

ABSTRAK

Amelia Elisa Herawati, 2026. Hubungan *Self-Esteem* dan *Peer Pressure* Terhadap *Fear of Missing Out* (FOMO) Generasi Z Pengguna Media Sosial TikTok di SMA Negeri 1 Madiun. Skripsi. Program Studi Bimbingan dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing (I) Dr. Suharni, S.Pd., M.Psi. , (II) Dr. Ratih Christiana, M.Pd

TikTok menjadi tempat interaksi sosial yang mendorong pengguna untuk ikut tren serta aktivitas yang sedang populer. Namun, penggunaan TikTok yang sangat intensif juga bisa menimbulkan dampak psikologis, salah satunya adalah rasa takut ketinggalan informasi atau tren (FOMO). Penelitian ini bertujuan untuk mengetahui hubungan antara *self-esteem* dan *peer pressure* terhadap *fear of missing out* (FOMO) pada generasi Z pengguna media sosial TikTok di SMA Negeri 1 Madiun. Latar belakang penelitian ini didasari oleh tingginya intensitas penggunaan TikTok di kalangan generasi Z yang berpotensi memunculkan FOMO, yaitu perasaan cemas dan takut tertinggal informasi atau aktivitas yang sedang dilakukan orang lain. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional menggunakan teknik *simple random sampling*.

Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan dan kuat antara *self-esteem* dengan FOMO serta hubungan yang signifikan dan sangat kuat antara *peer pressure* dengan FOMO. Secara bersama-sama, *self-esteem* dan *peer pressure* juga memiliki hubungan yang signifikan dan sangat kuat dengan FOMO yang berarti kedua variabel bebas secara simultan mampu menjelaskan 82,9% variasi FOMO pada responden, sedangkan 17,1% sisanya dipengaruhi oleh faktor lain di luar penelitian ini. Temuan ini menunjukkan bahwa *peer pressure* merupakan faktor yang lebih dominan dibandingkan *self-esteem* dalam memicu kecenderungan FOMO pada generasi Z pengguna TikTok.

Kata Kunci : *Fear of Missing Out (FOMO), Generasi Z, Peer Pressure, Self-Esteem, TikTok*

ABSTRACT

Amelia Elisa Herawati. 2026. *The Relationship between Self-Esteem and Peer Pressure on Fear of Missing Out (FOMO) among Generation Z TikTok Users at SMA Negeri 1 Madiun*. Undergraduate Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Supervisors: (I) Dr. Suharni, S.Pd., M.Psi. (II) Dr. Ratih Christiana, M.Pd.

TikTok has become a social interaction platform that encourages users to participate in trending activities and popular content. However, excessive use of TikTok may also lead to psychological consequences, one of which is Fear of Missing Out (FOMO), defined as the anxiety of missing information, experiences, or trends that others are engaging in. This study aimed to examine the relationship between self-esteem and peer pressure with Fear of Missing Out (FOMO) among Generation Z TikTok users at SMA Negeri 1 Madiun. The study was motivated by the high intensity of TikTok use among Generation Z, which may increase the tendency to experience FOMO. This research employed a quantitative approach with a correlational research design. The sample was selected using a simple random sampling technique.

The findings revealed a significant and strong relationship between self-esteem and FOMO, as well as a significant and very strong relationship between peer pressure and FOMO. Simultaneously, self-esteem and peer pressure demonstrated a significant and very strong relationship with FOMO, indicating that the two independent variables jointly explained 82.9% of the variance in FOMO, while the remaining 17.1% was influenced by other factors not examined in this study. Furthermore, the findings suggest that peer pressure is a more dominant factor than self-esteem in predicting the tendency to experience FOMO among Generation Z TikTok users.

Keywords: Fear of Missing Out (FOMO), Generation Z, Peer Pressure, Self-Esteem, TikTok.