

# Hubungan Konsep Diri dengan Kejadian Sindrom *Fear of Missing Out* (FOMO) pada Remaja di SMK Farmasi Pasundan Kawali Tahun 2024

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## ABSTRAK

**Latar Belakang:** Konsep diri mencerminkan pandangan individu terhadap dirinya sendiri, meliputi penilaian atas karakteristik, kemampuan, dan nilai yang dimiliki. Konsep diri dapat bersifat positif atau negatif. **Tujuan:** Penelitian ini bertujuan untuk memahami hubungan antara konsep diri dan sindrom *Fear of Missing Out* (FOMO) pada remaja di SMK Farmasi Pasundan Kawali. **Metode:** Penelitian menggunakan desain korelasional dengan pendekatan *cross-sectional*. Sampel terdiri dari 71 remaja usia 16-17 tahun, dipilih secara *purposive random sampling* dari total 240 orang. Instrumen yang digunakan untuk variabel independent adalah *Tennessee Self Concept Scale* (TSCS) dan variabel dependent adalah *Fear of Missing Out Scale* (FOMOS). Data dianalisis menggunakan korelasi *Spearman's Rho* dengan SPSS 29.0. **Hasil:** Sebanyak 59,15% remaja memiliki konsep diri yang cukup baik, dan 21,1% mengalami FOMO dalam kategori sedang. Terdapat korelasi negatif antara konsep diri dan FOMO ( $Rho = -0,379$ ,  $p < 0,05$ ). **Kesimpulan:** Semakin tinggi konsep diri, semakin rendah risiko FOMO pada remaja, dan sebaliknya.

**Kata Kunci :** Remaja; *Fear of Missing Out* (FOMO); Konsep Diri

***The Relationship Between Self-Concept and the Occurrence of Fear of Missing Out (FOMO) Syndrome Among Adolescents at SMK Farmasi Pasundan Kawali in 2024***

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**ABSTRACT**

**Background:** Self-concept reflects an individual's view of themselves, including assessments of their characteristics, abilities, and values. Self-concept can be either positive or negative. **Objective:** This study aims to understand the relationship between self-concept and Fear of Missing Out (FOMO) syndrome among adolescents at SMK Farmasi Pasundan Kawali. **Method:** The study used a correlational design with a cross-sectional approach. The sample consisted of 71 adolescents aged 16-17 years, selected through purposive random sampling from a total population of 240. The instrument used for the independent variable is the Tennessee Self Concept Scale (TSCS), and for the dependent variable, the Fear of Missing Out Scale (FOMOS) is used. Data were analyzed using Spearman's Rho correlation with SPSS 29.0. **Results:** A total of 59.15% of adolescents had a moderately positive self-concept, and 21.1% experienced moderate FOMO. There was a negative correlation between self-concept and FOMO ( $Rho = -0.379$ ,  $p < 0.05$ ). **Conclusion:** The higher the self-concept, the lower the risk of FOMO among adolescents, and vice versa.

**Keywords:** Adolescents; Fear of Missing Out (FOMO); Self-Concept