

PERAN *FoMO* DAN *LONELINESS* TERHADAP *PSYCHOLOGICAL WELL-BEING* PADA REMAJA PENGGUNA MEDIA SOSIAL DI MASA PANDEMI COVID-19

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ABSTRAK

Fenomena saat masa pandemi menimbulkan berbagai permasalahan salah satunya adalah *psychological well-being* pada remaja pengguna media sosial, akibatnya kebutuhan sosial yang tidak terpenuhi membuat para remaja tidak ingin tertinggal dari orang lain (*FoMO*) serta adanya perasaan *loneliness* yang ditimbulkan akibat kebutuhan sosial yang tidak terpenuhi. Penelitian ini bertujuan untuk mengetahui peran *FoMO* dan *loneliness* terhadap PWB pada remaja pengguna media sosial di masa pandemi COVID-19. Penelitian ini menggunakan pendekatan kuantitatif dengan desain penelitian asosiatif. Metode pengambilan sampel yang digunakan adalah *non-probability sampling* dengan teknik sampel insidental. Hasil penelitian menunjukkan nilai signifikan dari variabel *FoMO* sebesar $0,012 < 0,05$ sehingga H_{a1} diterima dan H_{01} ditolak, yang artinya terdapat peran *FoMO* terhadap PWB pada remaja pengguna media sosial di masa pandemi COVID-19. Nilai signifikansi variabel *loneliness* sebesar $0,000 < 0,05$ sehingga hasilnya H_{a2} diterima dan H_{02} ditolak, yang artinya terdapat peran *loneliness* terhadap PWB pada remaja pengguna media sosial di masa pandemi COVID-19. Sedangkan secara simultan nilai signifikansinya sebesar $0,000 < 0,05$ sehingga hasilnya H_{a3} diterima dan H_{03} ditolak, yang artinya terdapat peran *FoMO* dan *loneliness* terhadap PWB pada remaja pengguna media sosial di masa pandemi COVID-19. Kesimpulan dari penelitian ini adalah terdapat peran *FoMO* dan *Loneliness* terhadap PWB pada remaja pengguna media sosial di masa pandemi COVID-19 sebesar 35,9%.

Kata Kunci : *FoMO*, *Loneliness*, *Psychological Well-Being*, Remaja, Pengguna media sosial, Masa Pandemi COVID-19.

THE ROLE OF FoMO AND LONELINESS ON PSYCHOLOGICAL WELL-BEING IN ADOLESCENT SOCIAL MEDIA USERS DURING THE COVID-19 PANDEMIC

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ABSTRACT

The phenomenon during the pandemic period causes various problems, one of which is psychological well-being in adolescent social media users, as a result of unmet social needs making teenagers do not want to be left behind from others (FoMO) and feelings of loneliness caused by unfulfilled social needs. This study aims to determine the role of FoMO and loneliness on PWB in adolescent social media users during the COVID-19 pandemic. This study uses a quantitative approach with an associative research design. The sampling method used is non-probability sampling with incidental sampling technique. The results showed a significant value of the FoMO variable of $0.012 < 0.05$ so that H_{a1} was accepted and H_{01} was rejected, which means that there is a role for FoMO on PWB in adolescent social media users during the COVID-19 pandemic. The significance value of the loneliness variable is $0.000 < 0.05$ so that the results are H_{a2} accepted and H_{02} rejected, which means that there is a role of loneliness towards PWB in adolescent social media users during the COVID-19 pandemic. Meanwhile, simultaneously the significance value is $0.000 < 0.05$ so that the results are H_{a3} accepted and H_{03} rejected, which means that there is a role for FoMO and loneliness towards PWB in adolescent social media users during the COVID-19 pandemic. The conclusion of this study is that there is a role of FoMO and Loneliness on PWB in adolescent social media users during the COVID-19 pandemic of 35.9%.

Keywords: FoMO, Loneliness, Psychological Well-Being, Adolescents, Social media users, COVID-19 Pandemic Period.