

## ABSTRAK

Perkembangan media sosial di era digital meningkatkan risiko munculnya *Fear of Missing Out* (FoMO) pada mahasiswa, terutama pada mahasiswa tingkat I yang sedang berada pada fase transisi akademik dan sosial. FoMO dapat berdampak pada kesehatan mental, regulasi diri, serta kinerja akademik. Penelitian ini bertujuan untuk menganalisis pengaruh Terapi Aktivitas Kelompok (TAK) berbasis *Cognitive Behavioral Therapy* (CBT) dalam menurunkan tingkat FoMO pada mahasiswa tingkat I Program Studi Keperawatan Universitas BTH. Penelitian ini menggunakan desain kuasi-eksperimental dengan rancangan *Non-Equivalent Control Group Pretest-Posttest Design*. Sampel berjumlah 36 responden yang dibagi menjadi 18 kelompok intervensi dan 18 kelompok kontrol menggunakan teknik *purposive criterion sampling*. Instrumen yang digunakan adalah *Fear of Missing Out Scale* (FoMOS) 12 item dengan skala Likert 1–5. Kelompok intervensi diberikan TAK berbasis CBT selama 8 sesi, sedangkan kelompok kontrol tidak diberikan intervensi khusus. Analisis data menggunakan uji Wilcoxon Signed Rank Test dan uji Mann-Whitney dengan taraf signifikansi  $\alpha = 0,05$ . Hasil penelitian menunjukkan bahwa sebelum intervensi mayoritas responden pada kelompok intervensi berada pada kategori FoMO berat (77,8%). Setelah intervensi, tidak ditemukan lagi responden dengan kategori FoMO berat, dan sebagian besar berada pada kategori sedang (83,3%). Uji Wilcoxon menunjukkan terdapat perbedaan signifikan skor FoMO sebelum dan sesudah intervensi pada kelompok intervensi ( $p = 0,000$ ), sedangkan pada kelompok kontrol tidak terdapat perbedaan signifikan ( $p = 0,157$ ). Uji Mann-Whitney menunjukkan terdapat perbedaan penurunan FoMO yang signifikan antara kelompok intervensi dan kontrol ( $p = 0,000$ ). Disimpulkan bahwa Terapi Aktivitas Kelompok berbasis CBT efektif dalam menurunkan tingkat *Fear of Missing Out* (FoMO) pada mahasiswa tingkat I keperawatan. Intervensi ini direkomendasikan sebagai strategi promotif dan preventif dalam praktik keperawatan jiwa di lingkungan pendidikan.

**Kata kunci:** *Fear of Missing Out, Terapi Aktivitas Kelompok, Cognitive Behavioral Therapy, Mahasiswa Keperawatan, Kesehatan Mental.*

## **ABSTRACT**

*The rapid development of social media in the digital era has increased the risk of Fear of Missing Out (FoMO) among university students, particularly first-year students who are undergoing academic and social transitions. FoMO may negatively affect mental health, self-regulation, and academic performance. This study aimed to analyze the effect of Group Activity Therapy (GAT) based on Cognitive Behavioral Therapy (CBT) in reducing FoMO levels among first-year nursing students at BTH University. This study employed a quasi-experimental design using a Non-Equivalent Control Group Pretest-Posttest Design. A total of 36 respondents were selected through purposive criterion sampling and divided into an intervention group (18 students) and a control group (18 students). The instrument used was the 12-item Fear of Missing Out Scale (FoMOS) with a 5-point Likert scale. The intervention group received CBT-based Group Activity Therapy for eight sessions, while the control group did not receive any specific intervention. Data were analyzed using the Wilcoxon Signed Rank Test and Mann-Whitney U Test with a significance level of  $\alpha = 0.05$ . The results showed that before the intervention, the majority of respondents in the intervention group were categorized as having severe FoMO (77.8%). After the intervention, no respondents remained in the severe category, and most were categorized as moderate (83.3%). The Wilcoxon test indicated a significant difference in FoMO scores before and after the intervention in the intervention group ( $p = 0.000$ ), while no significant difference was found in the control group ( $p = 0.157$ ). The Mann-Whitney U test revealed a significant difference in FoMO reduction between the intervention and control groups ( $p = 0.000$ ). It can be concluded that CBT-based Group Activity Therapy is effective in reducing Fear of Missing Out (FoMO) among first-year nursing students. This intervention is recommended as a promotive and preventive strategy in psychiatric nursing practice within educational settings.*

**Keywords:** *Fear of Missing Out, Group Activity Therapy, Cognitive Behavioral Therapy, Nursing Students, Mental Health.*