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**PENGARUH *FEAR OF MISSING OUT* DAN KESEPIAN TERHADAP  
*PSYCHOLOGICAL WELL-BEING* PADA REMAJA AKHIR PENGGUNA  
MEDIA SOSIAL TWITTER DI JAWA BARAT**

**SKRIPSI**

Diajukan untuk Memenuhi Salah Satu Syarat  
Memperoleh Gelar Sarjana di Program Studi Psikologi



Disusun oleh:  
Tiara Puspita Prameswari  
NIM 1805363

**PROGRAM STUDI PSIKOLOGI  
FAKULTAS ILMU PENDIDIKAN  
UNIVERSITAS PENDIDIKAN INDONESIA  
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2022**

**Pengaruh *Fear of Missing Out* dan Kesepian Terhadap *Psychological Well-Being* Pada Remaja Akhir Pengguna Media Sosial Twitter di Jawa Barat**

Oleh: Tiara Puspita Prameswari

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

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**HALAMAN PENGESAHAN SKRIPSI**

Tiara Puspita Prameswari

1805363

**PENGARUH *FEAR OF MISSING OUT* DAN KESEPIAN TERHADAP  
*PSYCHOLOGICAL WELL-BEING* PADA REMAJA AKHIR PENGGUNA  
MEDIA SOSIAL TWITTER DI JAWA BARAT**

Disetujui dan disahkan oleh pembimbing:

**Pembimbing I**



Sitti Chotidjah, S. Psi., M. A., Psikolog.

NIP. 19771205 200604 2 001

**Pembimbing II**



Diah Zaleha Wyandini, S. Psi., M. Si.

NIP. 19780314 200912 2 001

Mengetahui,

**Ketua Program Studi Psikologi**



Dr. Sri Maslihah, M.Psi., Psikolog

NIP. 19700726 200312 2 001

**SKRIPSI INI TELAH DIUJIKAN PADA:**

Hari, Tanggal : Selasa, 23 Juni 2022  
Waktu : 10.00 WIB  
Tempat : Ruang Sidang 4, Program Studi Psikologi, Fakultas Ilmu  
Pendidikan, Universitas Pendidikan Indonesia

Para Penguji terdiri dari:

**Penguji I,**

Dr. Sri Maslihah, M. Psi, Psikolog.

NIP. 19700726 200312 2 001

**Penguji II,**

Anastasia Wulandari, M. Psi.

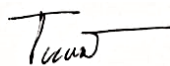
NIP. 19780208 200604 2 002

**Penguji III,**

Diah Zaleha Wyandini, S. Psi., M. Si.

NIP. 19780314 200912 2 001

**Tanggung Jawab Yuridis ada pada:**

**Peneliti,**

Tiara Puspita Prameswari

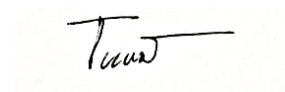
1805363

**LEMBAR PERNYATAAN**

Dengan ini saya menyatakan bahwa skripsi dengan judul “**PENGARUH *FEAR OF MISSING OUT* DAN KESEPIAN TERHADAP *PSYCHOLOGICAL WELL-BEING* PADA REMAJA AKHIR PENGGUNA MEDIA SOSIAL TWITTER DI JAWA BARAT**” sepenuhnya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika keilmuan yang berlaku di dalam masyarakat. Atas pernyataan ini, saya siap menanggung risiko ataupun sanksi apabila dikemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, Agustus 2022

Yang membuat pernyataan,



Tiara Puspita Prameswari

NIM. 1805363

## KATA PENGANTAR

Bismillahirrahmaanirrahiim.

Puji dan syukur tak hentinya terlimpah curah kepada Allah Subhanahu Wata'ala. Atas berkat rahmat, hidayah, dan karunia-Nya, serta dukungan dari berbagai pihak, penelitian yang berjudul **“Pengaruh *Fear of Missing Out* dan Kesepian Terhadap *Psychological Well-Being* Pada Remaja Akhir Pengguna Media Sosial Twitter di Jawa Barat”** ini dapat terselesaikan dengan baik.

Penelitian ini dimaksudkan dengan tujuan sebagai salah satu pemenuhan syarat untuk memperoleh gelar Sarjana Psikologi di Program Studi Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Dengan segala kerendahan hati, peneliti mengucapkan banyak terima kasih kepada seluruh pihak yang telah berperan membantu penyusunan skripsi ini.

Peneliti menyadari bahwa penulisan skripsi ini masih banyak kekurangan dan jauh dari kata sempurna. Oleh karena itu, saran dan masukan dari berbagai pihak akan sangat membantu bagi peneliti untuk kedepannya. Mudah-mudahan, penelitian skripsi ini memberikan manfaat serta referensi bagi pembaca.

Bandung, Agustus 2022

Peneliti



Tiara Puspita Prameswari

## ABSTRAK

**Tiara Puspita Prameswari (1805363).** Pengaruh *Fear of Missing Out* dan Kesepian terhadap *Psychological Well-Being* pada Remaja Akhir Pengguna Media Sosial Twitter di Jawa Barat. Skripsi. Program Studi Psikologi. Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung (2022).

Penelitian ini bertujuan untuk mengetahui pengaruh dari *Fear of Missing Out* dan kesepian terhadap *Psychological Well-Being* pada remaja akhir pengguna media sosial Twitter di Jawa Barat. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional. Sampel penelitian ini terdiri atas 385 responden dengan karakteristik remaja akhir dengan rentang usia 15-19 tahun di Jawa Barat, aktif menggunakan Twitter. Teknik sampling menggunakan *accidental sampling*. Peneliti menggunakan *Fear of Missing Out Scale* yang dirancang Przybylski, *et. al.* (Nurshofia, 2021), Skala Kesepian yang dirancang oleh Bruno (Lorenza, 2021), dan *Ryff's Psychological Well-Being Scale* (Khairunnisa, 2021). Analisis data yang digunakan adalah analisis regresi linear berganda dengan nilai signifikansi 0,001 ( $p < 0,05$ ). Berdasarkan hasil analisis data, dapat disimpulkan bahwa *Fear of Missing Out* dan kesepian berpengaruh terhadap *Psychological Well-Being* dengan nilai kontribusi sebesar 40,5% atau *Fear of Missing Out* dan kesepian memberikan pengaruh yang besar terhadap tingkatan *Psychological Well-Being*.

Kata kunci: *Fear of Missing Out*, kesepian, *Psychological Well-Being*.

## ABSTRACT

**Tiara Puspita Prameswari (1805363).** *The Effect of Fear of Missing Out and Loneliness on Psychological Well-Being in Late Adolescents using Twitter in West Java. Essay. Study Program Psychology. Faculty of Education, Universitas Pendidikan Indonesia. Bandung (2022).*

*This study aims to determine the effect of Fear of Missing Out and loneliness on Psychological Well-Being in late adolescents using Twitter in West Java. This study uses a quantitative method with a correlational design. The sample of this study consisted of 385 respondents with the characteristics of late adolescents with an age range of 15-19 years in West Java and actively using Twitter. The sampling technique used is accidental sampling. Researcher used the Fear of Missing Out Scale were compiled Przybylski, et. al. (Nurshofia, 2021), the Loneliness questionnaire were compiled by Bruno (Lorenza, 2021), and Ryff's Psychological Well-Being Scale (Khairunnisa, 2021). The data analysis used was multiple linear regression analysis with a significance value of 0.001 ( $p < 0.05$ ). Referring to the result of data analysis, it can be concluded that Fear of Missing Out and loneliness affect Psychological Well-Being with a contribution value of 40.5% or based on the influence given is quite large.*

*Keyword: Fear of Missing Out, loneliness, Psychological Well-Being.*



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