

**PENGARUH *FEAR OF MISSING OUT* (FOMO) TERHADAP STRES
PADA GENERASI Z PENGGUNA TIKTOK DENGAN RESILIENSI
SEBAGAI MODERATOR**

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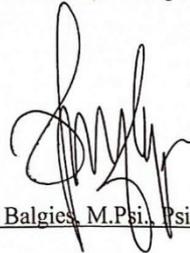
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INTISARI

Fenomena *Fear of Missing Out* (FoMO) menjadi semakin relevan seiring dengan meningkatnya penggunaan sosial media, khususnya penggunaan TikTok pada Generasi Z. FoMO dapat memicu berbagai dampak psikologis, salah satunya stres, sementara resiliensi berperan sebagai faktor protektif dalam menghadapi tekanan psikologis. Penelitian ini bertujuan untuk mengetahui hubungan antara FoMO, stres, dan resiliensi pada responden. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei. Subjek penelitian berjumlah 349 responden yang dipilih menggunakan teknik pengambilan sampel yaitu *purposive sample*. Data dikumpulkan menggunakan skala FoMO, skala stres, dan skala resiliensi yang telah melalui uji validitas dan reliabilitas. Analisis data dilakukan menggunakan analisis statistik deskriptif dan analisis inferensial untuk menguji hubungan antarvariabel. Hasil analisis menunjukkan bahwa *Fear of Missing Out* (FoMO) berpengaruh positif dan signifikan terhadap stres ($p < 0,05$) sebesar 7.1%. Selain itu, resiliensi terbukti berperan signifikan sebagai variabel moderator dalam hubungan antara FoMO dan stres ($p < 0,05$) sebesar 51.5% yang menunjukkan bahwa resiliensi memengaruhi kekuatan hubungan antara FoMO dan stres. Temuan penelitian menunjukkan adanya hubungan antara FoMO dan stres, serta hubungan antara resiliensi dengan stres. Hasil ini mengindikasikan bahwa individu dengan tingkat FoMO yang lebih tinggi cenderung mengalami tingkat stres yang lebih tinggi, sementara resiliensi berperan dalam membantu individu menghadapi tekanan psikologis.

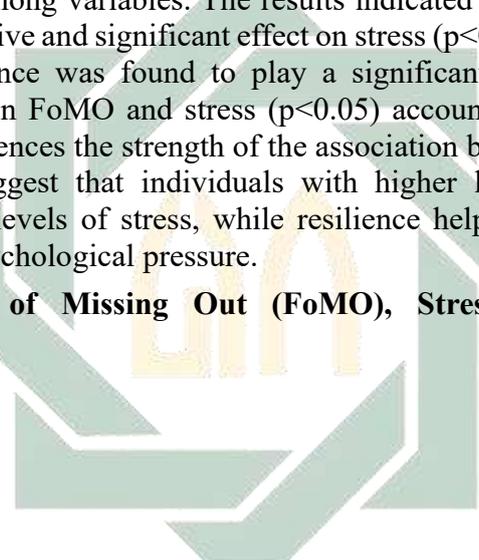
Kata kunci: *Fear of Missing Out* (FoMO), Stres, Resiliensi, TikTok, Generasi Z

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ABSTRACT

The phenomenon of *Fear of Missing Out* (FoMO) has become increasingly relevant along with the rising use of social media, particularly TikTok, among Generation Z. FoMO can trigger various psychological outcomes, one of which is stress, while resilience plays a protective role in coping with psychological pressure. This study aimed to examine the relationship between FoMO, stress, and resilience among respondents. A quantitative approach with a survey method was employed in this study. The participants consisted of 349 respondents selected using purposive sampling. Data were collected using the FoMO scale, stress scale, and resilience scale, all of which had been tested for validity and reliability. Data analysis was conducted using descriptive statistical analysis and inferential analysis to examine the relationships among variables. The results indicated that *Fear of Missing Out* (FoMO) had a positive and significant effect on stress ($p < 0.05$) accounting for 7.1%. In addition, resilience was found to play a significant moderating role in the relationship between FoMO and stress ($p < 0.05$) accounting for 7.1%, indicating that resilience influences the strength of the association between FoMO and stress. These findings suggest that individuals with higher levels of FoMO tend to experience higher levels of stress, while resilience helps individuals cope more effectively with psychological pressure.

Keywords: Fear of Missing Out (FoMO), Stress, Resilience, TikTok, Generation Z



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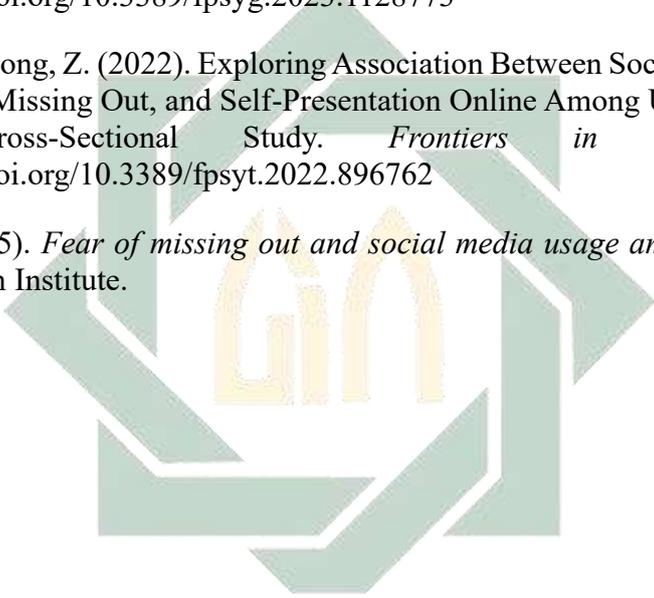
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