

PERBEDAAN KECENDERUNGAN *FEAR OF MISSING OUT* PADA SISWA SMA SWASTA BERBASIS AGAMA DAN UMUM PENGGUNA *INSTAGRAM*

INTISARI

Tumbuh dalam era digital, siswa SMA saat ini memiliki karakteristik ingin diakui keberadaannya, dan ingin selalu terhubung dengan media sosial yang kemudian membuat mereka mengalami adiksi. Penggunaan media sosial yang intensif, seperti *Instagram*, telah dikaitkan dengan peningkatan fenomena *Fear of Missing Out* (FoMO), yang dapat berdampak negatif pada kesehatan mental. Penelitian ini bertujuan untuk mengetahui apakah terdapat perbedaan kecenderungan *FoMO* pada siswa SMA swasta berbasis agama dan umum yang menggunakan *Instagram*. Penelitian ini menggunakan pendekatan kuantitatif dengan subjek siswa kelas XI dan XII dari SMA Kristen Pelita Nusantara Kasih (berbasis agama) dan SMA Warga Surakarta (umum). Total sebanyak 139 angket yang terkumpul dari kedua sekolah tersebut. Data dikumpulkan menggunakan skala *FoMO* yang telah dimodifikasi dan diuji validitas serta reliabilitasnya. Analisis data dilakukan dengan uji *Mann-Whitney Test* setelah memenuhi uji normalitas dan homogenitas. Hasil uji *Mann-Whitney Test* menunjukkan nilai signifikansi 0,205 ($p > 0,05$), yang berarti hipotesis penelitian ditolak. Tidak ditemukan perbedaan yang signifikan dalam kecenderungan *FoMO* antara siswa SMA swasta berbasis agama dan umum pengguna *Instagram*. Meskipun siswa SMA berbasis agama memiliki tingkat *FoMO* rata-rata yang sedikit lebih rendah (65,29) dibandingkan siswa SMA umum (73,90), perbedaan ini tidak signifikan secara statistik.

Kata kunci: *Fear of missing out*, siswa SMA swasta, *Instagram*

DIFFERENCES IN FEAR OF MISSING OUT TENDENCIES IN PRIVATE RELIGIOUS-BASED AND PUBLIC HIGH SCHOOL STUDENTS WHO USE INSTAGRAM

ABSTRACT

Growing up in the digital era, today's high school students have the characteristics of wanting to be recognized, and want to always be connected to social media which then makes them experience addiction. Intensive use of social media, such as Instagram, has been associated with an increase in the Fear of Missing Out (FoMO) phenomenon, which can have a negative impact on mental health. This study aims to determine whether there are differences in FoMO tendencies in private religious-based and public high school students who use Instagram. This study used a quantitative approach with the subjects of grade XI and XII students from Pelita Nusantara Kasih Christian High School (faith-based) and SMA Warga Surakarta (public). A total of 139 questionnaires were collected from the two schools. Data were collected using the modified FoMO scale and tested for validity and reliability. Data analysis was conducted with the Mann-Whitney Test after fulfilling the normality and homogeneity tests. The results of Mann-Whitney Test showed a significance value of 0.205 ($p > 0.05$), which means that the research hypothesis is rejected. No significant difference was found in FoMO tendencies between private religious-based and public high school students who use Instagram. Although the faith-based high school students had a slightly lower average FoMO level (65,29) than the public high school students (73,90), there was no significant difference in FoMO tendency between the faith-based and public high school students.

Keywords: Fear of missing out, High School, Instagram