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Hubungan *Self-Esteem* dengan Tingkat *Fear of Missing Out* (FoMO) pada Remaja di SMAN 1 Bergas.

ABSTRAK

Latar Belakang : Remaja merupakan kelompok usia yang rentan mengalami permasalahan psikologis, salah satunya yaitu *Fear of Missing Out* (FoMO). FoMO ditandai dengan rasa takut tertinggal dari aktivitas atau informasi sosial. Salah satu faktor internal yang memengaruhi FoMO adalah *self-esteem*, yaitu sikap individu terhadap diri sendiri, terlepas dari apakah sikap tersebut positif atau negatif.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan antara *self-esteem* dengan tingkat *Fear of Missing Out* (FoMO) pada remaja di SMAN 1 Bergas.

Metode : Penelitian ini menggunakan desain deskriptif korelasional dengan pendekatan *cross-sectional*. Populasi penelitian ini adalah siswa remaja di SMAN 1 Bergas, dengan sampel berjumlah 93 responden yang dipilih menggunakan teknik *purposive sampling*. Instrumen yang digunakan adalah Rosenberg Self-Esteem Scale (RSES) untuk mengukur *self-esteem* dan kuesioner FoMO-12 untuk mengukur tingkat FoMO. Analisis data dilakukan menggunakan uji Kendall's Tau.

Hasil : Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki *self-esteem* kategori sedang (54,8%) dan tingkat FoMO kategori sedang (55,9%). Hasil uji Kendall's Tau menunjukkan adanya hubungan yang signifikan antara *self-esteem* dengan tingkat FoMO pada remaja ($p = 0,028 < 0,05$) dengan nilai koefisien korelasi sebesar $r = -0,219$.

Kesimpulan : Terdapat hubungan yang signifikan antara *self-esteem* dengan tingkat *Fear of Missing Out* (FoMO) pada remaja di SMAN 1 Bergas.

Saran : Diharapkan dapat menjadi dasar pengembangan upaya peningkatan *self-esteem* remaja untuk menurunkan tingkat *Fear of Missing Out* (FoMO).

Kata Kunci: *Self-Esteem*, *Fear of Missing Out*, Remaja

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The Relationship between Self-Esteem and the Level of Fear of Missing Out (FoMO) among Adolescents at SMAN 1 Bergas

ABSTRACT

Background: Adolescents are a vulnerable age group to psychological problems, one of which is Fear of Missing Out (FoMO). FoMO is characterized by a fear of being left behind in social activities or information. One internal factor influencing FoMO is self-esteem, which refers to an individual's attitude toward themselves, regardless of whether that attitude is positive or negative.

Objective: This study aimed to determine the relationship between self-esteem and the level of Fear of Missing Out (FoMO) among adolescents at SMAN 1 Bergas.

Method: This study employed a descriptive correlational design with a cross-sectional approach. The population of this study consisted of adolescent students at SMAN 1 Bergas, with 93 respondents selected through purposive sampling. The instruments used were the Rosenberg Self-Esteem Scale (RSES) to measure self-esteem and the FoMO-12 questionnaire to assess FoMO levels. Data analysis was conducted using the Kendall's Tau test.

Results: The results showed that most respondents had moderate self-esteem (54.8%) and a moderate level of FoMO (55.9%). The Kendall's Tau test indicated a significant relationship between self-esteem and FoMO among adolescents ($p = 0.028 < 0.05$) with a correlation coefficient of $r = -0.219$.

Conclusion: There is a significant relationship between self-esteem and the level of Fear of Missing Out (FoMO) among adolescents at SMAN 1 Bergas.

Recommendation: This study is expected to serve as a basis for developing efforts to improve adolescents' self-esteem in order to reduce the level of Fear of Missing Out (FoMO).

Keywords: Self-Esteem, Fear of Missing Out, Adolescents