

Peran Problem Focused Coping terhadap Fear of Missing Out

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Abstrak

Munculnya media sosial mengubah cara berkomunikasi individu dengan satu sama lain. Tetapi, metode komunikasi baru ini menghadirkan konsekuensi negatif yaitu *fear of missing out* (FoMO). FoMO memiliki beberapa dampak negatif pada individu, salah satunya adalah dapat menyebabkan stress. Dampak negatif tersebut dapat dikurangi dengan *coping stress strategies*, khususnya dengan *problem focused coping*. Tujuan penelitian ini adalah untuk mengetahui peran *problem focused coping* terhadap *fear of missing out*. Metode yang digunakan dalam penelitian ini adalah kuantitatif non eksperimental yang menggunakan studi *cross sectional*. Pada akhir penelitian, ditemukan bahwa terdapat peran *problem focused coping* terhadap *fear of missing out*.

Keywords: FoMO (*fear of missing out*), *coping*, *stres*

The advent of social media changed the way individuals communicated with each other. However, this new method of communication presents a negative consequence, namely fear of missing out (FoMO). FoMO has several negative impacts on individuals, one of which is that it can cause stress (Hayran, & Anik, 2021). These negative impacts can be reduced by coping stress strategies, especially with problem focused coping. The purpose of this study is to determine the effect of problem focused coping on the fear of missing out. The method used in this study is quantitative non-experimental using cross-sectional studies. At the end of the study, it was found that there was an influence of problem focused coping on the fear of missing out.

Keywords: FoMO (*fear of missing out*), *coping*, *stress*