

ABSTRAK

Pryatna, Aurelia Meisya Puteri. (2026). Hubungan Antara *Upward Social Comparison* dan *Fear of Missing Out* (FoMO) pada *Emerging Adulthood* Pengguna TikTok. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *upward social comparison* dengan *fear of missing out* (FoMO) pada *emerging adulthood* pengguna TikTok. Penelitian ini melibatkan 212 partisipan pengguna TikTok yang terdiri dari 183 perempuan dan 29 laki-laki dengan rentang usia 18–25 tahun. Hipotesis yang diajukan adalah terdapat hubungan positif antara *upward social comparison* dan *fear of missing out* (FoMO) pada *emerging adulthood* pengguna TikTok. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional serta teknik pengambilan sampel *non-probability sampling* jenis *convenience sampling*. Pengumpulan data dilakukan melalui kuesioner yang disebarluaskan secara daring menggunakan *Google Form*. Instrumen yang digunakan adalah skala *upward social comparison* yang dikembangkan berdasarkan teori *Social Comparison* Festinger (1954) dan skala *fear of missing out* (FoMO) yang dikembangkan berdasarkan teori Przybylski dkk. (2013) dan dimensi Sette dkk. (2020), keduanya disusun oleh peneliti. Hasil uji reliabilitas menunjukkan bahwa skala *upward social comparison* memiliki koefisien reliabilitas sebesar $\alpha = 0.853$ dan skala *fear of missing out* (FoMO) sebesar $\alpha = 0.880$. Analisis data menggunakan teknik korelasi *Pearson's r*. Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang sangat kuat antara *upward social comparison* dan *fear of missing out* (FoMO) pada *emerging adulthood* pengguna TikTok ($r = 0.931, p < 0.001$).

Kata kunci: *upward social comparison, fear of missing out, emerging adulthood, pengguna tiktok.*

ABSTRACT

Pryatna, Aurelia Meisya Puteri. (2026). The Relationship Between Upward Social Comparison and Fear of Missing Out (FoMO) Among Emerging Adulthood TikTok Users. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

This study aims to examine the relationship between upward social comparison and fear of missing out (FoMO) among emerging adults who use TikTok. This study involved 212 TikTok users consisting of 183 females and 29 males with an age range of 18–25 years. The hypothesis proposed is that there is a positive relationship between upward social comparison and fear of missing out (FoMO) among emerging adults who use TikTok. This study employed a quantitative method with a correlational design and a non-probability sampling technique in the form of convenience sampling. Data collection was conducted through a questionnaire distributed online via Google Form. The instruments used were the upward social comparison scale developed based on Festinger's Social Comparison Theory (1954) and the fear of missing out (FoMO) scale developed based on the theory of Przybylski et al. (2013) and the dimensions proposed by Sette et al. (2020), both of which were constructed by the researcher. Reliability testing results showed that the upward social comparison scale had a reliability coefficient of $\alpha = 0.853$ and the fear of missing out (FoMO) scale of $\alpha = 0.880$. Data analysis was performed using Pearson's r correlation technique. The results showed that there is a very strong positive relationship between upward social comparison and fear of missing out (FoMO) among emerging adults who use TikTok ($r = 0.931, p < 0.001$).

Keywords: upward social comparison, fear of missing out, emerging adulthood, TikTok users