

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-esteem* dengan *fear of missing out (FoMO)* pada mahasiswa aktif fakultas Psikologi Universitas Sumatera Utara Medan. Hipotesis yang diajukan adalah hubungan negatif antara *self-esteem* dengan *fear of missing out (FoMo)* pada mahasiswa fakultas Psikologi Universitas Sumatera Utara. Penelitian ini menggunakan subjek berjumlah 100 mahasiswa dengan rentang usia 18 - 23 tahun. Metode pengumpulan menggunakan Skala *Self-Esteem* dan skala *Fear of Missing Out (FoMO)*. Metode analisis data yang digunakan adalah *Rank Spearman's rho*. Hasil analisis data diperoleh nilai korelasi sebesar $r = 0,137$ dan $p = 0,174$ ($p > 0,050$) yang berarti tidak ada hubungan antara *self-esteem* dengan *fear of missing out (FoMO)* pada mahasiswa aktif Fakultas Psikologi Universitas Sumatera Utara Medan. Nilai koefisien determinasi (R^2) diperoleh 0,018 menandakan bahwa *self-esteem* memberikan sumbangan efektif sebesar 1,8% terhadap *fear of missing out (FoMO)* pada mahasiswa aktif Fakultas Psikologi Universitas Sumatera Utara Medan dan 98,2% sisanya dipengaruhi oleh variabel-variabel lain yang tidak dilibatkan dalam penelitian ini. Berdasarkan hasil tersebut maka hipotesis yang diajukan dalam penelitian ini ditolak.

Kata kunci: *self-esteem*, *fear of missing out (FoMO)*, mahasiswa aktif fakultas psikologi universitas sumatera utara medan.

Abstract

This study aims to determine the relationship between self-esteem and fear of missing out (FoMO) in active students of the Faculty of Psychology, University of North Sumatra, Medan. The hypothesis proposed is a negative relationship between self-esteem and fear of missing out (FoMo) in students of the Faculty of Psychology, University of North Sumatra. This study used a subject of 100 students with an age range of 18 - 23 years. The collection method uses the Self-Esteem Scale and the Fear of Missing Out (FoMO) scale. The data analysis method used is Rank Spearman's rho. The results of data analysis obtained a correlation value of $r = 0.137$ and $p = 0.174$ ($p > 0.050$), which means there is no relationship between self-esteem and fear of missing out (FoMO) in active students of the Faculty of Psychology, University of North Sumatra Medan. The coefficient of determination (R^2) obtained was 0.018 indicating that self-esteem made an effective contribution of 1.8% to fear of missing out (FoMO) in active students of the Faculty of Psychology, University of North Sumatra Medan and the remaining 98.2% was influenced by other variables who were not included in this study. Based on these results, the hypothesis proposed in this study was rejected.

Keywords: self-esteem, fear of missing out (FoMO), active student of psychology faculty at North Sumatra University, Medan.