

**ABSTRAK**

Millatina, Zulfa N. 2023. Pengaruh *relatedness* terhadap *fear of missing out* pada mahasiswa pengguna Instagram di Jakarta. (Dibimbing oleh Yuli Asmi Rozali, S.Psi., M.Psi., Psikolog)

Mahasiswa melakukan berbagai aktivitas melalui sosial media, diantaranya untuk menjalin hubungan baru, masuk ke dalam kelompok sosial, memperoleh informasi, juga memenuhi kebutuhan afiliasi mereka. Tetapi, hal ini menjadi buruk ketika mahasiswa merasa ketakutan akan ketinggalan apa yang dikatakan, dilakukan, bahkan dibeli oleh orang lain. Perasaan takut yang tinggi ketika tidak terhubung dengan orang lain melalui sosial media, bisa berdampak pada penurunan produktivitas dan motivasi akademik mahasiswa sehingga mengganggu proses belajar mereka. Tujuan penelitian ini untuk mengetahui pengaruh *relatedness* terhadap *fear of missing out* pada mahasiswa pengguna Instagram di Jakarta. Rancangan penelitian ini adalah kuantitatif berjenis kausal komparatif dengan teknik *purposive sampling* dan sampel sebanyak 250 responden. Skala *relatedness* memiliki 24 aitem valid dengan nilai  $(\alpha) = 0,939$ . Skala *fear of missing out* memiliki 12 aitem valid dengan nilai  $(\alpha) = 0,849$ . Hasil penelitian menunjukkan pengaruh negatif *relatedness* terhadap *fear of missing out* pada mahasiswa pengguna Instagram di Jakarta dengan nilai sig. (p)  $0,000 < 0,005$ , hipotesis diterima. Nilai  $R^2$  sebesar 0,418 artinya *relatedness* mempengaruhi *fear of missing out* sebesar 41,8%. Responden mahasiswa paling banyak berada pada *relatedness* kategori rendah sebanyak 127 orang (50,8%) dan *fear of missing out* responden didominasi oleh kategori tinggi sebanyak 153 orang (61,2%).

Kata kunci: *Relatedness*, *Fear of Missing Out*, Mahasiswa, Instagram.

## ABSTRACT

Millatina, Zulfa N. 2023. The effect of relatedness on fear of missing out among college students who use Instagram in Jakarta. (Supervised by Yuli Asmi Rozali, S.Psi., M.Psi., Psikolog)

*College students carry out various activities through social media, including to establish new relationships, enter into social groups, obtain information, as well as fulfill their affiliation needs. However, this becomes worse when students feel afraid of missing out on what others are saying, doing, and even buying. High feelings of fear when not connected to other people through social media can have an impact on reducing student productivity and academic motivation it disrupts their learning process. The purpose of this study was to determine the effect of relatedness on the fear of missing out among college students who use Instagram in Jakarta. The design of this research is quantitative causal-comparative with a purposive sampling technique and a sample of 250 respondents. The relatedness scale has 24 valid items with a value ( $\alpha$ ) = 0.939. The fear of missing out scale has 12 valid items with a value ( $\alpha$ ) = 0.849. The results of the study showed a negative effect of relatedness on fear of missing out on Instagram user students in Jakarta with a sig. ( $p$ ) 0.000 < 0.005, the hypothesis is accepted. The  $R^2$  value is 0.418, meaning that relatedness affects the fear of missing out by 41.8%. Most of the respondents were in the low relatedness category of 127 people (50.8%) and the fear of missing out respondents was dominated by the high category of 153 people (61.2%).*

*Keywords: Relatedness, Fear of Missing Out, College Students, Instagram*