

The Influence of Conformity and Life Satisfaction on Fear of Missing Out (FoMO) Among Students of Muhammadiyah 2 Senior High School Sidoarjo

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ABSTRACT

Objective: This study aims to examine the simultaneous and individual effects of conformity and life satisfaction on Fear of Missing Out (FoMO) among students at Muhammadiyah 2 Senior High School Sidoarjo. **Method:** Employing a correlational quantitative design, the study involved 270 students selected from a population of 1,146 using accidental sampling. Data were collected using validated scales for conformity ($\alpha = 0.860$), life satisfaction ($\alpha = 0.807$), and FoMO ($\alpha = 0.898$). Data analysis was conducted using multiple linear regression with the JASP statistical software. **Results:** The findings indicate that conformity and life satisfaction simultaneously have a significant influence on FoMO ($F = 57.363, p < 0.001$). Individually, conformity positively and significantly influences FoMO ($t = 3.289, p = 0.001$), while life satisfaction has a significant negative influence on FoMO ($t = -9.553, p < 0.001$), suggesting that higher life satisfaction is associated with lower levels of FoMO. **Novelty:** This study contributes new insights into the psychological mechanisms underlying FoMO among adolescents by highlighting the dual role of social conformity and subjective well-being, particularly within the context of Indonesian high school students.

INTRODUCTION

Adolescent development is a dynamic transitional phase, in which individuals experience major changes in various aspects of their lives. According to Hurlock, there are four main aspects of the changes that adolescents experience: (1) increased emotional intensity; (2) physical and psychological changes; (3) adaptation to expected social roles; (4) exploration of new interests and behaviors that change mindsets. In addition, the desire for freedom grows stronger, but it is often accompanied by feelings of doubt in the face of increasing challenges and responsibilities [1].

According to Desjarlais & Willoughby, one of the important aspects of adolescence is accepting and interacting with peers (Farida et al., 2021) [2]. But According to Asrori, not all adolescents are able to interact and adapt well in their social environment, which can lead to a lack of confidence, low self-concept, and feelings of isolation (Sangadah & Widyarto, 2023) [1]. This is possible Due to the inability to meet the social standards set by their environment so as to trigger feelings of rejection and loneliness, so in an effort to overcome this, adolescents often turn to social media as a means to stay connected with peers and gain social validation. However, dependence on social media also carries its own risks. Loneliness can be experienced by adolescents due to not following other people's activities on social media, so anxiety is felt if the latest information is not always

available, as well as worrying about missing important messages or calls [3]. Fullerton too Emphasizing that inactivity on social media can make adolescents feel alienated from their friends, the result of using social media is that on the one hand it helps teenagers stay connected, but on the other hand it can increase anxiety and excessive dependence on digital interactions [4].

However, excessive use of the internet can lead to addiction to social media. This is reinforced by a survey by the Central Statistics Agency (BPS) in 2023 stating that 16-18 years old internet use reaches 7.47%. Excessive use of social media can have negative impacts such as excessive worry and anxiety which causes teenagers to tend to feel less confident when they see other users on social media platforms, especially those who look different, more attractive, or famous [5]. This phenomenon of causing fear and anxiety is called Fear of missing out (FoMO) [6].

According to Przybylski, FoMO is when a person believes that the experience of others is more important than his own. It is characterized by a desire to remain involved in the activities of others (Putri & Hapsari, 2024) [7]. Feelings of fear that lead to excessive worry that adolescents who experience FoMO may cause them to feel the loss of gaining opportunities to interact socially, gain new experiences, or share other fun events [8]. In addition, the emergence of negative emotions exacerbates the situation, resulting in worse self-regulation, gradual increase in stress, and physical fatigue caused by lack of sleep, poor decision-making, and lack of sleep. As a result, teens who experience FoMO tend to sacrifice their sleep time to participate in social activities or consider things they may have missed [9].

Aspects according to Przybylski, et al which is contained in Fear of missing out is the first, the inability of individuals to meet their psychological needs (*self*), this need is related to individuals and groups (*need for competence*), if not fulfilled can lead to a decrease in mood and life satisfaction. When a person fails to meet his psychological need for autonomy (*need for autonomy*), they tend to turn to cyberspace or social media as a way to meet those needs without the intervention of others. As a result, individuals will continue to be active on social media to keep up with the latest trends. Second, the psychological need for *Relatedness* that is not fulfilled can cause anxiety and fear. It has to do with a person's desire to feel part of a group [10].

The research conducted by Fenia & Nastasia is titled *The Relationship Between Loneliness and Fear of Missing Out in Adolescents Who Use Instagram at Pertiwi 1 High School Padang City* shows the level *Fear of missing out* which is high experienced by 17% of students. Researchers concluded that when students experience FoMO, they tend to feel less satisfied in meeting basic psychological needs and have a strong desire to be part of a social group [10].

The researcher conducted an initial survey of 25 students of Muhammadiyah 2 Senior High School Sidoarjo who experienced Fear of missing out. Based on the FoMO aspect according to Przybylski, et al., it was found that 16 respondents (64%) experienced

anxiety when they could not take part in activities or experiences carried out by others. In addition, 13 respondents (52%) were worried if friends or other people had more interesting experiences or activities. Then, 8 respondents (32%) often searched for information about other people's activities online, while 11 respondents (44%) tended to update their status frequently to let themselves know how they were doing on social media [8]. The results of this initial survey indicate that there is a Fear of missing out from the aspect *self*, individual worries arise when they cannot engage in an experience or activity, accompanied by feelings of anxiety if other individuals have a better experience. Meanwhile, in the aspect of *Relatedness*, indications of FoMO can be seen from the tendency to continue to find out about other people's lives in cyberspace as well as the desire to update personal information regularly on social media.

Factors that can affect Fear of missing out according to Przybylski includes population, gender, age, as well as behavioral and motivational factors related to dissatisfaction with psychological needs (Kolinug & Prasetya, 2021) [8]. In addition, Baron & Bryne stated that the cohesiveness of individuals in a group also plays a role in the emergence of FoMO, as it can encourage a person to behave conformively [11]. Meanwhile, Kiyassathina & Sumaryanti added that life satisfaction also affects FoMO, especially in the aspect of self-esteem (*sense of self-esteem*) which has an impact on the formation of emotions, social interaction, and individual behavior [12].

Factors that are suspected to have played a role in the emergence of *Fear of missing out* is conformity. Research researched by Iklimah M, et al. on *Fear of Missing Out with Conformity in Generation Z*, it was found that conformity can affect FoMO. This is due to the high level of conformity in most of the study subjects which shows that individuals have a tendency to follow social norms according to their group's expectations [13]. According to Baron & Byrne, FoMO can occur as a result of conformity behavior that is influenced by cohesiveness or the level of an individual's interest in a group, the higher a person's interest in a particular group is characterized by a sense of liking and admiration, the greater the pressure to fit in with that group. Social influences that cause a person to change their attitudes and behaviors to be in harmony with the norms that apply in their social environment are known as conformity [11].

According to Baron & Byrne, conformity consists of two main aspects. First, the normative aspect, which is when a person adjusts his behavior to what others expect to be socially acceptable. This is done by complying with the norms that apply in their social environment. Second, the informational aspect, which occurs when individuals adjust to the group or try to align their thinking because they think that the opinions and assumptions of the group are more accurate or have more complete information than they own (Cibro & Simbolon, 2023) [11].

Furthermore, the second factor that is assumed to influence occurs Fear of missing out is the satisfaction of life. Research by Tuahuns & Salim on *The Effect of Life Satisfaction on the Fear Of Missing Out Students Using Instagram and Tiktok Social Media* shows that

adolescent life satisfaction has the opposite relationship with FoMO. This means that if Life satisfaction decreases, then the FoMO level tends to increase, while if life satisfaction increases, FoMO tends to decrease [14]. According to Santrock, life satisfaction is one of the dimensions of subjective well-being that reflects an individual's evaluation of the overall quality of life based on criteria that he or she sets himself (Margaretha & Wibowo, 2023) [15]. Based on Diener's opinion, there are several aspects of life satisfaction, namely: (1) the desire to change life; (2) satisfaction with past life; (3) current satisfaction; (4) satisfaction with future life; (5) how others judge a person's life (Kiyassathina & Sumaryanti, 2021) [12].

Research on Fear of missing out has been carried out by several researchers before, one of which is Virnanda's research entitled *The Relationship between Loneliness and Fear of Missing Out Behavior in SMA Negeri 1 Tulungagung Students* [1]. Watipah & Yusra's research on *The Contribution of Self-Control to the Fear of Missing Out in Students Using Instagram at Padang State University* [16]. In addition, Saekoko & Arianti researched *The Relationship between Happiness and Fear of Missing Out in Early Adults of Social Media Users in NTT* [17]. Meanwhile, Putri & Hapsari researched *The Effect of Self-Esteem on Fear of Missing Out (FoMO) in Generation Z Social Media Users* [18]. The current research is different from previous studies, because the focus is on analyzing the simultaneous influence of conformity and life satisfaction on Fear of missing out (FoMO) to students of Muhammadiyah 2 Senior High School Sidoarjo.

The researcher found the following research questions: (1) Does conformity and life satisfaction together have an effect on fear of missing out (FoMO) in students of Muhammadiyah 2 Senior High School Sidoarjo? (2) Is there an effect of conformity with fear of missing out (FoMO)? (3) Is there an effect of life satisfaction with fear of missing out (FoMO)? From these questions, the objectives of the research were found to be as follows: (1) To determine the influence of conformity and life satisfaction on fear of missing out (FoMO) in students of Muhammadiyah 2 Senior High School Sidoarjo; (2) To determine the effect of conformity with fear of missing out (FoMO) on students of Muhammadiyah 2 Senior High School Sidoarjo; (3) To determine the effect of life satisfaction with fear of missing out (FoMO) on students of Muhammadiyah 2 Senior High School Sidoarjo. The research hypothesis, namely hypothesis (H1), shows that conformity and life satisfaction simultaneously affect the fear of missing out (FoMO) in students of Muhammadiyah 2 Senior High School Sidoarjo. Hypothesis (H2) shows that conformity affects fear of missing out (FoMO) in students of Muhammadiyah 2 Senior High School Sidoarjo. Hypothesis (H3) shows that life satisfaction has an effect on fear of missing out (FoMO) in students of Muhammadiyah 2 Senior High School Sidoarjo. It is hoped that this study will provide a deeper understanding of the factors that affect fear of missing out, especially from psychological aspects such as conformity and life satisfaction.

RESEARCH METHOD

The method used in this study is a quantitative method with a correlational approach. According to Azwar (2021), the quantitative approach concentrates on analyzing data in the form of numbers and processed with statistical techniques [18]. The correlational approach on the other hand is used in this study because it is non-experimental and has the objective of analyzing the relationship between two or more variables [19]. There are two independent variables in this study, namely conformity (X1) and life satisfaction (X2), as well as one dependent variable and Fear of missing out (FoMO) (Y).

This study involved 1,146 students of Muhammadiyah 2 Senior High School Sidoarjo for the 2024/2025 school year. The researchers used the Issac & Michael table with a significance level of 5% to calculate the number of samples and obtained a sample of 270 students. Sampling by technique non-probability sampling using the *accidental sampling*. Method *accidental sampling* according to Sugiyono (2016) is a sampling technique based on individuals who are met by chance and meet the research criteria [16].

This study uses three psychological scales, namely, the conformity scale, the life satisfaction scale, and the Fear of missing out. The measurement of the conformity scale adopts the scale developed by Irmatus Saidah's research, which is arranged based on aspects of conformity according to Baron & Byrne's theory, namely normative conformity and informational conformity [20]. This scale consists of 11 items, with 8 items valid, and has reliability *Cronbach's Alpha* by 0.860.

Data collection for the life satisfaction scale was carried out by adapting the scale from Siti Nurjana Gani, which was compiled based on the aspect of life satisfaction according to Diener's theory. These aspects include: (1) the desire to change lives; (2) satisfaction with life in the past; (3) satisfaction with life at the moment; (4) future life satisfaction; (5) the judgment of others on a person's life [21]. The number of items in this scale is 22, of which 16 are valid, and have Reliability *Cronbach's Alpha* by 0.807.

Scale measurement Fear of missing out adapted the scale of Khanza Syadia Daravit's research, which was based on the theory of Przybylski, et al. This scale measures two main aspects, namely Aspects of Needs *self* and the psychological needs of *Relatedness* [22]. The number of valid items on this scale is 18, with reliability *Cronbach's Alpha* by 0.898.

The Likert scale model was used to create all three scales of this study. Each scale consists of favorable and *unfavorable* items with four answer choices, namely SS (Strongly Agree), S (Agree), TS (Disagree), and STS (Strongly Disagree). The score for aitem favorable ranges from 4 to 1, while aitem unfavorable ranges from 1 to 4. This study analyzed data using multiple linear regression analysis and T-test analysis with the help of the JASP program. The purpose of multiple linear regression analysis is to determine the direction and influence of the independent variables of life satisfaction and

conformity on the dependent variables of fear of missing out in students of Muhammadiyah 2 High School Sidoarjo. The analysis of the T test was used to measure the partial influence of conformity on the fear of missing out and the partial effect of life satisfaction on the fear of missing out.

RESULTS AND DISCUSSION

Results

Table 1 shows an overview of the categories of variables conformity, life satisfaction, and Fear of missing out based on 3 categories, namely, high, medium, and low.

Table 1. Variable Category Overview

Category	Conformity		Life Satisfaction		Fear of Missing Out	
	Frequency	%	Frequency	%	Frequency	%
Low	29	11%	74	27%	43	16%
Medium	218	81%	169	63%	189	70%
High	23	9%	27	10%	38	14%
Total	270	100%	270	100%	270	100%

Based on the results of the categorization of the conformity scale from 270 students, as many as 29 students (11%) were in the low category, 218 students (81%) were in the medium category, and 23 students (9%) were in the high category. These results show that the majority of students have moderate or even sufficient levels of conformity. As a result of the life satisfaction scale, as many as 74 students (27%) were classified as low category, 169 students (63%) were in the medium category, and 27 students (10%) were in the high category. Therefore, most students have a moderate or moderate level of life satisfaction with their lives. Meanwhile, the results of the categorization of the fear of missing out scale showed that 43 students (16%) were in the low category, 189 students (70%) were in the medium category, and 38 students (14%) were in the high category. This means that the majority of students experience a moderate or sufficient level of fear of missing out.

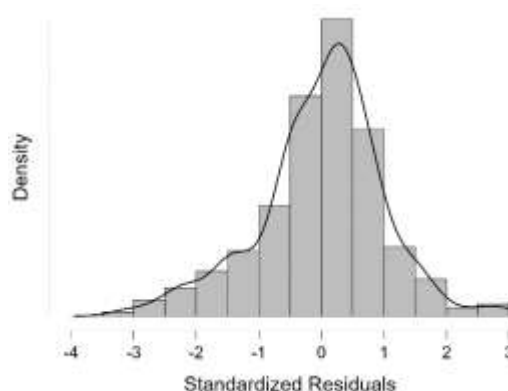


Figure 1. Normality Test

Based on the normality test, the results of the analysis showed that the distribution was concentrated at zero point and formed a curve resembling the shape of a bell. Thus, it is concluded that the assumption of normality in this study is met.

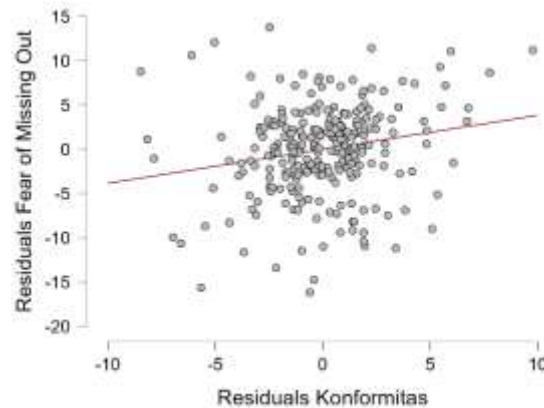


Figure 2. Conformity Linearity Test (X1)

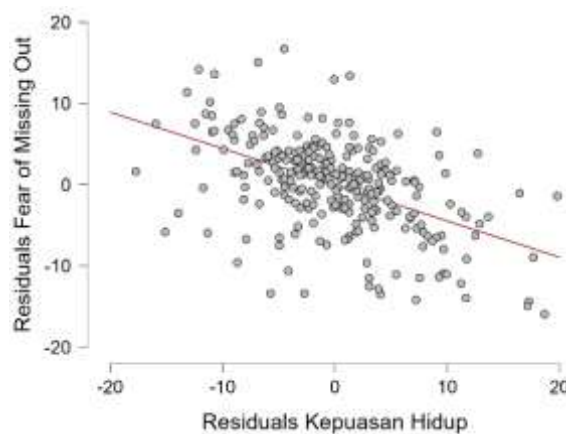


Figure 3. Life Satisfaction Linearity Test (X2)

The results of the linearity test showed that there was a linear relationship between conformity and life satisfaction to the fear of missing out. The results show that the data spreads sloping downwards and approaching the linear line. Thus, it is concluded that the data in this study meet the assumption of linearity.

Table 2. Hypothesis Test

<i>Pearson's Correlations</i>			Pearson's r	p
Conformity (x1)	-	Fear of Missing Out (Y)	0.248	<.001
Life Satisfaction (x2)	-	Fear of Missing Out (Y)	-0.522	<.001

The results of the Pearson correlation test showed that conformity with fear of missing out had a positive correlation ($r=0.248$, $p\text{-value}<0.001$). Meanwhile, life satisfaction with fear of missing out has a negative correlation ($r=-0.522$, $p\text{-value}<0.001$).

After conducting a hypothesis test, a multiple linear regression test was carried out to determine the effect of conformity and life satisfaction simultaneously or together on the fear of missing out.

Table 3. Multiple Linear Regression Test

ANOVA

Type		Sum of Squares	Df	Mean Square	F	p
M ₁	Regression	2803.281	2	1401.640	57.363	<.001
	Residual	6524.086	267	24.435		
	Total	9327.367	269			

The results of the hypothesis multiple linear regression test (H1) were accepted which stated that there was a significant influence between conformity and life satisfaction simultaneously on the fear of missing out with the result of F count ($F=57.363$, $p\text{-value}<0.001$).

Furthermore, the researcher conducted a partial analysis between the conformity variable with fear of missing out and the life satisfaction variable with fear of missing out. To test it using the following T-test analysis.

Table 4. T Test Results

Coefficients

Typ e		Unstandardiz ed	Standar d Error	Standardiz ed	t	p
M ₀	(Intercept)	39.522	0.358		110.286	<.001
M ₁	(Intercept)	52.569	3.467		15.163	<.001
	Conformi ty (x1)	0.384	0.117	0.170	3.289	0.001
	Life Satisfactio n (x2)	-0.446	0.047	-0.495	-9.553	<.001

Based on the results of the T test, conformity can have a significant effect on the fear of missing out with a score ($t=3.289$, $p\text{-value } 0.001$) so that the hypothesis (H2) is accepted, if the conformity is high, then FoMO increases. On the other hand, the lower the conformity, the lower the FoMO. Furthermore, life satisfaction can have a significant effect on the fear of missing out with a score ($t=-9.553$, $p\text{-value} < .001$). This means that the hypothesis (H3) is accepted the higher the FoMO if life satisfaction is lower, on the contrary, the FoMO is lower if life satisfaction is higher.

To measure the extent to which the variables of conformity and life satisfaction affect the fear of missing out, the following determination tests were carried out.

Table 5. Determination Test

<i>Model Summary - Fear of Missing Out</i>				
Type	R	R ²	Adjusted R ²	RMSE
M ₀	0.000	0.000	0.000	5.888
M ₁	0.548	0.301	0.295	4.943

The effective contribution of the variables conformity and life satisfaction to the fear of missing out can be determined through the R² value converted into a percentage. The results of the analysis showed that conformity and life satisfaction made an effective contribution of 30.1% to FoMO. Thus, there is still 69.9% variability in the FoMO phenomenon which is influenced by other factors other than the variables in this study.

Discussion

According to the results of the multiple linear regression test, a score ($F=57.363$, $p\text{-value} < 0.001$) showed that conformity and life satisfaction simultaneously had a significant effect on Fear of missing out (FoMO) to students of Muhammadiyah 2 Senior High School Sidoarjo. This means that the hypothesis (H1) in this study is accepted. This study is a preliminary study that specifically examines the simultaneous influence of conformity and life satisfaction on FoMO. The results of the study showed that individuals with high levels of conformity and low life satisfaction were more likely to experience FoMO. This is in line with the opinion of Iklimah, et al., who stated that FoMO at a high level causes Generation Z to be more often exposed to other people's activities or experiences through social media. As a result, they tend to compare themselves to others, are anxious, and are afraid of falling behind when they see others enjoying their lives. This concern arises because of the urge to be able to follow what others are doing [13]. In line with the research of Puspitasari, et al., that dissatisfaction with life can arise when a person compares his personal life with others only based on content on social media, which generally shows the best side and does not provide a complete picture of all aspects of life [23]. According to Przybylski, individuals with low levels of life satisfaction tend to experience social media dependence, difficulty breaking away from

smartphones, and fear of not knowing the latest information that makes it possible to experience FoMO [2]

Partially, the hypothesis test (H2) was accepted because it showed a significant influence between conformity and Fear of missing out, with a score ($t=3.289$, $p\text{-value}=0.001$). These results support the statement of Sumantri et al., which states that conformity encourages individuals to adjust and change their behavior to be in harmony with group norms. Pressure from this social group can cause anxiety in individuals if they feel missing out on information or important moments in their social environment [9].

The hypothesis partial test (H3) was accepted because it showed a significant influence between life satisfaction and Fear of missing out, with a score ($t=-9.553$, $p\text{-value} < .001$). This result is in line with the statement of Farida et al., who stated that life satisfaction can predict the FoMO experience, if life satisfaction is higher or lower, it will affect the intensity of a person's experience of FoMO [2]. According to Przybylski, individuals who have low satisfaction in the three basic psychological needs (Relatedness, competence and autonomy) more often trying to connect with social media and tend to experience higher FoMO (Kiyassathina & Sumaryanti, 2021) [12].

Based on the results of the determination test, it is known that conformity and life satisfaction make an effective contribution of 30.1% to Fear of missing out. Thus, there are still 69.9% of other factors outside of these two variables that also affect the FoMO phenomenon. For example, the research of Fitri et al. (2024) regarding The Effect of Self-Esteem on FoMO on Generation Z Social Media Users that Self-esteem with FoMO has a negative and significant effect. That is, individuals with Self-esteem low ones tend to experience higher levels of FoMO [18]. Another example of research by Zahroh & Sholichah (2022) titled The Effect of Self-Concept and Self-Regulation on Fear of Missing Out (FoMO) in College Instagram Users that there is a significant negative relationship between self-concept and self-regulation towards FoMO. This means that students with low self-concept and self-regulation tend to feel a higher FoMO than students with good self-concept and self-regulation [24].

CONCLUSION

Fundamental Finding : This study concludes that conformity and life satisfaction have a significant simultaneous and partial influence on the fear of missing out (FoMO) among students at Muhammadiyah 2 Senior High School Sidoarjo, with a combined contribution of 30.1% to FoMO levels. Higher conformity is associated with increased FoMO, while greater life satisfaction correlates with lower FoMO. **Implication** : These findings suggest that interventions aimed at reducing FoMO in adolescents should focus on promoting individual autonomy to reduce conformity and enhancing life satisfaction through gratitude and self-appreciation practices. **Limitation** : The study is limited to two predictive variables—conformity and life satisfaction—thus excluding other

potential psychological factors that may significantly influence FoMO, such as self-esteem, self-concept, or self-regulation. Additionally, the use of self-report measures and a single institutional context may limit the generalizability of the findings. **Future Research** : Further studies are recommended to explore a broader range of psychological constructs that may contribute to FoMO, employing diverse samples and mixed-method approaches to develop a more comprehensive understanding of the phenomenon in adolescent populations.

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