

**RANCANGAN LAYANAN BIMBINGAN DAN KONSELING
PRIBADI SOSIAL UNTUK MEREDUKSI DAN MENCEGAH
*FEAR OF MISSING OUT (FOMO) PADA REMAJA***

(Studi Deskriptif terhadap Peserta Didik Kelas XI di SMKN 1 Bandung
Tahun Ajaran 2022/2023)

SKRIPSI

diajukan untuk memenuhi salah satu syarat mendapatkan gelar Sarjana Pendidikan
dalam bidang keilmuan Bimbingan dan Konseling



oleh

Dwi Novita Shobiroh

NIM 1804518

**PROGRAM STUDI BIMBINGAN DAN KONSELING
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA**

2023

**RANCANGAN LAYANAN BIMBINGAN DAN KONSELING
PRIBADI SOSIAL UNTUK MEREDUKSI DAN MENCEGAH
*FEAR OF MISSING OUT (FOMO) PADA REMAJA***

(Studi Deskriptif terhadap Peserta Didik Kelas XI di SMKN 1 Bandung
Tahun Ajaran 2022/2023)

oleh

Dwi Novita Shobiroh

1804518

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Pendidikan pada Program Studi Bimbingan dan Konseling
Fakultas Ilmu Pendidikan

©Dwi Novita Shobiroh

Universitas Pendidikan Indonesia

Agustus 2023

Hak cipta dilindungi Undang-Undang

Skripsi ini tidak boleh diperbanyak seluruhnya atau sebagian
dengan dicetak ulang atau, difotokopi atau cara lainnya tanpa izin penulis.

LEMBAR PENGESAHAN

Dwi Novita Shobiroh

NIM 1804518

**RANCANGAN LAYANAN BIMBINGAN DAN KONSELING
PRIBADI SOSIAL UNTUK MEREDUKSI DAN MENCEGAH
FEAR OF MISSING OUT (FOMO) PADA REMAJA**

*(Studi Deskriptif terhadap Peserta Didik Kelas XI di SMKN 1 Bandung
Tahun Ajaran 2022/2023)*

disetujui dan disahkan oleh:

Pembimbing I



29/08/23

ace untuk Adang

Dr. Setiawati, M. Pd.

NIP. 19621112 198610 2 001

Pembimbing II



29/8/20

Nadia Aulia Nadhirah, M. Pd.

NIP. 9201712199041 4 201

Mengetahui,

**Ketua Program Studi Bimbingan dan Konseling
Fakultas Ilmu Pendidikan**



Prof. Dr. Juntika Nurihsan, M. Pd.

NIP. 19660601 199103 1 005

PERNYATAAN KEASLIAN SKRIPSI

Dengan ini saya menyatakan bahwa skripsi saya yang berjudul “Rancangan Layanan Bimbingan Pribadi Sosial untuk Mereduksi dan Mencegah *Fear of Missing Out* (FoMO) pada Remaja” beserta seluruh isi yang ada didalamnya merupakan benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutip dengan cara yang tidak sesuai dengan etika keilmuan yang berlaku. Atas pernyataan tersebut, saya siap menanggung resiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada pihak lain yang mengklaim terkait keaslian karya ini.

Bandung, Agustus 2023



Dwi Novita Shobiroh

NIM. 1804518

KATA PENGANTAR

Puji dan syukur penulis panjatkan kehadiran Allah SWT, atas berkat, hidayah, rahmat dan karunia-Nya penulis dapat menyelesaikan jenjang studi strata-1 dengan menyelesaikan skripsi yang berjudul “Rancangan Layanan Bimbingan Pribadi Sosial untuk Mereduksi dan Mencegah *Fear of Missing Out* (FoMO) pada Remaja (Studi Deskriptif terhadap Peserta Didik Kelas XI di SMKN 1 Bandung Tahun Ajaran 2022/2023)”. Skripsi ini terdiri dari lima bab, Bab I terkait pendahuluan, Bab II kajian teoretis *fear of missing out* (FoMO), remaja generasi Z, dan bimbingan dan konseling pribadi sosial, Bab III metode penelitian, Bab IV hasil penelitian, temuan, pembahasan dan keterbatasan, dan terakhir Bab V merupakan kesimpulan, saran dan rekomendasi.

Proses penyelesaian skripsi merupakan tantangan hidup yang perlu dilewati, namun sangat memberikan pelajaran yang berarti bagi penulis. Dengan dukungan keluarga, dosen, sahabat, dan kerabat dekat dalam memberikan arahan dan motivasi, penulis dapat menyelesaikan skripsi dengan usaha yang keras serta kesabaran tanpa batas. Besar harapan penulis agar skripsi ini dapat bermanfaat bagi peneliti selanjutnya dan memberikan wawasan baru terkait fenomena sosial pada ranah bimbingan dan konseling. Dengan segala kerendahan hati, penulis sangat terbuka dan menerima masukan dan kritikan yang membangun terhadap skripsi ini.

Bandung, Agustus 2023



Dwi Novita Shobiroh
NIM 1804518

UCAPAN TERIMA KASIH

Puji syukur kepada Allah SWT., karena atas limpahan rahmat, berkat dan hidayah-Nya, penulis dapat menyelesaikan skripsi yang berjudul “Rancangan Layanan Bimbingan Pribadi Sosial untuk Mereduksi dan Mencegah *Fear of Missing Out* (FoMO) pada Remaja”. Proses penyusunan skripsi bertujuan untuk memperoleh data empiris dan mendefinisikan terkait fenomena *fear of missing out* yang diharapkan dapat menjadi wawasan terhadap fenomena sosial yang terjadi pada remaja. Penulis menyadari masih banyak kekurangan dan belum sempurna dalam penulisan skripsi baik secara konteks maupun konten. Banyak pihak yang telah membantu penulis dalam menyelesaikan skripsi baik itu dukungan, waktu, pikiran dan perhatian. Pada kesempatan ini penulis mengucapkan terima kasih dan penghargaan yang setinggi-tingginya kepada:

1. Dr. Setiawati, M.Pd. selaku Dosen Pembimbing I sekaligus dosen Pembimbing Akademik atas segala perhatian, bimbingan, arahan dan motivasi dalam berbagai hal dari awal perkuliahan hingga penyelesaian studi.
2. Nadia Aulia Nadhirah, M.Pd. selaku Dosen Pembimbing II yang telah memberikan dukungan, perhatian, arahan, dan motivasi dalam proses bimbingan skripsi dan dapat menyelesaikan skripsi dengan baik.
3. Drs. Sudaryat Nurdin Akhmad, M.Pd. selaku dosen yang telah memberikan waktunya untuk membantu peneliti dalam mengolah data secara statistik.
4. Prof. Dr. H. Juntika Nurihsan, M.Pd. selaku ketua program studi bimbingan dan konseling FIP UPI periode 2023. Dan Dr. Ipah Saripah, M.Pd. selaku sekretaris program studi bimbingan dan konseling FIP UPI Periode 2023.
5. Dr. Amin Budiamin, M.Pd. dan Rina Nurhudi Ramdhani, M.Pd. sebagai dosen ahli untuk uji kelayakan instrumen penelitian.
6. Seluruh Dosen Program Studi Bimbingan dan Konseling FIP UPI yang telah memberikan ilmunya dalam perjalanan menempuh studi strata-1 hingga selesai.
7. Orang tua penulis Alm. Basuki Priyono, Evvy Kusliawaty, dan Didin Gunandar atas motivasi, dukungan, perhatian yang telah diberikan. Kakak

kandung penulis yang saya sayangi dan banggakan, Eki Hidayat. Atas doa, dukungan, arahan dan masukan kepada penulis walau berjarak jauh.

8. Seluruh staff di program studi bimbingan dan konseling yang sangat banyak membantu penulis, Fiji Indriany, S. Ap. dan Rahadian, dalam administrasi, perkuliahan maupun dalam penyelesaian skripsi.
9. Kepala sekolah Yuyun Syarifuddin, M.Pd. selaku kepala sekolah SMKN 1 Bandung dan Guru bimbingan dan konseling SMKN 1 Bandung Cicih Dewi Suryani, S. Pd., M. Anwar Rosadi, S. Pd., Ade Safitri, S. Pd., Ismi Nur Illahi, S. Pd. Muty Rachmadiny Utami, S. Pd., Luqman Nurhakim S., S. Pd yang telah memberikan izin kepada penulis untuk melakukan penelitian di sekolah yang dibina. Dan Partisipan yaitu peserta didik kelas XI di SMKN 1 Bandung Tahun Ajaran 2022/2023 yang telah bersedia dan terlibat dalam penelitian ini.
10. Sherlly Maulani, Nuroh Siti Maryamah, Azmi Mahatmanti, Selma Jasmine Alfani, Annisa Pania Sari, Dede Nurhalizah, Rachman Andriansyah, dan Fachrul Rizki Ismail yang telah berjuang bersama dan memberikan dukungan moral pada jenjang strata-1. Serta, Bangun Waizal Karniz yang selalu memberikan waktu, tenaga, motivasi dan pemikiran untuk mendukung dalam proses penyelesaian skripsi dan penyelesaian studi.
11. Sahabat dekat keluarga mahasiswa bimbingan dan konseling angkatan 2018 yang telah memberikan dekapan yang hangat dalam jenjang strata-1 ini.
12. Sahabat dekat seperjuangan sejak SMA, Leoni Widyasari, Maurizka Alfa Lita, dan Insani Mardliyyah yang selalu menjalin silaturahmi.

Besar harapan penulis agar kebaikan selalu diberikan kepada yang terlibat dalam memberikan bantuan, dukungan, arahan dan motivasi baik secara langsung ataupun tidak langsung. Semoga Allah dapat membalas kebaikan yang telah diberikan. Serta, semoga penulisan skripsi dapat bermanfaat bagi perkembangan ilmu pada bidang bimbingan dan konseling.

Bandung, Agustus 2023

Dwi Novita Shobiroh
NIM 1804518

ABSTRAK

Dwi Novita Shobiroh, 1804518, (2023). Rancangan Layanan Bimbingan Pribadi Sosial untuk Mereduksi dan Mencegah *Fear of Missing Out* (FoMO) pada Remaja. Program Studi Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia.

Fenomena *Fear of Missing Out* (FoMO) menjadi salah satu fenomena sosial yang terjadi di kalangan remaja. Masa remaja merupakan masa yang cukup menantang bagi remaja baik dari segi fisik, mental, kesehatan emosional dan sosial. FoMO dapat diklasifikasikan sebagai gangguan penggunaan internet yang diakibatkan karena adanya rasa cemas dan tidak nyaman apabila tertinggal dari pengalaman oleh teman sebaya sehingga menyebabkan adanya penggunaan media sosial yang berlebihan. Dampak dari FoMO dirasakan secara langsung dan tidak langsung seperti gangguan tidur, perasaan cemas, kecanduan media sosial dan depresi. Adanya fenomena FoMO perlu ditelaah lebih lanjut untuk memperoleh data dan mendefinisikan terkait bagaimana profil FoMO pada remaja. Penelitian deskriptif dengan pendekatan penelitian kuantitatif dilakukan kepada peserta didik kelas XI di SMKN 1 Bandung dengan 466 responden penelitian dengan *sample* jenuh serta menggunakan desain survey. Instrumen yang digunakan berjudul *Online Fear Of Missing Out* (On-FoMO) yang penulis kembangkan dari Sette, dkk, (2020). Penelitian ini menggunakan perhitungan lebih lanjut dengan statistika deskriptif menggunakan aplikasi IBM SPSS 25.0. Data empirik yang diperoleh terkait profil *fear of missing out* pada peserta didik kelas XI di SMKN 1 Bandung diharapkan dapat merancang implikasi bagi layanan bimbingan dan konseling pribadi sosial dalam mereduksi dan mencegah adanya perilaku FoMO dengan meningkatkan kemampuan interpersonal dan literasi media sosial. Hasil penelitian menunjukkan mayoritas peserta didik kelas XI di SMKN 1 Bandung berada pada kategori rendah. Layanan bimbingan dan konseling pribadi sosial dapat memberikan upaya untuk mencegah dan mereduksi adanya perilaku FoMO.

Kata Kunci: *bimbingan, pribadi-sosial, fear of missing out, media sosial, remaja, sekolah menengah kejuruan*

ABSTRACT

Dwi Novita Shobiroh, 1804518, (2023). Design of Social Personal Guidance Services to Reduce and Prevent Fear of Missing Out (FoMO) in Adolescents. Guidance and Counseling Study Program, Faculty of Education, Indonesian University of Education.

The Fear of Missing Out (FoMO) phenomenon is a social phenomenon that occurs among adolescents. Adolescence is a period that is quite challenging for adolescents both in terms of physical, mental, emotional and social health. FoMO can be classified as a disorder of internet use caused by feelings of anxiety and discomfort when left behind by peers, causing excessive use of social media. The impact of FoMO is felt directly and indirectly, such as sleep disturbances, feelings of anxiety, addiction to social media and depression. The existence of the FoMO phenomenon needs to be studied further to obtain data and define how the FoMO profile is in adolescents. Descriptive research with a quantitative research approach was conducted on class XI students at SMKN 1 Bandung with 466 research respondents with a nonprobability sample and using a survey design. The instrument used is entitled Online Fear Of Missing Out (On-FoMO) which the author developed from Sette, et al, (2020). This study uses further calculations with descriptive statistics using the IBM SPSS 25.0 application. The empirical data obtained regarding the profile of fear of missing out in class XI students at SMKN 1 Bandung is expected to be able to design implications for personal social guidance and counseling services in reducing and preventing FoMO behavior by increasing interpersonal skills and social media literacy. The results showed that the majority of class XI students at SMKN 1 Bandung were in the low category. Social personal guidance and counseling services can provide efforts to prevent and reduce FoMO behavior

Keyword: *personal-social guidance, fear of missing out, social media, adolescent, vocational high school*

DAFTAR ISI

LEMBAR PENGESAHAN	iii
PERNYATAAN KEASLIAN SKRIPSI.....	iv
KATA PENGANTAR.....	v
UCAPAN TERIMA KASIH	vi
ABSTRAK	viii
<i>ABSTRACT</i>	ix
DAFTAR ISI.....	x
DAFTAR TABEL	xii
BAB I PENDAHULUAN	14
1.1 Latar Belakang.....	14
1.2 Rumusan Masalah.....	19
1.3 Tujuan Penelitian	21
1.4 Manfaat Penelitian	21
BAB II KAJIAN TEORETIS <i>FEAR OF MISSING OUT</i> (FOMO), REMAJA GENERASI Z, DAN BIMBINGAN KONSELING PRIBADI-SOSIAL	23
2.1 <i>Fear of Missing Out</i>	23
2.1.1 Sejarah <i>Fear of Missing Out</i>	23
2.1.2 Definisi <i>Fear of Missing Out</i>	26
2.1.3 Aspek <i>Fear of Missing Out</i>	28
2.1.4 Faktor – Faktor <i>Fear of Missing Out</i>	29
2.1.5 Dampak <i>Fear of Missing Out</i>	32
2.1.6 Cara Mengukur <i>Fear of Missing Out</i>	33
2.2 Remaja Generasi Z	34
2.2.1 Pengertian Remaja Generasi Z	34
2.2.2 Karakteristik Remaja Generasi Z.....	35
2.2.3 Penggunaan Media Sosial Remaja Generasi Z.....	38
2.2.4 <i>Fear of Missing Out</i> pada Remaja Generasi Z	40
2.3 Implementasi Layanan Bimbingan dan Konseling untuk Mereduksi dan Mencegah <i>Fear of Missing Out</i> (FoMO)	42
2.4 Penelitian Terdahulu	44
BAB III METODE PENELITIAN	49
3.1 Desain Penelitian	49
3.2 Partisipan	49
3.3 Populasi dan Sampel	50
3.4 Definisi Operasional Variabel	51

3.5	Instrumen Penelitian.....	52
3.6	Prosedur Penelitian.....	59
3.7	Analisis Data.....	60
	BAB IV TEMUAN DAN PEMBAHASAN	62
4.1	Temuan Penelitian	62
4.2	Pembahasan	81
4.3	Keterbatasan penelitian.....	109
	BAB V SIMPULAN DAN REKOMENDASI	110
5.1	Simpulan	110
5.2	Rekomendasi.....	111
	DAFTAR PUSTAKA	112
	DAFTAR LAMPIRAN	xi

DAFTAR TABEL

Tabel 2.1 Karakteristik perilaku generasi	36
Tabel 3.1 Data jumlah siswa SMKN 1 Bandung	51
Tabel 3.2 Kisi-kisi instrumen <i>On-FoMO</i>	52
Tabel 3.3 Pedoman penyekoran	54
Tabel 3.4 Hasil uji keterbacaan	55
Tabel 3.5 Klasifikasi koefisien validitas	56
Tabel 3.6 Hasil uji validitas	56
Tabel 3.7 Klasifikasi koefisien reliabilitas.....	57
Tabel 3.8 Pedoman wawancara.....	57
Tabel 3.9 Kisi-kisi instrumen setelah di uji	58
Tabel 3.10 Pengelompokan Skor FoMO.....	61
Tabel 3.11 Interpretasi kategori FoMO.....	61
Tabel 4.1 Frekuensi gawai	62
Tabel 4.2 Frekuensi media sosial	63
Tabel 4.3 Frekuensi konten media sosial	64
Tabel 4.4 Profil umum FoMO pada peserta didik	65
Tabel 4.5 Profil FoMO berdasarkan jenis kelamin	66
Tabel 4.6 Profil FoMO berdasarkan aspek need to belong	67
Tabel 4. 7 Profil FoMO berdasarkan indikator need to belong.....	67
Tabel 4. 8 Distribusi berdasarkan item need to belong.....	68
Tabel 4.9 Profil FoMO berdasarkan aspek need to belong	69
Tabel 4.10 Profil FoMO berdasarkan aspek need for popularity.....	71
Tabel 4.11 Profil FoMO berdasarkan indikator need for popularity	72
Tabel 4.12 Distribusi berdasarkan item need for popularity.....	72
Tabel 4.13 Profil FoMO berdasarkan aspek anxiety.....	74
Tabel 4.14 Profil FoMO berdasarkan indikator anxiety	74
Tabel 4.15 Distribusi berdasarkan item anxiety.....	75
Tabel 4.16 Profil FoMO berdasarkan aspek addiction.....	76
Tabel 4.17 Profil FoMO berdasarkan indikator addiction	77
Tabel 4.18 Distribusi berdasarkan item addiction.....	78
Tabel 4.19 Profil FoMO berdasarkan jurusan.....	79

Tabel 4.20 Profil FoMO peserta didik	95
Tabel 4.21 Deskripsi kebutuhan.....	96
Tabel 4.22 Rumusan tujuan.....	97
Tabel 4.23 Action plan.....	102
Tabel 4.24 Jadwal kegiatan	104
Tabel 4.25 Pengembangan topik	106
Tabel 4.26 Sarana dan prasarana.....	108
Tabel 4.27 Anggaran biaya	108

DAFTAR PUSTAKA

- Abdullah, S. M. (2019). Social Cognitive Theory: A Bandura Thought Review Published in 1982-2012. *Psikodimensia*, 85-100.
- Abel, J. P., Buff, C. L., & Burr, S. A. (2016). Social Media and the Fear of Missing Out: Scale Development and Assessment. *Journal of Business & Economics Research (JBER)*, 14(1), 33-44.
- Adityara, S., & Rakhman, R. T. (2019). Karakteristik Generasi Z dalam Perkembangan Diri Anak Melalui Visual. *Seminar Nasional Seni dan Desain 2019*, (hal. 401-406). Surabaya.
- Adrian, K., & Sahrani, R. (2021). Relationship Between Fear of Missing Out (FoMO) and Problematic Smartphone Use (PSU) in Generation Z with Stress as a Moderator. *International Conference on Economics, Business, Social, and Humanities (ICEBSH 2021)* (hal. 964 - 970). Atlantis Press.
- Agarwal, S., & Mewafarosh, R. (2021). Linkage of Social Media Engagement with FoMO and Subjective Well Being. *Journal of Content, Community & Communication*, 13.
- Agcihan, E. (2017). Fear of Missing Out at Adolecences and Academic Burn Out and School Drop Outs in Turkey. *The Turkish Online Journal of Educational Technology (TOJET)*, 351-360.
- Alabri, A. (2022). Fear of Missing Out (FOMO): The Effects of the Need to Belong, Perceived Centrality, and Fear of Social Exclusion. *Human Behavior and Emerging Technologies*, 1-12.
- Alt, D. (2015). College students' academic motivation, media engagement and fear of missing out. *Computers in Human Behavior*, 111-119.
- Alt, D. (2017). Students' social media engagement and fear of missing out (FoMO) in a diverse classroom. *Journal of Computing in Higher Education*, 29 (2).
- Aluyutabi, A., Al-Thani, D., McAlaney, J., & Ali, R. (2020). Combating Fear of Missing Out (FoMO) on Social Media: The FoMO-R Method. *Int J Environ Res Public Health*.
- Alrasheed, K. B., & Aprianti, M. (2018). Kecanduan gadget dan kaitannya dengan kecerdasan emosi siswa (sebuah studi pada siswa SMP di kecamatan Setiabudi Jakarta Selatan). *Jurnal Sains Psikologi*. 7(2), 136- 142.
- Amran, M. S., & Jamaluddin, K. A. (2022). Adolescent Screen Time Associated with Risk Factor of Fear of Missing Out During Pandemic COVID-19. *Cyberpsychology, Behavior, and Social Networking*, 398-403.
- Anam, K. (2022, Juni 12). *Instagram & Tiktok Minggir, Ini Raja Platform Sosial Media RI*. Diambil kembali dari CNBC Indonesia: <https://www.cnbcindonesia.com/tech/20220612115314-37-346302/instagram-tiktok-minggir-ini-raja-platform-sosial-media-ri>
- Andrea, B., Gabriella, H.-C., & Tímea, J. (2016). Y and Z Generations at Workplaces. *Journal of Competitiveness Vol. 8, issues 3*, 90-106.
- Andreassen, C. S. (2015). Online social network site addiction: A comprehensive review. *Current Addiction Reports*, 2(2), 175–184. doi: 10.1007/s40429-015-0056-9
- Aresti, N. G., Lukmantoro, T., & Ulfa, N. S. (2023). Pengaruh Tingkat Fear of Missing Out(FoMO) dan Tingkat Pengawasan Orang Tua terhadap Tingkat Kecanduan Penggunaan TikTok pada Remaja. *Interaksi Online*, 272-284.

- Arikan, G., Acar, I. H., & Ustundag-Budak, A. M. (2022). A two-generation study: The transmission of attachment and young adults' depression, anxiety, and social media addiction. *Addictive Behaviors, 124*.
- Astleitner, H., Bains, A., & Hormann, S. (2023). The effects of personality and social media experiences on mental health: Examining the mediating role of fear of missing out, ghosting, and vaguebooking. *Computers in Human Behavior 138*, 1-10.
- Baker, Z. G., Krieger, H., & LeRoy, A. S. (2016). Fear Of Missing Out: Relationships With Depression, Mindfulness, And Physical Symptoms. *Translational Issues in Psychological Science, 2*(3), 275–282. <https://doi.org/10.1037/tps0000075>
- Bakioğlu, F., Deniz, M., Griffiths, M. D., & Pakpour, A. H. (2022). Adaptation and validation of the Online-Fear of Missing Out Inventory into Turkish and the association with social media addiction, smartphone addiction, and life satisfactionBakioğlu et al. *BMC Psychology. Bakioğlu et al. BMC Psychology*, 1-10.
- Balkins, R. S., & Kleist, D. M. (2017). Counseling research: a practitioner-scholar approach. *Journal of Chemical Information and Modeling, 53*. <https://doi.org/10.1017/CBO9781107415324.004>
- Beyens, I., Frison, E., & Eggermont, S. (2016). “I don’t want to miss a thing”: Adolescents’ fear of missing out and its relationship to adolescents’ social needs, Facebook use, and Facebook related stress. *Computers in Human Behavior, 64*, 1–8. doi:10.1016/j.chb.2016.05.083
- Blakemore, S. J. (2019). Adolescence and mental health. *Lancet, 393*, 2030-2031.
- Bloomen, N., & Coninck, D. D. (2020). Social Media and Fear of Missing Out in Adolescents: The Role of Family Characteristics. *Social Media + Society*, 1-11.
- Branden, N. (1992). *The Power of Self-Esteem*. Florida: Health Communications: Inc.
- Butt, A. K., & Arshad, T. (2021). The relationship between basic psychological needs and phubbing: Fear of missing out as the mediator. *PsyCh Journal, 1-10*.
- Can, G., & Satici, S. (2019). Adaptation of fear of missing out scale (FoMOs): Turkish version validity and reliability study. *Psicologia: Reflexão e Crítica*.
- Casale, S., & Fioravanti, G. (2020). Factor structure and psychometric properties of the Italian version of the fear of missing out scale in emerging adults and adolescents. *Addictive Behaviors*.
- Chi, L.-C., Tang, T.-C., & Tang, E. (2022). The phubbing phenomenon: a cross-sectional study on the realtionships among social media addiction, fear of missing out, personality traits, and phubbing behavior. *Current Psychology, 1112-1123*.
- Çiftci, N., & Yıldız, M. (2023). The Relationship Between Social Media Addiction, Happiness, and Life Satisfaction in Adults: Analysis with Machine Learning Approach. *Int J Ment Health Addiction*.
- Coralia, dkk. (2017). Studi Mengenai Kepribadian dan Self-Esteem pada Pecandu Media sosial. *SCHEMA (Journal of Psychological Research), 3*(2), 140-149.

- Coskun, S., & Muslu, G. K. (2019). Investigation of Problematic Mobile Phones Use and Fear of Missing Out (FoMO) Level in Adolescents. *Community Mental Health Journal*.
- Creswell, J. W. (2012). *Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research Fourth Edition*. Boston, MA: Pearson Education, Inc.
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches Fourth Edition*. Thousand Oaks, CA: SAGE Publications.
- D'Souza, L., Samyukta, & Bivera, T. J. (2018). Develepoment and Validation of Test for Instagram Addiction (TIA). *The International Journal of Indian Psychology, Vol 6 (3)*, 4-14.
- Dumas, T. M., Wendy, E. E., & David, A. W. (2012). Identity Development as a Buffer of Adolescent Risk Behaviors in the Context of Peer Group Pressure and Control. *Journal of Adolescence 35*, 917-927.
- Dogan, V. (2019). Why Do People Experience the Fear of Missing Out (FoMO)? Exposing the Link Between the Self and the FoMO Through Self-Construal. *Journal of Cross-Cultural Psychology Vol. 50 (4)*, 524–538.
- Elhai, J. D., Yang, H., Fang, J., Bai, X., & Hall, B. J. (2020). Depression and anxiety symptoms are related to problematic smartphone use severity in Chinese young adults: Fear of missing out as a mediator. *Addictive Behaviors*.
- Elizabeth, T. S. (2015). *Raising Children In Digital Era*. Jakarta: PT. Elex Media Komputindo.
- Fabris, M. A., Marengo, D., Longobardi, C., & Settanni, M. (2020). Investigating the Links between Fear of Missing Out, Social Media Addiction, and Emotional Symptoms in Adolescence: The Role of Stress Associated with Neglect and Negative Reactions on Social Media. *Addictive Behaviors*, 106364. doi:10.1016/j.addbeh.2020.106364
- Fathadhika, S., & Afriani. (2018). Social Media Engagement Sebagai Mediator antara Fear of Missing Out dengan Kecanduan Media Sosial pada Remaja. *Jurnal Psikologi Sains dan Profesi*, 208-2015.
- Franchina, V., Abeele, M. V., Van Rooji, A. J., Coco, L. G., & Marez, L. D. (2018). Fear of Missing Out as a Predictor of Problematic Social Media Use and Phubbing Behavior among Flemish Adolescents. *Int J Environ Res Public Health, Vol. 15 (10)*.
- Fu, W., Li, R., & Liang, Y. (2023). The Relationship between Stress Perception and Problematic Social Network Use among Chinese College Students: The Mediating Role of the Fear of Missing Out. *Behavioral Sciences*, 1-13.
- Gentile, B., Twenge, J. M., Freeman, E. C., & Campbell, W. K. (2012). The effect of social networking websites on positive self-views: An experimental investigation. *Computers in Human Behavior*, 28, 1929 –1933. <http://dx.doi.org/10.1016/j.chb.2012.05.012>
- Giagkou, S., Hussain, Z., & Pontes, H. (2018). Exploring the interplay between passive following on Facebook, fear of missing out, self-esteem, social comparison, age, and life satisfaction in a community-based sample. *International Journal of Psychology & Behavior Analysis.*, 1-6.

- Gosain, P., & Yadav, K. (2020). A Study on Social Media Usage and Fear of Missing Out (FoMO) Among Youngstres. *Journal of Studies in Social Sciences and Humanities*, 76-87.
- Gul, H., Firat, S., Sercelik, M., Gul, A., Gurel, Y., & Kilic, B. G. (2022). Effects of psychiatric symptoms, age, and gender on fear of missing (FoMO) and problematic smartphone use (PSU): A Path Analysis with Clinical-Based Adolescent Sample. *Indian Journal of Psychiatry* 64 (3), 289-294.
- Hartanto, A., Wong, J., Lua, V. Y., Tng, G. Y., Kasturiratna, K. S., & Majeed, N. M. (2022). Hartanto, A., Wong, J., Lua, V. Y. Q., Tng, G. Y. Q., Kasturiratna, K. T. A. S., & Majeed, N. M. (2022). A Daily Diary Investigation of the Fear of Missing Out and Diminishing Daily Emotional Well-Being: The Moderating Role of Cognitive Reappraisal. *Psych. Psychological Reports, Vol. 0(0)*, 1-39.
- Herawati, I., Rizal, I., & Amita, N. (2022). The impact of sosial media on fear of missing out, among z generation: a systematic literature review. *Journal of Islamic and Contemporary Psychology (JICOP)*, vol 2 (2), 92-98.
- Hetz, P. R., Dawson, C. L., & Cullen, T. A. (2015). Social Media Use and the Fear of Missing Out (FoMO) While Studying Abroad. *Journal of Research on Technology in Education*, 259-272.
- Hızarcı, Ö. (2018). *An examination of the relationship between problematic cell phone use, fearing of missing out, life satisfaction and attachment styles in terms of demographic variables*. Istanbul: Üsküdar University.
- Houser, R. A. (2020). *Counseling and Educational Research: Evaluation and Application Fourth Edition*. Thousand Oaks, CA: SAGE Publications.
- Incorporated, K. (2019). *Full Report: Generation Z in the Workplace*. Lowell, Massachusetts: Kronos Incorporated.
- Jabeen, F., Tandon, A., Sithipolvanichgul, J., Srivastava, S., & Dhir, A. (2023). Social media-induced fear of missing out (FoMO) and social media fatigue: The role of narcissism, comparison and disclosure. *Journal of Business Research*.
- Jiang, L., Lu, A., Lin, Y., Liu, S., Li, J., Song, T., Zhong, W. (2023). Fear of Missing Out as a Mediator and Social Capital as a Moderator of the Relationship Between the Narcissism and the Social Media Use Among Adolescents. *PSIHOLOGIJA*, 1-24.
- Jiao, C., & Cui, M. (2023). Indulgent parenting, self-control, self-efficacy, and adolescents' fear of missing out. *Current Psychology*.
- JWT-Intelligence. (2011). *Fear of missing out (FOMO)*. New York: JWTIntelligence.
- JWT-Intelligence. (2012). *Study: The FOMO Gender Gap*. New York: JWTIntelligence
- Kivunja, C., & Kuyini, A. B. (2017). Understanding and Applying Research Paradigms in Educational Contexts. *International Journal of Higher Education*, 6(5), 26-41.
- Guindon, M.H. (2010). *Self-esteem across the lifespan: Issues and interventions* (5th ed). New York : Routledge Taylor & Francis Group.
- Kuss, D. J., & Griffiths, M. D. (2011). Online social networking and addiction – A review of the psychological literature. *International Journal of*

- Environmental Research and Public Health*, 8, 3528-3552. doi: 10.3390/ijerph8093528
- Kemp, S. (2022, Februari 15). *Digital 2022: Indonesia*. Diambil kembali dari datareportal: <https://datareportal.com/reports/digital-2022-indonesia>
- Kim, A., McInerney, Yamakawa, N., & Smith, T. R. (2020, 06 29). *McKinsey & Company*. Diambil kembali dari www.mckinsey.com: <https://www.mckinsey.com/capabilities/growth-marketing-and-sales/our-insights/what-makes-asia-pacifics-generation-z-different>
- Kiuru, N. (2008). *The Role of Adolescents Peer Groups in the School Context*. Jyvaskyla: University of Jyvaskyla.
- Kurcaburun, K. (2016). Self-esteem, daily internet use and social media addiction as predictor of depression among Turkish adolescents. *Journal of Education and Practice*, 7(24), 64-72.
- Koç, H., Gökalp, Z. Ş., & Seki, T. (2023). The Relationships Between Self-Control and Distress Among Emerging Adults: A Serial Mediating Roles of Fear of Missing Out and Social Media Addiction. *Emerging Adulthood*, 11(3), 626-638.
- Kostić, J. O., Pedović, I., & Stošić, M. (2022). Predicting social media use intensity in late adolescence: The role of attachment to friends and fear of missing out. *Acta Psychologica*.
- Lee, J., Sung, M. J., Song, S. H., Lee, Y. M., Lee, J. J., Cho, S. M., Park, M. K., & Shin, Y. M. (2016). Psychological factors associated with smartphone addiction in south korean adolescents. *Journal of Early Adolescence*, 1-15. <https://doi.org/10.1177/02724316166670751>
- Li, L., Niu, Z., Mei, S., & Griffiths, M. D. (2022). A network analysis approach to the relationship between fear of missing out (FoMO), smartphone addiction, and social networking site use among a sample of Chinese university students. *Computers in Human Behavior*, Vol. 128.
- Li, L., Niu, Z., Song, Y., Griffiths, M. D., Wen, H., Yu, Z., & Mei, S. (2022). A network perspective on the relationships between gaming disorder, social anxiety, fear of missing out (FoMO), resilience, authenticity and family closeness among a sample of Chinese university students. *SSRN*.
- Livingstone, S. (2008). Taking risky opportunities in youthful content creation: teenagers' use of social networking sites for intimacy, privacy and self-expression. *new media & society* 10 (3), 393-411.
- Malik, L., Shahnawaz, M. G., Rehman, U., Pragyendu, Uniyal, R., & Griffiths, M. D. (2023). Mediating Roles of Fear of Missing Out and Boredom Proneness on Psychological Distress and Social Media Addiction Among Indian Adolescents. *Journal of Technology in Behavioral Science*.
- Mamani-Benito, O., Esteban, R. F., Castillo-Blanco, R., Caycho-Rodriguez, T., Tito-Betancur, M., & Farfán-Solís, R. (2022). Anxiety and depression as predictors of life satisfaction during pre-professional health internships in COVID-19 times: the mediating role of psychological well-being. *PubMed Central*.
- Marjohan. (1997). An investigation of factors that influence decision making and their relationship to self-esteem and locus of control among Minangkabau students. Disertasi, University of Tasmania, Australia.

- Mataputun, Y., & Saud, H. (2020). Analisis Komunikasi Interpersonal dan Penyesuaian Diri Remaja. *Jurnal Konseling Pendidikan*, 32-37.
- McGinnis, P. J. (2020). *Fear Of Missing Out: Practical Decision-Making in a World of Overwhelming Choice*. Naperville, Illinois: Sourcebooks.
- Mohammed, Q. Q. (2020). Association between Social Media Addiction and Life Satisfaction among University Student. *Indian Journal of Public Health Research and Development*, 2507-2512.
- Mruk, C. J. (2006). *Self-Esteem and Positive Psychology: Research, Theory and Practice Fourth Edition*. New York: Springer Publishing Company.
- Mude, G., & Karad, D. (2023). Social Media Usage: A Comparison between generation y and generation z in india. *International Journal of E-Business Research (IJEBR)* 19 (1).
- Muhyatun, & Fauziah, N. (2022). Potret: Kompetensi dan Keterampilan Konselor di Era Society 5.0. *Al Irsyad Jurnal Bimbingan Konseling Islam*, 31-40.
- Mulyana, S., & Afriani. (2017). Hubungan Antara Self-Esteem dengan Smartphone Addiction pada Remaja SMA di Kota Banda Aceh. *Jurnal Psikogenesis*, 5 (2), 102-114.
- Nagari, W. S., Yuliansyah, M., & Handayani, E. S. (2023). Hubungan FoMO dan Anxiety terhadap Remaja Adiksi Medsos di SMKN 1 Martapura. *Open Journal Systems*, 1225-1238.
- Neuman, W. L. (2016). *Metodologi Penelitian Sosial: Pendekatan Kualitatif dan Kuantitatif (7th ed.)*. Jakarta: PT. Indeks.
- News, I. T. (2020, September 29). *Irish Tech News*. Diambil kembali dari Irish Tech News: <https://irishtechnews.ie/the-psychology-behind-social-media-likes/>
- Nick, E. A., Kilic, Z., Nesi, J., Tazler, E. H., Lindquist, K. A., & Prinstein, M. J. (2021). Adolescent Digital Stress: Frequencies, Correlates, and Longitudinal Association With Depressive Symptoms. *Adolescent Health Brief*.
- Nikmarijal, N. (2014). Urgensi Peranan Keluarga bagi Perkembangan Self-esteem Remaja. *Jurnal Konseling dan Pendidikan*, 2(2), 19-24.
- Nirmalasari, L., & Masusan, K. (2014). Self Esteem, Gender Dan Prestasi Kerja (Study Pada Penyiar Radio Di Kota Bandung): Bandung: STIESTEMBI.
- Nurvita, V., & Handayani, M. M. (2015). Hubungan Aantara Self-esteem dengan Body Image pada Remaja Awal yang Mengalami Obesitas. *Jurnal Psikologi Klinis dan Kesehatan Mental*, 41-49.
- Nuzulita, N., & Subriadi, A. P. (2019). The role of risk-benefit and privacy analysis to understand different uses of social media by Generations X, Y, and Z in Indonesia. *Journal of Information Systems in Developing Countries*, 86 (3).
- Oksman, V., & Turtiainen, J. (2004). Mobile communication as a social stage. SAGE Publication, 6(3), 319-339. <https://doi.org/10.1177/1461444804042518>
- Park, N., & Lee, H. (2014). Nature of youth smartphone addiction in Korea. *Media Information Resarch*, 51(1), 100-132.
- Perna, L. K. (2020). Need to Belong, Fear of Missing Out, and Social Media Use: Predictors of Perceived Social Rejection. *Walden Dissertations and Doctoral Studies*.

- Pfeifer, J. H., & Berkman, E. T. (2018). The Development of Self and Identity in Adolescence: Neural Evidence and Implications for a Value-Based Choice Perspective on Motivated Behavior. *Child Development Perspectives*, 158-164.
- Praptiningsih, N. A., & Putra, G. K. (2021). Toxic Relationship Dalam Komunikasi Interpersonal di Kalangan Remaja. *Communication*, Vol. 12 No. 2, 138-149.
- Pratiwi, A., & Fazriani, A. (2020). Hubungan Antara Fear of Missing Out (FoMO) dengan Kecanduan Media Sosial pada Remaja Pengguna Media Sosial. *Jurnal Kesehatan*, Vol. 9, No. 1.
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, Emotional, and Behavioral Correlates of Fear of Missing Out. *Computers in Human Behavior*, 1841-1848.
- Purba, A. K., Thomson, R. M., Henery, P. M., Pearce, A., Henderson, M., & Katikireddi, S. V. (2023). Social media use and adolescent health-risk behaviours: A systematic review and meta-analysis. *medRxiv*.
- Rahardjo, W., Qomariyah, N., Andriani, I., Hermita, M., & Zanah, F. (2020). Adiksi Media Sosial pada Remaja Pengguna Instagram dan WhatsApp: Memahami Peran Need Fulfillment dan Social Media Engagement. *Jurnal Psikologi Sosial*, 18(1), 5-16. <https://doi.org/10.7454/jps.2020.03>
- Reeve, J & Sickenius, B. (1994). Development and Validation Of A Brief Measure Of The Three Psychological Needs underlung Intrinsic Motivation: The AFS Scales. *Educational and Psychological Measurement*, Vol. 54 No 2.
- Riordan, B. C., Cody, L., & Scarf, D. (2020). The development of a single item FoMO (Fear of Missing Out) scale. *Curr Psychol* 39, 1215-1220.
- Rohmah, F. A. (2012). Pengaruh pelatihan harga diri terhadap penyesuaian diri pada remaja. *HUMANITAS (Jurnal Psikologi Indonesia)*, 1(1), 53-63.
- Roberts, J. A., Yaya, L. H. P., & Manoris, C. (2014). The invisible addiction: cell-phone activities and addiction among male and female college students. *Journal of Behavioral Addiction*, 3(4), 254-265. doi: 10.1556/JBA.3.2014.015
- Rosenberg, M. (1965). *Society and the adolescent self-image*. USA: Princeton University Press.
- Rozali, Y. A. (2015). Kecerdasan Interpersonal Remaja ditinjau dari Penerapan Pola Asuh Orang Tua. *SEMINAR PSIKOLOGI & KEMANUSIAAN* (hal. 446-452). Jakarta: Psychology Forum UMM.
- Rozgonjuk, D., Sindermann, C., D. Elhai, J. D., & Montag, C. (2021). Individual differences in Fear of Missing Out (FoMO): Age, gender, and the Big Five personality trait domains, facets, and items. *Personality and Individual Differences*.
- Ryan, R. M., & Deci, E. L. (2000). Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being . *American Psychologist* 55 (1), 68-78.
- Sa'diyah, S. C. (2012). *Hubungan self esteem dengan kecenderungan cinderella complex pada mahasiswi semester VI Fakultas Psikologi Universitas Islam Negeri Maulana Malik Ibrahim Malang*. (Doctoral dissertation, Universitas Islam Negeri Maulana Malik Ibrahim).

- Sagioglou, C., & Greitemeyer, T. (2014). Facebook's emotional consequences: Why Facebook causes a decrease in mood and why people still use it. *Computers in Human Behavior*, 35, 359–363. <http://dx.doi.org/10.1016/j.chb.2014.03.003>
- Sandjaja, S. S., & Syahputra, Y. (2019). Has a Fear of Missing Out Contributed to Phubbing Among Students? *International Journal of Innovation, Creativity and Change*, vol. 5.
- Sankapal, S. (2023). A Systematic Review of Fear of Missing Out: Understanding its Implications and Influencing Factors. *International Journal of Novel Research and Development*, 58-61.
- Santos, I. L., Pimentel, C. E., & Mariano, T. E. (2021). Cyberstalking scale: development and relations with gender, FOMO and social media engagement. *Current Psychology*.
- Santrock, J. W. (2016). *Adolescence Sixteenth Edition*. New York: McGraw-Hill Education.
- Scheinfeld, E., & Voorhees, H. L. (2022). How Social Media, FoMO, and Isolation Influence Our Perceptions of Others Who “Break the Rules”. *Social Media + Society*, 8(2).
- Sela, Y., Zach, M., Amichay-Hamburger, Y., Mishali, M., & Omer, H. (2020). Family environment and problematic internet use among adolescents: The mediating roles of depression and Fear of Missing Out. *Computers in Human Behavior*.
- Sette, C. P., Lima, N. R., Queluz, F. N., Ferrari, B. L., & Hauck, N. (2020). The Online Fear of Missing Out Inventory (ON-FoMO): Development and Validation of a New Tool. *Journal of Technology in Behavioral Science*.
- Setyaningsih, N., Sarjana, W., & Wardani, N. D. (2023). The Correlation Between Fear of Missing Out (FoMO) and Internet Addiction in Vocational High School Students. *Jurnal Psikiatri Surabaya*. Vol.12 (1).
- Sevidio, R., Koronczai, B., Griffiths, M. D., & Demetrovis, Z. (2022). Problematic Smartphone Use and Problematic Social Media Use: The Predictive Role of Self-Constraint and the Mediating Effect of Fear Missing Out. *Front. Public Health, Sec. Digital Public Health*, vol. 10.
- Shodiq, F., Kosasih, E., & Maslihah, S. (2020). Need to Belong dan Fear of Missing Out Mahasiswa Pengguna Media Sosial Instagram. *Jurnal Psikologi Insight*. Vol. 4, no. 1, 53-62.
- Stangor, C., Walinga, J., Cummings, J. A., & Sanders, L. (2019). *Introduction to Psychology*. Saskatoon, SK.: University of Saskatchewan Open Press. Diambil kembali dari Open Academic Publishing Platform at the University of Saskatchewan.
- Steele, R. G., Hall, J. A., & Christofferson, J. L. (2019). Conceptualizing Digital Stress in Adolescents and Young Adults: Toward the Development of an Empirically Based Model. *Clinical Child and Family Psychology Review*.
- Stillman, D., & Stillman, J. (2017). *Gen Z @ Work: How the Next Generation is Transforming the Workplace*. New York: Harper Business, an imprint of Harper Collins Publishers.
- Soetjipto. H.P. (2015). Pengujian Validitas Konstruksi Kriteria Kecanduan Internet. *Jurnal Psikologi*, Volume 32, 2. 74-91. doi: 10.22146/jpsi.7072

- Stead, H., & Bibby, P. A. (2017). Personality, fear of missing out and problematic internet use and their relationship to subjective well-being. *Computers in Human Behavior*, 76, 534–540. doi:10.1016/j.chb.2017.08.016
- Sugiyono. (2011). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta.
- Sultan, A. J. (2021). User engagement and self-disclosure on Snapchat and Instagram: the mediating effects of social media addiction and fear of missing out. *Journal of Economic and Administrative Sciences*.
- Sumini, Nurajizah, N., & Indriani, M. (2018). Neuro-Lingusitic Programming (NLP) Based Counseling sebagai Solusi untuk Mereduksi Efek FoMO (Fear Of Missing Out) pada Kecanduan Media Sosial. *Seminar Nasional dan Workshop Bimbingan dan Konseling 2018*, (hal. 109-116).
- Sugiyono. (2012). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. CV Alfabeta.
- Syafrizaldi., & Pratiwi, S. (2020). Hubungan antara Lingkungan Sosial dengan Harga Diri Remaja Panti Asuhan Al Jam'iyatul Washliyah Binjai. *Journal of Education, Humaniora and Social Sciences (JEHSS)*, 3, (01).
- Tanhan, F., Özok, H. İ., & Tayız, V. (2022). Fear of Missing Out (FoMO): A Current Review. *Psikiyatride Güncel Yaklaşımlar-Current Approaches in Psychiatry*, 14(1), 74-85.
- Tanrikulu, G., & Mouratidis, A. (2022). Life aspirations, school engagement, social anxiety, social media use and fear of missing out among adolescents. *Current Psychology*.
- Tapscott, D. (2009). *Grown Up Digital: How the Net Generation is Changing Your World*. United States: McGraw-Hill.
- Throuvala, M. A., Griffiths, M. D., Rennoldson, M., & Kuss, D. J. (2019). A 'Control Model' of Social Media Engagement in Adolescence: A Grounded Theory Analysis. *International Journal of Environmental Research and Public Health*.
- Toma, C. L., & Hancock, J. T. (2013). Selfaffirmation underlies Facebook use. *Personality and Social Psychology Bulletin*, 39, 321–331. <http://dx.doi.org/10.1177/0146167212474694>
- Twenge, J. M., & Campbell, W. K. (2002). Self-esteem and socioeconomic status: A metaanalytic review. *Personality And Social Psychology Review*, 6, 59-71.
- Uhls, Y. T., Ellison, N. B., & Subrahmanyam, K. (2017). Benefits and Costs of Social Media in Adolescence. *Pediatrics*, 567-570.
- Utami, R. H., & Magistarina, E. (2022). Trapped to Stay Connected: Fear of Missing Out (FoMO) and Internet Use in Millennials. *n Proceedings of the 2nd International Conference on Psychological Studies (ICPsyche 2021)* (hal. 43-49). SCITEPRESS – Science and Technology Publications.
- Vannucci, A., Simpson, E. G., Gagnon, S., & Ohannessian, C. M. (2020). Social media use and risky behaviors in adolescents: A meta-analysis. *J Adolesc.*
- Wang, P., Xie, X., Wang, X., Wang, X., Zhao, F., Chu, X., . . . Lei, L. (2018). The need to belong and adolescent authentic self-presentation on SNSs: A moderated mediation model involving FoMO and perceived social support. *Personality and Individual Differences*.
- Wati, O. D., Hotifah, Y., & Ramli, M. (2021). Pengembangan Panduan Teknik Flooding dalam Konseling Behavioral untuk Mereduksi Fear of Missing

- Out Siswa Sekolah Menengah Atas. *Buletin Konseling Inovatif*, 1(2), 55-63.
- Winstone, L., Mars, B., Haworth, C. M., & Kidger, J. (2023). Types of Social Media Use and Digital Stress in Early Adolescence. *Journal of Early Adolescence*, 294-319.
- Wirman, W., Yozani, R. E., Angela, S., & Surbakt, R. S. (2023). Study of communication phenomenology of tiktok users who have experienced fear of missing out on behavior. *Jurnal Magister Ilmu Komunikasi*, vol. 9, (1), 53-66.
- Xie, X., Wang, Y., Wang, P., Lei, L., & Zhao, F. (2018). Basic Psychological Needs Satisfaction and Fear of Missing Out: Friend Support Moderated the Mediating Effect of Individual Relative Deprivation. *Psychiatry Research*, 223-228.
- Yang, S.-y., Wang, Y.-C., Lee, Y.-C., Lin, Y.-L., Hsieh, P.-L., & Lin, P.-H. (2022). Does Smartphone Addiction, Social Media Addiction, and/or Internet Game Addiction Affect Adolescents' Interpersonal Interactions? *healthcare* 10, 963.