

## **Peran *Fear of Missing out* (FoMo) dan *Social Intelligence* terhadap**

### **Kepuasan Hidup pada Mahasiswa**

***Tasya Nadhifa Gunawan<sup>1</sup>, Avin Fadilla Helmi<sup>2</sup>***

*<sup>1,2</sup>Fakultas Psikologi Universitas Gadjah Mada*

#### **Abstrak**

Setiap manusia ingin merasa bahagia dan puas terhadap kehidupannya. Meskipun begitu, mahasiswa dinilai rentan untuk memiliki kepuasan hidup rendah akibat stres akademik dan masalah lainnya. Penelitian ini dilakukan guna mengetahui peran *Fear of Missing Out* (FoMO) dan *social intelligence* terhadap kepuasan hidup pada mahasiswa. Partisipan dari penelitian ini adalah 224 mahasiswa dari 40 universitas berbeda di Indonesia angkatan 2018, 2019, 2020, dan 2021 dengan rentang usia 16-28 tahun. Terdapat tiga skala yang digunakan, yaitu *Satisfaction with Life Scale*, *Fear of Missing Out Scale*, dan *The Tromso Social Intelligence Scale*. Hasil analisis regresi linear berganda menunjukkan bahwa secara simultan FoMO dan *social intelligence* memiliki peran yang signifikan sebesar 4,8%, dengan rincian 1,78% dari FoMO serta 3,05% dari *social intelligence*.

*Kata kunci: fear of missing out, social intelligence, kepuasan hidup, mahasiswa*

#### **Abstract**

Every human wants to be happy and satisfied with their life. However, students are considered vulnerable to have low life satisfaction due to academic life and other problems. This study aims to examine the role of Fear of Missing Out (FoMO) and social intelligence towards life satisfaction among students. The participants were 224 students from 40 different universities in Indonesia aged 16-28 years old, class of 2018, 2019, 2020, and 2021. The study was conducted using Satisfaction with Life Scale, Fear of Missing Out Scale, dan The Tromso Social Intelligence Scale. The result of multiple linear regression analysis showed that simultaneously FoMO and social intelligence had a significant role of 4,8% with FoMO contributing 1,78% and social intelligence 3,05%.

*Keywords: fear of missing out, social intelligence, life satisfaction, students*