49 mahasiswa (29%) memiliki tingkat FoMO sedang, 29 mahasiswa (17.2%) memiliki tingkat FoMO sangat rendah, kategori tinggi terdapat 16 mahasiswa (9.5%), sangat tinggi terdapat 4 mahasiswa (2.4%). 2) sebagian besar mahasiswa memiliki tingkat *psychological well-being* yang tinggi yaitu 89 mahasiswa (53%), kemudian dengan *psychological well-being* di kategori sedang sebanyak 65 mahasiswa (38.7%), tingkat sangat tinggi terdapat 9 mahasiswa (5.3%) dan mahasiswa *psychological well-being* yang rendah terdapat 5 mahasiswa (3%). 3) Analisis hipotesis korelasional menunjukkan ($p= 0.000$) dan ($r= -0.420$) sehingga adanya korelasi yang signifikan dan memiliki hubungan negatif dengan keeratan korelasi yang sedang. Semakin tinggi tingkat *psychological well-being* semakin rendah *Fear of Missing Out*, semakin rendah *psychological well-being* semakin tinggi *Fear of Missing Out*.

Kata Kunci : *Fear of Missing Out*, *Psychological Well-being*, Mahasiswa.

***THE CORRELATION BETWEEN STUDENTS PSYCHOLOGICAL WELL-BEING (PWB)
AND THEIR FEAR OF MISSING OUT (FOMO) AS SOCIAL MEDIA USERS AT SANATA
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The research aims to: 1) find out how high the level of Fear of Missing Out is in students who use social media, 2) find out the level of psychological well-being of students who use social media, 3) find out the relationship between Fear of Missing Out and psychological well-being in Sanata Dharma University students who use social media.

The research used quantitative correlation method. The research subjects were 168 students of the Faculty of Teacher Training and Education, Sanata Dharma University. The research data collection used a modified scale of Sette's ON-FoMO scale and Ryff's Psychological Well-Being scale which had been tested on 50 students.

The results showed that 1) 74 students (44%) have a low level of Fear of Missing Out, 48 students (28.6%) have a moderate level of FoMO, 28 students (16.7%) have a very low level of FoMO, and in the high category there are 18 students (10.7%). 2) Most students have a high level of psychological well-being, namely 90 students (53.6%), then with psychological well-being in the medium category as many as 66 students (39.3), students at a low level there are 9 students (5.4%) and low psychological well-being students there are 3 students (1.8%). 3) Correlational hypothesis analysis shows ($p = 0.000$) and ($r = -0.420$) so that there is a significant correlation and has a negative relationship with moderate correlation closeness. The higher the psychological well-being, the lower the Fear of Missing Out, if the lower the psychological well-being, the higher the Fear of Missing Out.

Keyword : Fear of Missing Out, Psychological Well-being, Students