

ABSTRAK

Qothry Elnada. 220541100108. Program Studi Psikologi. Pengaruh *Fear of Missing Out* (FoMO) terhadap Perilaku *Phubbing* Pengguna TikTok pada Dewasa Awal di Surabaya.

Perkembangan media sosial, khususnya *TikTok*, telah mengubah pola interaksi sosial pada dewasa awal. Penggunaan *TikTok* yang intensif dapat memunculkan *Fear of Missing Out* (FoMO), yaitu perasaan cemas ketika tertinggal informasi atau pengalaman orang lain. Kondisi tersebut mendorong individu untuk lebih memperhatikan *smartphone* dibandingkan interaksi secara langsung sehingga memunculkan perilaku *phubbing*. Penelitian ini bertujuan untuk mengetahui pengaruh *Fear of Missing Out* (FoMO) terhadap perilaku *phubbing* pada dewasa awal pengguna aktif *TikTok* di Surabaya. Penelitian ini menggunakan pendekatan kuantitatif dengan desain kausal. Sampel penelitian berjumlah 385 dewasa awal pengguna aktif *TikTok* di Surabaya yang dipilih menggunakan teknik *non-probability sampling* dengan metode *purposive sampling*. Data dikumpulkan menggunakan Skala *Fear of Missing Out* berdasarkan teori Przybylski et al., (2013) dan Skala *Phubbing* berdasarkan teori Karadağ et al., (2015). Analisis data dilakukan menggunakan regresi linear sederhana. Hasil penelitian menunjukkan bahwa *Fear of Missing Out* (FoMO) berpengaruh positif dan signifikan terhadap perilaku *phubbing* (Sig. = 0,000). Nilai koefisien korelasi sebesar 0,672 menunjukkan hubungan yang kuat, sedangkan nilai koefisien determinasi sebesar 0,452 menunjukkan bahwa FoMO memberikan kontribusi sebesar 45,2% terhadap perilaku *phubbing*. Semakin tinggi tingkat FoMO yang dimiliki dewasa awal pengguna *TikTok*, semakin tinggi pula kecenderungan mereka melakukan perilaku *phubbing*.

Kata kunci: *Fear of Missing Out*, FoMO, perilaku *phubbing*, *TikTok*, dewasa awal.

ABSTRACT

Qothry Elnada. 220541100108. Department of Psychology. *The Influence of Fear of Missing Out (FoMO) on Phubbing Behavior among Early Adults Who Are Active TikTok Users in Surabaya.*

The rapid development of social media, particularly TikTok, has changed social interaction among emerging adults. Intensive TikTok use may trigger Fear of Missing Out (FoMO), defined as anxiety about missing information or experiences shared by others. This condition encourages individuals to pay greater attention to their smartphones than to face-to-face interactions, leading to phubbing behavior. This study aimed to examine the effect of Fear of Missing Out (FoMO) on phubbing behavior among emerging adult TikTok users in Surabaya. This study employed a quantitative approach with a causal research design. A total of 385 active TikTok users aged 18–25 years in Surabaya were selected using non-probability sampling with a purposive sampling technique. Data were collected using the Fear of Missing Out Scale based on Przybylski et al., (2013) and the Phubbing Scale based on Karadağ et al., (2015). Data were analyzed using simple linear regression. The results showed that Fear of Missing Out (FoMO) had a positive and significant effect on phubbing behavior (Sig. = 0.000). The correlation coefficient ($R = 0.672$) indicated a strong relationship, while the coefficient of determination ($R^2 = 0.452$) showed that FoMO explained 45.2% of the variance in phubbing behavior. Higher levels of FoMO were associated with a greater tendency to engage in phubbing behavior.

Keywords: *Fear of Missing Out, FoMO, phubbing, TikTok, emerging adults.*