

ABSTRAK

Intan Nuraini. 2026. Pengaruh Penerimaan Diri dan *Fear of Missing Out* Media Sosial terhadap *Anticipatory Anxiety* Pada Remaja di SMA Negeri 1 Maospati. Program Studi Bimbingan dan Konseling, Fakultas Keguruan dan Ilmu Pendidikan, Universitas PGRI Madiun, Pembimbing (I) Dr. Dahlia Novarianing Asri, M.Si. Pembimbing (II) Dr. Rischa Pramudia Trisnani, M.Pd.

Remaja mengalami banyak perubahan dan tantangan yang dapat menyebabkan kecemasan. Salah satu yang terjadi pada remaja adalah *anticipatory anxiety*, yaitu kecemasan terhadap sesuatu yang akan datang atau belum terjadi serta dikuasai oleh pikiran negatif. Penerimaan diri dan *fear of missing out* diduga sebagai faktor yang dapat mempengaruhi terjadinya *anticipatory anxiety*. Penelitian ini bertujuan untuk mengetahui pengaruh penerimaan diri dan *fear of missing out* media sosial terhadap *anticipatory anxiety* pada remaja di SMA Negeri 1 Maospati menggunakan pendekatan kuantitatif dengan metode *ex post facto*. Sampel penelitian berjumlah 78 siswa diambil melalui teknik *simple random sampling* dari populasi siswa kelas X. Pengumpulan data menggunakan skala penerimaan diri, skala *fear of missing out*, dan skala *anticipatory anxiety*. Hasil uji reliabilitas skala penerimaan diri ($0,981 > 0,70$), *fear of missing out* ($0,958 > 0,70$) dan *anticipatory anxiety* ($0,981 > 0,70$) menunjukkan bahwa ketiga skala tersebut reliabel. Teknik analisis data dilakukan dengan teknik analisis regresi linear berganda. Hasil penelitian menunjukkan penerimaan diri berpengaruh signifikan terhadap *anticipatory anxiety* ($p=0,000 < 0,05$) dengan arah hubungan negatif, sehingga semakin tinggi penerimaan diri maka akan semakin rendah *anticipatory anxiety*. Sebaliknya, *fear of missing out* tidak berpengaruh signifikan terhadap *anticipatory anxiety* ($p=0,173 > 0,05$), namun secara simultan penerimaan diri dan *fear of missing out* berpengaruh secara signifikan terhadap *anticipatory anxiety* ($p=0,000 < 0,05$) dan koefisien determinasi (R^2) sebesar 0,589 yang menunjukkan bahwa kedua variabel mampu menjelaskan 58,9% variasi *anticipatory anxiety* dengan penerimaan diri sebagai variabel yang lebih dominan.

Kata Kunci: Penerimaan Diri, *Fear of Missing Out*, *Anticipatory Anxiety*

ABSTRACT

Intan Nuraini. 2026. The Influence of Self-Acceptance and Social Media Fear of Missing Out on Anticipatory Anxiety Among Adolescents at SMA Negeri 1 Maospati. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Supervisor (I): Dr. Dahlia Novarianing Asri, M.Si. Supervisor (II): Dr. Rischa Pramudia Trisnani, M.Pd.

Adolescents experience numerous changes and challenges that can lead to anxiety. One such issue is anticipatory anxiety, anxiety regarding future events or things that have not yet occurred, often dominated by negative thoughts. Self-acceptance and the fear of missing out (FoMO) are hypothesized to be factors influencing anticipatory anxiety. This study aims to determine the influence of self-acceptance and social media-related fear of missing out on anticipatory anxiety among adolescents at SMA Negeri 1 Maospati, employing a quantitative approach with an ex post facto method. The sample consisted of 78 students selected via simple random sampling from the Grade X student population. Data collection utilized self-acceptance, fear of missing out, and anticipatory anxiety scales. Reliability test results for the self-acceptance scale ($0.981 > 0.70$), fear of missing out scale ($0.958 > 0.70$), and anticipatory anxiety scale ($0.981 > 0.70$) indicated that all three scales were reliable. Data analysis was conducted using multiple linear regression. The results show that self-acceptance has a significant influence on anticipatory anxiety ($p=0.000 < 0.05$) with a negative relationship; thus, higher self-acceptance corresponds to lower anticipatory anxiety. Conversely, the fear of missing out does not have a significant effect on anticipatory anxiety ($p = 0.173 > 0.05$); however, self-acceptance and the fear of missing out simultaneously exert a significant influence on anticipatory anxiety ($p = 0.000 < 0.05$). The coefficient of determination (R^2) is 0.589, indicating that these two variables account for 58.9% of the variation in anticipatory anxiety, with self-acceptance serving as the more dominant variable.

Keywords: Self-acceptance, Fear of Missing Out, Anticipatory Anxiety