



The Relationship Between Self-Regulation and Fear of Missing Out in Adolescent Social Media Users in RW.05 Penggilingan Jakarta

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Abstract

Introduction to The Problem: There is a phenomenon of individuals who feel afraid that they will be left behind if they do not use social media regularly, both during their activities and in their free time. On the other hand, those who feel satisfied when using social media and getting the information they want. Self-regulation is a person's ability. **Purpose:** This research aims to determine the relationship between self-regulation and fear of missing out among adolescent social media users in RW.05, Penggilingan Village, Jakarta. **Design/methods/approach:** This research method uses quantitative methods with a sample of 179 teenagers aged 12-18 years who actively use social media and the data is analyzed using the correctional product moment method from Person. **Findings:** The research results show that there is a significant positive relationship between self-regulation and fear of missing out with a correlation value of 0.326 and a significance value of 0.001 ($p < 0.05$). This research succeeded in finding that there is a significant relationship between self-regulation and fear of missing out among adolescent social media users in RW.05, Penggilingan Village, Jakarta. The direction of the relationship obtained between these two variables is positive. A positive relationship means that if self-regulation is high, it will be followed by a high fear of missing out, and vice versa, the lower the self-regulation, the lower the fear of missing out. **Research implications/limitations:** none **Originality/value:** none.

Keywords: self-regulation, fear of missing out, teenager

Introduction

Kemajuan teknologi yang disebabkan oleh globalisasi di era 4.0, dimana segala sesuatunya masih berkaitan dengan kemajuan dan efisiensi teknologi. Internet, memudahkan komunikasi dan mendukung aktivitas masyarakat sehari-hari. Selain itu, adanya pandemi covid-19 ini, semua jenis layanan menjadi terbatas dan satu-satunya alternatif adalah menggunakan internet (Rahmi & Sukarta, 2020). Perkembangan teknologi internet telah menciptakan banyak jenis layanan seperti

media sosial yang sering digunakan sebagai sarana interaksi sosial seperti Whatsapp, Facebook, Instagram, Twitter, dan lain – lain. Media sosial memberikan ruang bagi individu atau kelompok untuk berinteraksi tanpa harus bertatap muka, sehingga banyak individu yang aktif memanfaatkan media sosial untuk berinteraksi dengan teman, saudara, atau bahkan teman baru yang mereka kenal. Hal ini menjadikan media sosial tidak dapat dipisahkan dari kehidupan masyarakat saat ini (Erica, 2022).

Dalam Banunaek et al, (2022) melakukan sebuah penelitian terkait dengan prevalensi adiksi internet remaja Indonesia pada masa pandemi Covid-19 adalah 29,8% tidak berbeda dengan masa sebelum pandemi Covid-19. FOMO telah menyebar luas di masyarakat. Mendukung keberadaan FOMO di masyarakat, sebuah studi baru-baru ini yang dilakukan sebelum pandemi dengan 936 individu dengan latar belakang sosio-demografis yang berbeda mengungkapkan bahwa FOMO dialami setidaknya sesekali oleh 81% peserta. Terutama dengan meningkatnya penggunaan alat digital dan media sosial, individu sering terjebak dalam perasaan bahwa orang lain memiliki kehidupan yang lebih baik dan memiliki momen yang lebih menyenangkan (Hayran & Anik, 2021). Faktor sosio-demografi yang ditemukan memiliki hubungan dengan adiksi internet adalah lama waktu depan layar untuk kegiatan hiburan ≥ 3 jam serta pengawasan orang tua yang buruk.

Individu yang memiliki media sosial akan lebih sering memeriksa smartphonenya hanya untuk membuka media sosial karena ingin terus mengetahui informasi terbaru tentang aktivitas individu lain serta memperbarui mengenai topik pembicaraan yang sedang trend. Keinginan untuk tetap terhubung dan mengikuti aktivitas yang dilakukan individu atau kelompok lain dapat menimbulkan perasaan cemas terhadap pengalaman individu lain dan menganggapnya lebih berharga dibandingkan pengalaman yang dialami, hal ini dikenal sebagai fear of missing out (FOMO) (Wibowo & Nurwindasari, 2019).

Menurut Przybylski et al, (2013) FOMO didefinisikan sebagai perasaan yang dialami oleh seseorang ketika mereka melihat orang lain melakukan aktivitas yang lebih menarik tanpa kehadiran mereka. Perasaan ini disebabkan oleh mengikuti aktivitas individu lain melalui internet. Perilaku didasarkan pada dorongan dan motivasi, sehingga menimbulkan emosi dan tindakan tersebut. Perasaan tertinggal ini dimulai dengan penggunaan internet yang berlebihan. Menurut Abel et al, (2016) gejala FOMO dapat didefinisikan sebagai ketidakmampuan untuk melepaskan diri dari handphone, kemudian merasakan kecemasan yang berlebihan jika tertinggal informasi dari orang lain di media sosial.

Terbukti pada hasil penelitian yang dilakukan oleh Fuster et al, (2017) bahwa penggunaan media sosial di smartphone mendatangkan kecanduan dan terkait dengan FoMO. Dan diketahui juga dalam penelitian ini bahwa 7,6% sampel berefek kecanduan media sosial. Menurut (Kartono,

1995) remaja memiliki rentang usia dari 12–21 tahun dengan kategori remaja yang dibagi menjadi tiga, yaitu remaja awal (12–15 tahun), remaja menengah (15–18 tahun), dan remaja akhir (18–21 tahun).

Peneliti juga melakukan survey pada tanggal 11 – 13 Juni 2023, terkait fenomena yang dialami oleh remaja RW.05 di Kelurahan Penggilingan Jakarta guna memperkuat data bahwa memang benar terjadi fenomena yang hendak diteliti. Dari hasil survey yang telah dilakukan oleh peneliti, maka diketahui bahwa 8 dari 10 orang setiap harinya selalu bermain media sosial. Sesuai dengan peristiwa yang baru terjadi yaitu naiknya hastag #allinprabowo pada platform TikTok dimana sudah mencapai 704,5 Ribu yang menggunakan hastag tersebut. Hal ini sejalan dengan hasil penelitian (Banunaek et al, 2022) bahwa remaja di Jakarta bermain internet sehari lebih dari 8 jam. Berdasarkan penjelasan di atas, FOMO merupakan fenomena memprihatinkan yang diakibatkan dari rangsangan yang diperoleh dalam penggunaan teknologi. Rangsangan dari tingginya intensitas pengguna media sosial ini disebabkan oleh rendahnya regulasi diri pada seseorang. Oleh karena itu, penting bagi remaja untuk mengendalikan diri terhadap perilaku, pikiran, dan emosinya dalam kondisi krisis yang dijumpainya. Inilah yang disebut dengan regulasi diri.

Menurut Young & Abreu (2017) regulasi diri adalah kunci mendasar untuk memahami kebiasaan menggunakan media sosial dengan cara yang kurang terkontrol. Regulasi diri yang baik juga merupakan kunci penggunaan media sosial yang tidak terkendali (Yusra, 2021). Regulasi diri juga dapat didefinisikan sebagai proses menghasilkan dan memelihara pikiran, tingkah perilaku, dan emosi untuk mencapai tujuan. Sianipar et al, (2019) menyimpulkan bahwa pengaturan diri adalah kemampuan individu untuk mengatur, mengendalikan dan mengevaluasi perilakunya guna mencapai tujuan hidupnya. Seseorang yang memiliki regulasi diri berarti ia dapat mengendalikan kecemasan yang dipengaruhi oleh orang lain serta stimulus-stimulus yang ada di lingkungannya. (Wang et al, 2014) menunjukkan perasaan yang terganggu dan regulasi diri yang kurang memiliki pengaruh positif ketergantungan terhadap media sosial.

Berdasarkan fenomena yang telah dijelaskan, dan juga berdasarkan hasil penelitian sebelumnya, dapat disimpulkan bahwa terdapat korelasi antara regulasi diri dengan FOMO. Oleh karena itu, penelitian ini bertujuan untuk menguji lebih lanjut mengenai hubungan antara regulasi diri dengan FOMO pada remaja akhir pengguna media sosial di RW.05 Kelurahan Penggilingan Jakarta.

Literature Review

Definisi Fear of Missing Out

Menurut Przybylski et al, (2013) Fear of Missing Out (FoMO) dicirikan dengan keinginan untuk tetap terlibat dengan apa yang dilakukan orang lain melalui media sosial dan takut kehilangan

momen penting saat orang lain terlibat dalam aktivitas yang tidak dialaminya.

Menurut [2] Kumuh adalah gambaran secara umum tentang sikap dan tingkah laku yang rendah dilihat dari standar hidup dan penghasilan rendah. Dengan kata lain, kumuh dapat diartikan sebagai tanda atau cap yang diberikan golongan atas yang sudah mapan kepada golongan bawah yang belum mapan.

Dalam konteks media sosial, Song et al, (2017) menyatakan bahwa FOMO adalah fenomena sosial yang menyebabkan banyak pengguna smartphone sering mengecek perangkat mereka dan hanya berfokus pada aplikasi yang telah mereka instal. Mereka selalu ingin mendapatkan pengalaman dan nilai tertentu. Namun, konsekuensi negatif seperti ketidaknyamanan, kecemasan, kebingungan, kekurangan, depresi, dan lekas marah akan muncul jika kebutuhan ini tidak dipenuhi.

Menurut JWT Intelligence, (2012) fear of missing out (FOMO) adalah kekhawatiran merasa tertinggal yang muncul pada individu ketika individu lain mengikuti suatu peristiwa yang dianggap menarik tetapi tidak terlibat di dalamnya. Akibatnya, individu tersebut akan berusaha untuk terhubung dengan apa yang dilakukan oleh individu lain di media sosial.

Selanjutnya Christina et al, (2019) mendefinisikan FOMO sebagai kebutuhan seseorang untuk selalu terkoneksi dengan kegiatan yang dilakukan oleh individu lain. Triani & Ramdhani, (2017) memperkuat definisi ini dengan menyatakan bahwa kecenderungan FOMO pada pengguna media sosial lebih tinggi jika kebutuhan berelasi lebih tinggi.

Berdasarkan pemaparan diatas mengenai definisi fear of missing out, maka dapat disimpulkan bahwa fear of missing out adalah perasaan takut dan khawatir yang muncul pada individu ketika individu tersebut tidak bisa terhubung dengan aktivitas yang dialami oleh individu lain, sehingga membuat individu tersebut terus memeriksa media sosial untuk selalu terhubung dengan individu lain.

Self-Regulation

According to Bandura (1991), self-regulation is the ability of an individual to regulate themselves using both reactive and proactive strategies. Prasetyani & Setianingrum (2020) state that self-regulation is the process of socializing to regulate or control oneself. This is because self-regulation is associated with the development of psychological factors such as physical, cognitive, social, and emotional aspects. Self-regulation means that an individual can control anxiety influenced by others and environmental stimuli (Sianipar and Kaloeti, 2019).

According to Marza (2017), self-regulation is the ability of an individual to regulate their behavior, thoughts, feelings, and actions in a way they desire in order to achieve specific goals. Manab (2016) states that self-regulation is the ability of an individual to manage and improve themselves due to a goal they want to achieve, with an evaluation process carried out to ensure

that the individual has reached satisfaction. Pratama and Satwika (2022) define self-regulation as the ability of an individual to control their behavior to achieve a specific goal.

Based on the theories above, it can be concluded that self-regulation is an individual's ability to control or manage their behavior, emotions, and thoughts in order to achieve a specific goal.

Methods

The research conducted in this study uses a quantitative approach. According to Sugiyono (2018), quantitative research is a research method based on the philosophy of positivism, which is used to study populations and analyze statistical data with the aim of testing established hypotheses. This study is a non-experimental research with a correlational study design, as it aims to determine the relationship between the variables to be studied based on a particular issue. Through a correlational study, researchers can assess the strength of the relationship between the two variables under investigation. Based on this explanation, the researcher uses self-regulation as the independent variable and fear of missing out as the dependent variable, which is raised from the phenomenon of fear of missing out among adolescent social media users in RW.05 Penggilingan, Jakarta. In this study, the sample consists of 179 adolescent social media users in RW.05 Penggilingan, Jakarta, which were obtained through SPSS.

Result

Profile of Research Respondents

In this study, the location of the research is in RW.05, Penggilingan Village, East Jakarta. This study was conducted on adolescents, with the criteria being adolescents aged 12-21 years, social media users, residing in Penggilingan Jakarta, and owning a mobile phone. During the data collection process, a total of 179 respondents were obtained, exceeding the minimum number of respondents required for quantitative research (Periantalo, 2016). The data showed that there were 44 male respondents and 135 female respondents, resulting in 24.6% male respondents and 75.4% female respondents. The study also gathered data based on the respondents' age, ranging from 12 to 18 years.

Based on the data collected for the age range of 12-18 years, the number of respondents by age was as follows: 20 respondents were 12 years old, 19 respondents were 13 years old, 21 respondents were 14 years old, 19 respondents were 15 years old, 18 respondents were 16 years old, 19 respondents were 17 years old, and 63 respondents were 18 years old. The data can be presented in the following table:

Table 1. Respondent Profile

Profil	N	Persentase
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Gender	Male	44	24,6%
	Female	135	75,4%
Age	12 Years Old	20	11,2%
	13 Tahun	19	10,6%
	14 Tahun	21	11,7%
	15 Tahun	19	10,6%
	16 Tahun	18	10,1%
	17 Tahun	19	10,6%
	18 Tahun	63	35,2%
	Total	179	100%

Based on the table above, it can be seen that the percentage of respondents is as follows: male respondents account for 24.6%, while female respondents make up 75.4%. Additionally, the age distribution shows that 12-year-old respondents represent 11.2%, 13-year-olds account for 10.6%, 14-year-olds represent 11.7%, 15-year-olds make up 10.6%, 16-year-olds account for 10.1%, 17-year-olds represent 10.6%, and 18-year-olds make up 35.2% of the total 100%.

Validity of the Fear of Missing Out Scale

The trial test was conducted once to obtain items that meet the criteria. The items with a correlation coefficient on the Fear of Missing Out scale, with a p-value > 0.3 , were found to be valid within a more specific range of 0.300-0.399.

Validity of the Self-Regulation Scale

The trial test was conducted once to obtain items that meet the criteria. The self-regulation scale showed items with a correlation coefficient on the self-regulation scale, with a p-value > 0.3 , yielding valid results in a more specific range of 0.383-0.729.

Reliability of the Research Measurement Tool

The reliability score ranges from 0.0 to 1.0 (Azwar, 2017). Based on the previous trial test, the reliability score for the Fear of Missing Out scale was 0.838 with 7 valid items, while the reliability score for the self-regulation scale was 0.384 with 23 valid items. The details of the reliability for both scales are shown below:

Table 2. Reliability Scores and Descriptions

	ko	Reliability Score	Description
Fear of Missing Out Scale		0.714	Moderately Reliable
Self-Regulation Scale		0.895	Reliable

Note: A scale is considered reliable if $p > 0.7$.

Research Results

The number of respondents who participated in this study met the minimum respondent requirement determined through the SPSS application. The total number of participants was 179, consisting of 44 males and 135 females. The results include the calculation of the mean, median, and standard deviation for each of the demographic variables.

Table 3. Demographic Profile

Variabel	Mean	Median	SD
FOMO	20.09	20.00	2.60
Self-Regulation	60.82	60.00	7.16

Source: Data processing results using SPSS.

Categorization of the Research

Categorization of Fear of Missing Out

Table 4. Categorization of Fear of Missing Out Scores

Category	Value Range	N	Percentage
Medium	$10 \leq X < 20$	73	40.8%
High	$20 \leq X$	106	59.2%
Total		179	100%

Based on the categorization of the Fear of Missing Out score in the table above, it can be seen that 73 respondents (40.8%) fall into the medium category, while 106 respondents (59.2%) fall into the high category. Additionally, based on this categorization, it can be concluded that the majority of subjects in this study belong to the high category.

Categorization of Self-Regulation

Table 5. Categorization of Self-Regulation Scores

Category	Value Range	N	Percentage
Low	$X < 48$	9	5.0%
Medium	$48 \leq X < 72$	158	88.3%
High	$72 \leq X$	12	6.7%
Total		179	100%

Based on the categorization of the self-regulation score in the table above, it can be seen that 9 respondents (5.0%) fall into the low category, 158 respondents (88.3%) fall into the medium category, and 12 respondents (6.7%) fall into the high category. Based on this categorization, it can be concluded that the majority of subjects in this study belong to the medium category.

Hypothesis Testing

Pearson Product Moment correlation testing was conducted to determine whether there is a relationship between self-regulation and fear of missing out, with the assumption that $p > 0.05$. Additionally, this test also aimed to determine the direction of the relationship, whether positive or negative. After performing the Pearson Product Moment correlation, the following results were obtained:

Table 6. Hypothesis Testing

Uji Korelasi	
Pearson Product Moment	
Koefisien Korelasi	0.326
Sig.	0.001

Source: Data processing results using SPSS.

Based on the calculation results in the table above, the correlation coefficient was found to be 0.326 with a significance level (p) of 0.001, which indicates that $p < 0.05$. This suggests a significant relationship between self-regulation and fear of missing out. The strength of the relationship is moderate, meaning that the correlation coefficient indicates a possible relationship between self-regulation and fear of missing out among adolescents in RW.05 Penggilingan, Jakarta (Periantalo, 2016).

It can be concluded that there is a relationship between self-regulation and fear of missing out among adolescents in RW.05 Penggilingan, Jakarta. Therefore, the Alternative Hypothesis (H_a) is accepted, indicating a positive relationship. This means that as self-regulation increases, fear of missing out also increases. Conversely, as self-regulation decreases, fear of missing out decreases among adolescents in RW.05 Penggilingan.

Discussion

In this study, one of the sampling techniques used is probability sampling with simple random sampling. The researcher first determines the sample from the population that has the specified characteristics, and the number of respondents is considered sufficient when it meets the predetermined sample size. In this study, a sample of 179 respondents was obtained from a population of 2,371. Although the sample size is smaller than the population, the 179 respondents still provide adequate representation to meet statistical criteria and can be used for valid analysis and conclusions. A minimum sample size of 100-150 respondents is considered representative because it reflects the same characteristics as the population (Sugiyono, 2018).

The results of the categorization test show that the Fear of Missing Out (FOMO) level among

adolescents in RW.05, Penggilingan Village, Jakarta, is high. According to the data, 59.2% of adolescents fall into the high FOMO category, while self-regulation falls into the moderate category, with 88.3% of adolescents in the moderate category.

Based on the normality test conducted using the Kolmogorov-Smirnov method with the assumption of $p > 0.05$, a significance value of 0.200 was obtained, indicating that the data is normally distributed. This suggests that the data is evenly distributed, and the distribution forms a normal distribution curve. After performing the normality test, a linearity test was also conducted using the Deviation Form Linearity Test to determine if there is a linear relationship between self-regulation and FOMO, with the assumption that $p > 0.05$. The result of the linearity test was 0.871, indicating that self-regulation and FOMO have a linear relationship. This means there is a bidirectional linear relationship between self-regulation and FOMO.

After meeting the three assumptions, the study proceeded with a Pearson Product Moment correlation test. The results indicated a positive correlation, where higher self-regulation is associated with higher FOMO. The homogeneity test, conducted to determine if the data has homogeneous variance, yielded a significance value of 0.136, showing that the data is homogeneous.

Based on the hypothesis testing using Pearson Product Moment correlation with SPSS Statistics 29, a correlation score of 0.326 ($p > 0.05$) and a significance value of 0.001 were obtained. Therefore, the Alternative Hypothesis (H_a), stating "There is a relationship between self-regulation and FOMO among adolescent social media users in RW.05, Penggilingan Village, Jakarta," is accepted.

The findings of this study indicate a positive relationship between the two variables. According to Natasha et al. (2022), a positive relationship occurs when an increase in one variable leads to an increase in the other, and conversely, a decrease in one variable leads to a decrease in the other. A positive correlation represents a unidirectional relationship between variables. This means that the higher the self-regulation, the higher the FOMO among social media-using adolescents, and conversely, the lower the self-regulation, the lower the FOMO among social media users.

This study provides support for the hypothesis that adolescents with higher FOMO tend to use more social media platforms. Furthermore, the study partially supports the hypothesis that adolescents with higher FOMO use social media more frequently (Van Rooij et al., 2018).

According to Satriawan et al. (2023), Gen Z's high dependency on technology, especially social media, has transformed social media into a "monitor" to observe others' lives to avoid missing out on trends. This can lead to FOMO, driven by external factors that determine an individual's

happiness. FOMO arises from the desire to follow trends, such as food trends, cafes, tourist spots, and others. Additionally, there is a desire for recognition in the virtual world, which leads to addiction to social media and a fear of missing out on the latest information available online.

Self-regulation refers to an individual's conscious effort to reduce excessive burdens in order to achieve higher goals. It functions as a control over behavior, emotions, and motivation (Abdillah et al., 2023).

Conclusion

Based on the results of the research conducted, the following conclusions can be drawn:

- a. This study found a significant relationship between self-regulation and fear of missing out (FOMO) among adolescent social media users in RW.05, Penggilingan Village, Jakarta.
- b. The direction of the relationship between the two variables is positive. A positive relationship means that as self-regulation increases, FOMO also increases, and conversely, as self-regulation decreases, FOMO also decreases.

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