

ABSTRAK

Dewi Kurnia Wati 170541100005. Program Studi Psikologi. Pengaruh *Fear of Missing Out* (FoMO) Terhadap Perilaku *Phubbing* Pada Siswa SMAN “X” Di Bangkalan.

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh *fear of missing out* (FoMO) terhadap perilaku *phubbing* pada siswa SMAN “X” di Bangkalan. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif dengan teknik pengumpulan data yaitu menggunakan teknik kuisioner sedangkan teknik sampel yang digunakan adalah *purposive sampling*. Kuisioner dibagikan secara langsung terhadap 205 subjek penelitian. Instrumen yang digunakan dalam penelitian ini adalah skala FoMO dan skala perilaku *phubbing*. Analisis data menggunakan uji regresi linier sederhana dengan bantuan aplikasi SPSS 23 for windows. Hasil penelitian menunjukkan nilai F hitung sebesar 108,716 dimana lebih besar dibandingkan f tabel yaitu 3,89 dengan signifikansi $0,000 < 0,05$. Artinya hipotesis dalam penelitian ini diterima yaitu terdapat pengaruh *fear of missing out* (FoMO) terhadap perilaku *phubbing* pada siswa SMAN “X” di Bangkalan. Berdasarkan nilai koefisien determinasi R square yaitu sebesar 0,349, artinya variabel *fear of missing out* (FoMO) berpengaruh terhadap perilaku *phubbing* sebesar 34,9% sedangkan sisanya 65,1% dipengaruhi oleh variabel lain.

Kata kunci : *Fear of Missing Out*, Perilaku *phubbing*, Siswa SMA

ABSTRACT

Dewi Kurnia Wati 170541100005. Psychology Study Program. The Effect of Fear of Missing Out (FoMO) on Phubbing Behavior in Students of SMAN “X” in Bangkalan.

The purpose of this study is to determine the effect *fear of missing out* (FoMO) on behavior *phubbing* to students of SMAN “X” in Bangkalan. The method used in this study is a quantitative method with data collection techniques, namely using a questionnaire technique while the sample technique used is *purposive sampling*. Questionnaires were distributed directly to 205 research subjects. The instruments used in this research are the FoMO scale and the behavioral scale *phubbing*. Data analysis used a simple linear regression test with the help of the SPSS 23 application *for windows*. The results showed that the calculated F value was 108.716 which was greater than the f table which was 3.89 with a significance of $0.000 < 0.05$. This means that the hypothesis in this study is accepted, namely there is influence *fear of missing out* (FoMO) on behavior *phubbing* to students of SMAN “X” in Bangkalan. Based on the coefficient of determination R square that is equal to 0.349, it means variable *fear of missing out* (FoMO) effect on behavior *phubbing* of 34.9% while the remaining 65.1% is influenced by other variables.

Keywords : *Fear of Missing Out (FOMO), Behavior Phubbing, High School Students*