

ABSTRAK

HUBUNGAN ANTARA FEAR OF MISSING OUT (FOMO) DAN REGULASI EMOSI DENGAN KEPUASAN HIDUP PADA SISWA SMA NEGERI 3 SURAKARTA

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Penelitian ini bertujuan untuk: (1) mengetahui tingkat Fear of Missing Out (FoMO), regulasi emosi, dan kepuasan hidup pada siswa SMA Negeri 3 Surakarta; (2) mengetahui hubungan antara Fear of Missing Out (FoMO) dengan kepuasan hidup pada siswa SMA Negeri 3 Surakarta; (3) mengetahui hubungan antara regulasi emosi dengan kepuasan hidup pada siswa SMA Negeri 3 Surakarta.

Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian korelasional. Responden penelitian berjumlah 254 siswa SMA Negeri 3 Surakarta yang dipilih menggunakan teknik sampling insidental. Pengumpulan data dilakukan menggunakan skala FoMO, skala regulasi emosi, dan skala kepuasan hidup yang telah diuji validitas dan reliabilitas. Hasil uji validitas menunjukkan bahwa skala FoMO terdiri atas 13 item valid, skala regulasi emosi terdiri atas 21 item valid, dan skala kepuasan hidup terdiri atas 26 item valid. Hasil uji reliabilitas menunjukkan nilai Cronbach's Alpha masing-masing sebesar 0,838, 0,914, dan 0,915. Analisis data dilakukan menggunakan statistik deskriptif dan uji korelasi Spearman's Rho.

Hasil penelitian menunjukkan bahwa tingkat *Fear of Missing Out* (FoMO) siswa berada pada kategori rendah, regulasi emosi berada pada kategori sedang, dan kepuasan hidup berada pada kategori tinggi. Hasil uji korelasi menunjukkan terdapat hubungan negatif dan signifikan antara *Fear of Missing Out* (FoMO) dengan kepuasan hidup ($r = -0,337$; $p = 0,000$) serta hubungan positif dan signifikan antara regulasi emosi dengan kepuasan hidup ($r = 0,436$; $p = 0,000$). Dengan demikian, semakin tinggi tingkat *Fear of Missing Out* (FoMO) maka semakin rendah kepuasan hidup, sedangkan semakin tinggi regulasi emosi maka semakin tinggi kepuasan hidup pada siswa SMA Negeri 3 Surakarta.

Kata Kunci: *Fear of Missing Out* (FoMO), regulasi emosi, kepuasan hidup, siswa SMA.

ABSTRACT

***THE RELATIONSHIP BETWEEN FEAR OF MISSING OUT (FOMO) AND
EMOTION REGULATION WITH LIFE SATISFACTION AMONG
STUDENTS AT STATE SENIOR HIGH SCHOOL 3 SURAKARTA***

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Life satisfaction is one of the important indicators of psychological well-being among adolescents. The widespread use of social media has the potential to increase Fear of Missing Out (FoMO), while emotion regulation is an individual's ability to manage emotions that is associated with life satisfaction. This study aimed to determine the levels of Fear of Missing Out (FoMO), emotion regulation, and life satisfaction among students at SMA Negeri 3 Surakarta; to examine the relationship between Fear of Missing Out (FoMO) and life satisfaction; and to examine the relationship between emotion regulation and life satisfaction.

This study employed a quantitative approach with a correlational research design. The participants consisted of 254 students of SMA Negeri 3 Surakarta selected using incidental sampling. Data were collected using the Fear of Missing Out (FoMO) Scale, the Emotion Regulation Scale, and the Life Satisfaction Scale, all of which had been tested for validity and reliability. The validity test showed that the FoMO Scale consisted of 13 valid items, the Emotion Regulation Scale consisted of 21 valid items, and the Life Satisfaction Scale consisted of 26 valid items. The reliability test indicated Cronbach's Alpha coefficients of 0.838, 0.914, and 0.915, respectively. Data were analyzed using descriptive statistics and Spearman's Rho correlation test.

The results showed that students' Fear of Missing Out (FoMO) was at a low level, emotion regulation was at a moderate level, and life satisfaction was at a high level. The correlation analysis revealed a significant negative relationship between Fear of Missing Out (FoMO) and life satisfaction ($r = -0.337$; $p = 0.000$), as well as a significant positive relationship between emotion regulation and life satisfaction ($r = 0.436$; $p = 0.000$). These findings indicate that higher levels of Fear of Missing Out (FoMO) are associated with lower life satisfaction, whereas higher levels of emotion regulation are associated with higher life satisfaction among students at SMA Negeri 3 Surakarta.

Keywords: *Fear of Missing Out (FoMO), emotion regulation, life satisfaction, high school students.*