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GADJAH MADA
Analisis Hubungan Fear of Missing Out (FoMO) dan Peran Self-Control terhadap Perilaku Merokok Elektrik pada Mahasiswa Universitas Gadjah Mada
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ABSTRAK

Latar Belakang: Perilaku merokok elektrik semakin meningkat di kalangan mahasiswa dan menjadi isu kesehatan baru di lingkungan kampus. Salah satu faktor psikologis yang diduga memengaruhi perilaku tersebut adalah *fear of missing out* (FoMO), yaitu kecemasan karena takut tertinggal dari pengalaman sosial orang lain. Kemampuan *self-control* juga berperan dalam meningkatkan kerentanan terhadap perilaku adiktif seperti *vaping.*

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan antara FoMO dan perilaku merokok elektrik dengan menempatkan *self-control* sebagai variabel mediator pada mahasiswa Universitas Gadjah Mada.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian *cross-sectional* dan rancangan penelitian korelasional. Pengambilan sampel dilakukan secara *consecutive sampling* terhadap mahasiswa aktif jenjang sarjana angkatan 2024 di Universitas Gadjah mada dengan menggunakan kuesioner daring yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan menggunakan analisis regresi, serta analisis mediasi menggunakan PROCESS Macro (Model 4) *by* Hayes.

Hasil: Hasil penelitian menunjukkan bahwa tidak terdapat hubungan yang signifikan antara *fear of missing out* (FoMO) dengan perilaku merokok elektrik pada mahasiswa Universitas Gadjah Mada (p=0,163). Namun, terdapat hubungan yang signifikan dan bersifat negatif antara FoMO dengan *self-control* (B=−0,190; p<0,001), yang menunjukkan bahwa semakin tinggi tingkat FoMO mahasiswa, semakin rendah kemampuan *self-control* yang dimiliki. Penelitian ini juga menemukan bahwa *self-control* tidak berhubungan secara signifikan dengan perilaku merokok elektrik (p=0,716). Analisis mediasi menunjukkan bahwa *self-control* tidak memediasi hubungan antara FoMO dan perilaku merokok elektrik, baik pada analisis *unadjusted* maupun *adjusted* setelah mengendalikan variabel jenis kelamin, paparan teman sebaya, paparankeluarga, penggunaan media sosial, dan fakultas.

Kesimpulan: *Fear of missing out* (FoMO) tidak berhubungan secara langsung dengan perilaku merokok elektrik pada mahasiswa Universitas Gadjah Mada. FoMO terbukti berhubungan dengan rendahnya *self-control*, tetapi *self-control* tidak berpengaruh terhadap perilaku merokok elektrik dan tidak memediasi hubungan antara FoMO dan perilaku merokok elektrik. Temuan ini menunjukkan bahwa faktor lain di luar FoMO dan *self-control* kemungkinan lebih berperan dalam memengaruhi perilaku merokok elektrik pada mahasiswa.

Kata kunci: *fear of missing out* (FoMO), *self-control*, perilaku merokok elektrik, mahasiswa

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ABSTRACT

Background: Electronic cigarette (vape) use is increasingly prevalent among university students and has emerged as a new health concern in campus environments. One psychological factor suspected to influence this behavior is fear of missing out (FoMO), defined as anxiety arising from the fear of being left out of others' social experiences. Self-control ability also plays a role in increasing vulnerability to addictive behaviors such as vaping.

Objective: This study aimed to analyze the relationship between FoMO and electronic cigarette use behavior, positioning self-control as a mediating variable among students at Universitas Gadjah Mada.

Methods: This study employed a quantitative approach with a cross-sectional design and correlational research framework. Sampling was conducted using convenience sampling among active undergraduate students of the 2024 batch at Universitas Gadjah Mada, using an online questionnaire that had been tested for validity and reliability. Data analysis was performed using regression analysis and mediation analysis using PROCESS Macro (Model 4) by Hayes.

Result: The results showed that there was no significant relationship between Fear of missing out(FoMO) and electronic cigarette use behavior among students at Universitas Gadjah Mada ($p = 0.163$). However, a significant negative relationship was found between FoMO and self-control ($B=-0.190$; $p<0.001$), indicating that higher levels of FoMO were associated with lower self-control. The study also found that self-control was not significantly associated with electronic cigarette use behavior ($p=0.716$). Mediation analysis revealed that self-control did not mediate the relationship between FoMO and electronic cigarette use behavior, in both the unadjusted and adjusted analyses after controlling for sex, peer exposure, family exposure, social media use, and faculty.

Conclusions: Fear of missing out (FoMO) was not directly associated with electronic cigarette use behavior among students at Universitas Gadjah Mada. FoMO was only found to be associated with lower self-control; however, self-control did not influence electronic cigarette use behavior and did not mediate the relationship between FoMO and electronic cigarette use behavior. These findings suggest that factors beyond FoMO and self-control may play a greater role in influencing electronic cigarette use behavior among university students.

Keyword: Fear of missing out (FoMO), self-control, electronic cigarette use behavior, university students.