

INTISARI

Latar Belakang: Meluasnya akses internet dan media sosial, khususnya Instagram, memengaruhi interaksi sosial mahasiswa yang dapat memicu *Fear of Missing Out* (FOMO), yaitu kecemasan karena takut ketinggalan. FOMO dapat berdampak buruk pada kepercayaan diri, produktivitas, dan keseimbangan akademik mahasiswa kesehatan. Penelitian tentang hubungan FOMO dan *self esteem* pada mahasiswa kesehatan belum banyak dilakukan.

Tujuan Penelitian: Mengetahui hubungan perasaan FOMO dengan *self esteem* mahasiswa kesehatan UGM angkatan 2020 pengguna Instagram.

Metode: Penelitian kuantitatif analitik korelatif menggunakan desain *cross-sectional*. Subjek penelitian 60 mahasiswa aktif klaster kesehatan UGM angkatan 2020 yang menggunakan Instagram. FOMO diukur dengan kuesioner Przybylski yang diadaptasi oleh Rosela pada tahun 2023, sementara *self esteem* diukur dengan *Rosenberg Self Esteem Scale* versi Bahasa Indonesia. Analisis data dilakukan menggunakan Uji Korelasi Spearman.

Hasil: Sebanyak 90% responden menunjukkan tingkat FOMO yang rendah. Sebanyak 71,67% responden memiliki *self esteem* yang tinggi. Tidak ditemukan perbedaan signifikan antara FOMO dan *self esteem* berdasarkan karakteristik responden. Hasil analisis menunjukkan koefisien korelasi antara FOMO dan *self esteem* pada mahasiswa kesehatan UGM angkatan 2020 adalah $r = -0,302$ dengan nilai signifikansi (p) = 0,019.

Kesimpulan: Terdapat hubungan negatif yang signifikan antara FOMO dengan *self esteem* pada mahasiswa kesehatan UGM angkatan 2020.

Kata Kunci: *Fear of Missing Out* (FOMO), *Self Esteem* (Harga diri), Mahasiswa kesehatan, Instagram

ABSTRACT

Background: The widespread access to the internet and social media, particularly Instagram, has influenced social interactions among students, potentially triggering Fear of Missing Out (FOMO), a form of anxiety stemming from the fear of missing out on experiences. FOMO can negatively impact self-confidence, productivity, and the academic balance of health science students. However, research examining the relationship between FOMO and self-esteem among health students remains limited.

Objective: To investigate the relationship between FOMO and self-esteem among health science students of UGM class of 2020 who use Instagram.

Methods: This was a quantitative, analytical, correlational study employing a cross-sectional design. The study involved 60 active health science students from UGM class of 2020 who actively use Instagram. FOMO was measured using Przybylski's questionnaire adapted by Rosela in 2023, while self-esteem was assessed using the Rosenberg Self Esteem Scale Indonesian version. Data were analyzed using Spearman's correlation test.

Results: A total of 90% of respondents exhibited low levels of FOMO, and 71.67% had high self-esteem. No significant differences were found between FOMO and self-esteem based on respondents' characteristics. The analysis revealed a correlation coefficient of $r = -0.302$ between FOMO and self-esteem with a significance value (p) = 0.019.

Conclusion: There is a significant negative relationship between FOMO and self-esteem among health science students of UGM class of 2020.

Keywords: Fear of Missing Out (FOMO), Self-Esteem, Health Science Students, Instagram