

ABSTRACT

RAJENDRA CETTA NISMARA 21.04.025. *Fear of Missing Out Among Adolescents in Pasir Jambu Village, Sukaraja District, Bogor Regency. Supervised by KANYA EKA SANTI and IRNIYATI SAMOSIR.*

This study aims to investigate the prevalence of Fear of Missing Out (FoMO) among adolescents in Pasirjambu Village, Sukaraja Subdistrict, Bogor Regency. FoMO refers to the fear and anxiety resulting from being left out of social moments or information on social media. This study employs a quantitative descriptive method using the Self-Determination Theory (SDT) developed by Ryan & Deci (1985), which encompasses three main aspects: autonomy, competence, and relatedness, as well as Przybylski's (2013) theory related to Fear of Missing Out. This study employs a quantitative approach with a descriptive method. The sample consists of 90 adolescent respondents aged 13–18 years who actively use social media, obtained through cluster random sampling. The instruments used were the Self-Determination Scale by Ryan & Deci (1985) and the Fear of Missing Out (FoMOs) Scale by Przybylski et al. (2013), which have been validated and reliability-tested. The autonomy aspect scored 1.930 out of an ideal score of 2.880, or 67.01%, falling within the moderate category on the continuum. The competence aspect scored 1.884 out of an ideal score of 2.880, or 65.42%, also falling within the moderate category on the continuum. The connectedness aspect scored 1.550 out of an ideal score of 2.880, or 53.82%. The research results show that the level of FoMO among adolescents is in the moderate category, scoring 1.808 out of an ideal score of 3.600, or 55.25%. These findings indicate that unmet basic needs, particularly in terms of social relationships, make adolescents more likely to stay connected to social media to avoid feeling left out. Based on the research findings, the researcher proposes the “Self-Strengthening and Healthy Relationships Program for Adolescents.”

Keywords: *Fear of Missing Out, Adolescents, Social Media, Self-Determination Theory.*