

**PENGARUH *DOOMSCROLLING* DAN *FEAR OF MISSING OUT*
TERHADAP *PSYCHOLOGICAL WELL-BEING*
PADA REMAJA SMA DI SURABAYA**

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Dengan ini saya menyatakan bahwa skripsi yang berjudul **“Pengaruh *Doomscrolling* dan *Fear of missing out* terhadap *Psychological well-being* pada Remaja SMA di Surabaya”** merupakan karya asli yang diajukan untuk memperoleh gelar Sarjana Psikologi di Universitas Islam Negeri Sunan Ampel Surabaya. Karya ini sepanjang pengetahuan saya tidak terdapat karya atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis diacu dalam naskah ini dan disebutkan dalam daftar pustaka.

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INTISARI

Fenomena meningkatnya penggunaan media sosial berbasis algoritma pada remaja memunculkan perilaku *doomscrolling* dan *fear of missing out* yang berpotensi menurunkan kesejahteraan psikologis. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh *doomscrolling* dan *fear of missing out* terhadap *psychological well-being* pada remaja SMA. Metode yang digunakan adalah metode kuantitatif korelasional. Pengambilan sampel menggunakan teknik purposive sampling dengan jumlah sampel sebanyak 382 siswa dari populasi siswa SMA yang berada di Kota Surabaya. Pengumpulan data pada penelitian ini menggunakan teknik kuesioner menggunakan google form dengan bantuan software Jamovi versi 2.6.44 untuk menganalisis data. Proses analisis data menggunakan regresi linear berganda. Hasil analisis menunjukkan nilai signifikansi $< 0,05$ dan nilai koefisien regresi setiap variabel sebesar $-0,0340$ (*doomscrolling-psychological well-being*), dan $-0,0538$ (*fear of missing out-psychological well-being*), serta $R^2 = 0,0269$ untuk model regresi linear berganda. Hasil penelitian menunjukkan bahwa terdapat hubungan yang negatif dan signifikan antara *doomscrolling* dengan *psychological well-being*, serta hubungan yang negatif dan signifikan antara *Fear of missing out* dengan *psychological well-being*. Secara bersamaan, kedua variabel berkontribusi terhadap tingkat *psychological well-being* pada remaja SMA, sehingga hipotesis penelitian dinyatakan diterima. Implikasi penelitian ini menekankan pentingnya peningkatan literasi digital, kemampuan regulasi diri, serta pendampingan psikologis pada remaja agar mampu mengelola penggunaan media sosial secara lebih adaptif guna menjaga kesejahteraan psikologis.

Kata kunci: *Doomscrolling*, *Fear of missing out*, *Psychological well-being*

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ABSTRACT

The phenomenon of increased use of algorithm-based social media among adolescents gave rise to doomscrolling and Fear of missing out behaviors that had the potential to reduce psychological well-being. The purpose of this study was to determine the effect of doomscrolling and Fear of missing out on psychological well-being among high school students. A correlational quantitative method was used. Sampling was conducted using purposive sampling with a sample size of 382 students from the population of high school students in Surabaya. Data collection in this study used a questionnaire technique using Google Forms with the help of Jamovi software version 2.6.44 to analyze the data. The data analysis process used multiple linear regression. The analysis results showed a significance value of < 0.05 and a regression coefficient value for each variable of -0.0340 (doomscrolling-psychological well-being) and -0.0538 (fear of missing out-psychological well-being), as well as $R^2 = 0.0269$ for the multiple linear regression model. The results of the study indicated that there was a negative and significant relationship between doomscrolling and psychological well-being, as well as a negative and significant relationship between fear of missing out and psychological well-being. Together, these two variables contributed to the level of psychological well-being in high school students, thus confirming the research hypothesis. The implications of this study emphasized the importance of improving digital literacy, self-regulation skills, and psychological counseling for adolescents so that they were able to manage their use of social media more adaptively in order to maintain psychological well-being.

Keywords: Doomscrolling, Fear of missing out, Psychological well-being

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