



INTISARI

Latar Belakang: Perasaan takut tertinggal atau yang dikenal dengan *Fear of Missing Out* (FOMO) cenderung terjadi pada seseorang usia dewasa awal yang menghabiskan banyak waktunya di media sosial. Media sosial Instagram didominasi oleh orang berusia 18-24 tahun yang berstatus mahasiswa. Mahasiswa rentan mengalami FOMO, khususnya mahasiswa kesehatan yang mempunyai tingkat stres yang tinggi. FOMO dapat berkaitan dengan efikasi diri individu.

Tujuan Penelitian: Mengetahui hubungan *Fear of Missing Out* (FOMO) terhadap efikasi diri pada mahasiswa kesehatan pengguna Instagram di Universitas Gadjah Mada.

Metode: Penelitian ini merupakan penelitian kuantitatif analitik korelasional yang menggunakan rancangan *cross-sectional*. Subjek penelitian ini terdiri dari 59 mahasiswa Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Fakultas Farmasi, dan Fakultas Kedokteran Gigi Angkatan 2020 Universitas Gadjah Mada. Instrumen penelitian menggunakan *Fear of Missing Out* (FOMO) *Scale* versi Bahasa Indonesia dan *General Self-Efficacy Scale* (GSES) versi Bahasa Indonesia. Analisis data menggunakan uji korelasi *Spearman*.

Hasil: Mayoritas responden mengalami tingkat FOMO rendah (91,5%) dan mempunyai tingkat efikasi diri yang tinggi (50,8%). Analisis uji korelasi antara FOMO dengan efikasi diri menghasilkan nilai koefisien korelasi $-0,409$ dengan nilai signifikansi $0,001$ ($p < 0,05$).

Kesimpulan: Terdapat hubungan negatif dengan kekuatan sedang yang bermakna antara *Fear of Missing Out* (FOMO) dengan efikasi diri pada mahasiswa kesehatan Universitas Gadjah Mada

Kata Kunci: *Fear of Missing Out*, efikasi diri, mahasiswa, mahasiswa kesehatan, Instagram



ABSTRACT

Background: Fear of missing out, commonly known as FOMO, tends to occur among young adults who spend a significant amount of time on social media. Instagram is dominated by people aged 18-24 years old who are college students. College students are vulnerable to experiencing FOMO, especially health science students who have high levels of stress. FOMO can be related to an individual's self-efficacy.

Objective: This study aims to determine the correlation between Fear of Missing Out (FOMO) and self-efficacy among health science students who use Instagram at Universitas Gadjah Mada.

Method: This study was a quantitative analytical correlational research with a cross-sectional design. The subjects consisted of 59 students from the Faculty of Medicine, Public Health, and Nursing, the Faculty of Pharmacy, and the Faculty of Dentistry, class of 2020, at Universitas Gadjah Mada. The research instruments used were the Indonesian version of the Fear of Missing Out (FOMO) Scale and the Indonesian version of the General Self-Efficacy Scale (GSES). Data analysis was performed using the Spearman correlation test.

Results: The majority of respondents experienced a low level of FOMO (91,5%) and had a high level of self-efficacy (50,8%). The correlation analysis between FOMO and self-efficacy showed a correlation coefficient of -0,409 with a significance value of 0,001 ($p < 0,05$).

Conclusion: There is a significant negative relationship with a moderate strength between Fear of Missing Out (FOMO) and self-efficacy among health science students at Universitas Gadjah Mada.

Keywords: Fear of Missing Out, self-efficacy, college students, health science students, Instagram