

ABSTRAK

Eva Nurinda Meyvani. 220541100087. Pengaruh *Social Comparison* terhadap *Fear of Missing Out* Pada Remaja Pengguna Game Mobile Legends Bang Bang di Jawa Timur. Skripsi. Program Studi Psikologi. Fakultas Ilmu Sosial dan Ilmu Budaya. Universitas Trunodjoyo Madura. 2026

Fenomena bermain Mobile Legends: Bang Bang di kalangan remaja terus meningkat seiring tingginya penetrasi internet di Jawa Timur, yang turut mendorong intensitas interaksi remaja di media sosial dan komunitas gim daring. Kondisi ini memunculkan kecenderungan remaja untuk terus membandingkan diri dengan pemain lain, baik dari segi rank, skill, maupun eksistensi dalam komunitas, sehingga berisiko menimbulkan kecemasan akan tertinggal atau *Fear of Missing Out* (FoMO). Penelitian ini bertujuan untuk mengetahui *pengaruh Social Comparison* terhadap *Fear of Missing Out* pada remaja pengguna game Mobile Legends Bang Bang di Jawa Timur, serta untuk mengukur seberapa besar kontribusi variabel *Social Comparison* dalam menjelaskan *Fear of Missing Out* yang dialami remaja tersebut. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional, di mana data dikumpulkan melalui penyebaran kuesioner atau skala psikologi kepada remaja pengguna MLBB di Jawa Timur sebagai sampel penelitian. Teknik analisis data yang digunakan adalah analisis regresi linier sederhana untuk menguji pengaruh serta pengujian hipotesis melalui uji t, dengan nilai R Square digunakan untuk mengukur besarnya kontribusi variabel bebas terhadap variabel terikat. Hasil penelitian memperlihatkan bahwa terdapat pengaruh signifikan dan positif antara *Social Comparison* terhadap *Fear of Missing Out*, dibuktikan dengan nilai t hitung sebesar 20,260 dan signifikansi sebesar 0,000 ($p < 0,05$), sehingga H_0 ditolak dan H_1 diterima. Nilai R Square sebesar 0,517 yang memperlihatkan bahwa 51,7% variasi FoMO dapat dijelaskan oleh *Social Comparison*. Dapat disimpulkan bahwa semakin tinggi kecenderungan *Social Comparison* pada remaja, semakin tinggi pula tingkat *Fear of Missing Out* yang dialami dalam penggunaan MLBB.

Kata Kunci: *Social Comparison*, *Fear of Missing Out*, Remaja, Game online, Mobile Legends Bang Bang

ABSTRACT

Eva Nurinda Meyvani. 220541100087. *The Effect of Social Comparison on Fear of Missing Out in Adolescent Mobile Legends Bang Game Users in East Java. Psychology Study Program, Faculty of Social and Cultural Sciences, Trunodjoyo University of Madura. 2026.*

The phenomenon of playing Mobile Legends: Bang Bang (MLBB) among teenagers continues to increase along with the high internet penetration in East Java, which also encourages the intensity of teens' interactions on social media and online gaming communities. This condition gives rise to the tendency of teenagers to continue to compare themselves with other players, both in terms of rank, skills, and existence in the community, so that they risk causing anxiety of being left behind or Fear of Missing Out (FoMO). This study aims to determine the effect of Social Comparison on Fear of Missing Out in adolescents who use the Mobile Legends: Bang Bang game in East Java, as well as to measure how much the contribution of the Social Comparison variable in explaining the Fear of Missing Out experienced by these adolescents. This study uses a quantitative approach with a correlational method, where data is collected through the dissemination of questionnaires or psychological scales to adolescents using MLBB in East Java as a research sample. The data analysis technique used was simple linear regression analysis to test the influence and test the hypothesis through the t-test, with the R Square value used to measure the amount of contribution of the free variable to the bound variable. The results showed that there was a significant and positive influence between Social Comparison on Fear of Missing Out, as evidenced by a calculated t-value of 20.260 and a significance of 0.000 ($p < 0.05$), so that H_0 was rejected and H_1 was accepted. The R Square value is 0.517 which indicates that 51.7% of the variation of FoMO can be explained by Social Comparison. It can be concluded that the higher the tendency of Social Comparison in adolescents, the higher the level of Fear of Missing Out experienced in the use of MLBB.

Keywords: Social Comparison, Fear of Missing Out, Teens, Online Games, Mobile Legends Bang Bang