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Hubungan Fear of Missing Out (FoMO) Dengan Kesejahteraan Psikologi Pada Dewasa Awal

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Abstract
The purpose of this study is to ascertain the connection between early adulthood psychological well-being and fear of Missing Out (FoMO). This study employs a quantitative methodology. According to the hypothesis and demand, there is a negative correlation between early adult psychological well-being and fear of Missing Out (FoMO), with age as one independent. The sampling data collection technique in this study used purposive sampling which was taken using the criterion early adulthood age 18-24 years who had a tendency to fear of Missing Out (FoMO). A dependent variable is FoMO (Ca 30-50) and Ca 1-5 were used predictor for the data analysis technique using Pearson product moment correlation analysis, indicating a moderately negative link between psychological well-being and fear of missing out (FoMO).

Keywords: psychological well-being, Fear of Missing Out (FoMO), early adulthood, well-being.

ABSTRAK
Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara kesejahteraan psikologi dewasa awal dan Fear of Missing Out (FoMO). Penelitian ini menggunakan metodologi kuantitatif dengan variabel yang terikat berkaitan dengan kesejahteraan psikologi dan variabel bebasnya adalah FoMO, dengan usia sebagai variabel independen. Teknik pengambilan sampel data yang digunakan dalam penelitian ini adalah teknik pengambilan sampel purposive sampling yang diambil menggunakan kriteria usia dewasa awal 18-24 tahun yang memiliki kecenderungan kecemasan terhadap Fear of Missing Out (FoMO). Variabel terikat adalah FoMO (Ca 30-50) dan Ca 1-5 yang digunakan sebagai prediktor untuk analisis teknik korelasi produk momen Pearson, menunjukkan adanya hubungan negatif yang moderat antara kesejahteraan psikologi dan Fear of Missing Out (FoMO).

Kata Kunci: kesejahteraan psikologi, Fear of Missing Out (FoMO), dewasa awal, well-being.

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