

HUBUNGAN *FEAR OF MISSING OUT* (FOMO) DENGAN GEJALA KECEMASAN PADA REMAJA DI SMP NEGERI 2 CIAMIS TAHUN 2026

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ABSTRAK

Latar Belakang: Masa remaja merupakan periode yang rentan mengalami gejala kecemasan. Salah satu faktor yang diduga berhubungan dengan kondisi tersebut adalah *Fear of Missing Out* (FoMO), yaitu perasaan takut tertinggal informasi, pengalaman, atau aktivitas orang lain. **Tujuan:** Mengetahui hubungan *Fear of Missing Out* (FoMO) dengan gejala kecemasan pada remaja di SMP Negeri 2 Ciamis Tahun 2026. **Metode:** Penelitian kuantitatif dengan desain *cross-sectional* melibatkan 94 responden yang dipilih menggunakan *proportional random sampling* dari populasi 576 siswa kelas 7 dan 8. Data dikumpulkan menggunakan kuesioner *Fear of Missing Out Scale* (FoMOS) dan *Generalized Anxiety Disorder-7* (GAD-7), kemudian dianalisis menggunakan uji korelasi *Spearman Rank*. **Hasil:** Rata-rata skor FoMO adalah 30,52 (SD = 5,902; rentang 14-46). Sebagian besar responden mengalami gejala kecemasan minimal (43,6%) dan ringan (40,4%). Terdapat hubungan positif yang bermakna antara FoMO dan gejala kecemasan ($r = 0,379$; $p < 0,01$) dengan kekuatan hubungan rendah. **Kesimpulan:** Terdapat hubungan positif dengan kekuatan rendah antara FoMO dan gejala kecemasan pada remaja. Hasil penelitian ini mendukung upaya promotif dan preventif kesehatan mental melalui edukasi penggunaan media sosial yang sehat, penguatan strategi coping positif, serta skrining dini gejala kecemasan.

Kata kunci: *Fear of Missing Out*; FoMO; gejala kecemasan; remaja.

***THE RELATIONSHIP BETWEEN FEAR OF MISSING OUT (FOMO) AND
ANXIETY SYMPTOMS AMONG ADOLESCENTS AT SMP NEGERI 2***

CIAMIS IN 2026

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ABSTRACT

Background: Adolescence is a period vulnerable to anxiety symptoms. One factor presumed to be associated with this condition is Fear of Missing Out (FoMO), defined as the fear of missing information, experiences, or activities of others.

Objective: To determine the relationship between Fear of Missing Out (FoMO) and anxiety symptoms among adolescents at SMP Negeri 2 Ciamis in 2026. ***Methods:***

This quantitative study employed a cross-sectional design involving 94 respondents selected through proportional random sampling from a population of 576 seventh- and eighth-grade students. Data were collected using the Fear of Missing Out Scale (FoMOS) and the Generalized Anxiety Disorder-7 (GAD-7) questionnaire and were analyzed using Spearman's rank correlation test.

Results: The mean FoMO score was 30.52 (SD = 5.902; range 14-46). Most respondents experienced minimal (43.6%) and mild (40.4%) anxiety symptoms. A statistically significant positive relationship was found between FoMO and anxiety symptoms ($r = 0.379$; $p < 0.01$), indicating a low correlation strength.

Conclusion: There was a positive relationship with a low correlation strength between FoMO and anxiety symptoms among adolescents. These findings support promotive and preventive mental health efforts through education on healthy social media use, strengthening positive coping strategies, and early screening for anxiety symptoms.

Keywords: adolescents; anxiety symptoms; Fear of Missing Out; FoMO.