

**Pengaruh FoMO dan *Emotional Intelligence* Terhadap *Internet Addiction*
Pada Mahasiswa**

Diajukan Kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata Satu (S1)
Psikologi (S.Psi)



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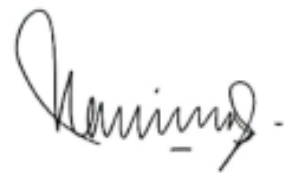
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INTISARI

Internet addiction merupakan penggunaan internet berlebihan yang dilakukan oleh seseorang, dimana internet dianggap lebih penting dibandingkan hal lain dalam kehidupan seseorang. *Internet addiction* pada diri seseorang banyak memberikan dampak negatif pada diri seseorang. *Internet addiction* banyak dikaitkan dengan FoMO dan *emotional intelligence*. Tujuan penelitian ini untuk mengetahui pengaruh antara *fear of missing out* dan *emotional intelligence* terhadap *internet addiction* pada mahasiswa. Partisipan dalam penelitian ini adalah 400 orang mahasiswa aktif yang berkuliah di Kota Surabaya. Penelitian ini menggunakan tiga alat ukur untuk mengukur masing-masing variabel, yaitu: *Internet addiction Test* (IAT), *Online Fear of Missing Out* (ON-FoMO) dan *Trait Emotional Intelligence Questionnaire Short Form* (TEIQUE-SF). Teknik sampling yang digunakan pada penelitian ini adalah purposive sampling. Analisis data dalam penelitian ini menggunakan uji regresi linear berganda. Hasil analisis memperlihatkan kedua variabel berpengaruh terhadap *internet addiction* pada mahasiswa, *internet addiction* dipengaruhi oleh FoMO dan *emotional intelligence* sebesar 60,2%, sedangkan 39,8% lainnya dipengaruhi oleh variabel lain. Sumbangan efektif dari FoMO dan *emotional intelligence* terhadap *internet addiction* ialah sebesar 57,01% dan 3,19%.

Kata Kunci: FoMO, *Emotional Intelligence*, *Internet Addiction* dan Mahasiswa

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ABSTRACT

Internet addiction is an excessive use of the internet by an individual, where the internet is considered more important than other aspects of one's life. *Internet addiction* has many negative impacts on an individual. It is often associated with FoMO (Fear of Missing Out) and emotional intelligence. The purpose of this study is to investigate the influence of fear of missing out and emotional intelligence on *internet addiction* among college students. The participants in this study are 400 active students enrolled in universities in Surabaya. Three measurement tools are used to assess each variable: *Internet addiction* Test (IAT), Online Fear of Missing Out (ON-FoMO), and Trait Emotional Intelligence Questionnaire Short Form (TEIQUÉ-SF). The sampling technique employed in this study is purposive sampling. Data analysis involves multiple linear regression tests. The results of the analysis indicate that both variables significantly affect *internet addiction* among students. *Internet addiction* is influenced by FoMO and emotional intelligence by 60.2%, while the remaining 39.8% is attributed to other variables. The effective contribution of FoMO and emotional intelligence to *internet addiction* is 57.01% and 3.19%, respectively.

Keyword: FoMO, Emotional Intelligence, Internet Addiction and College student

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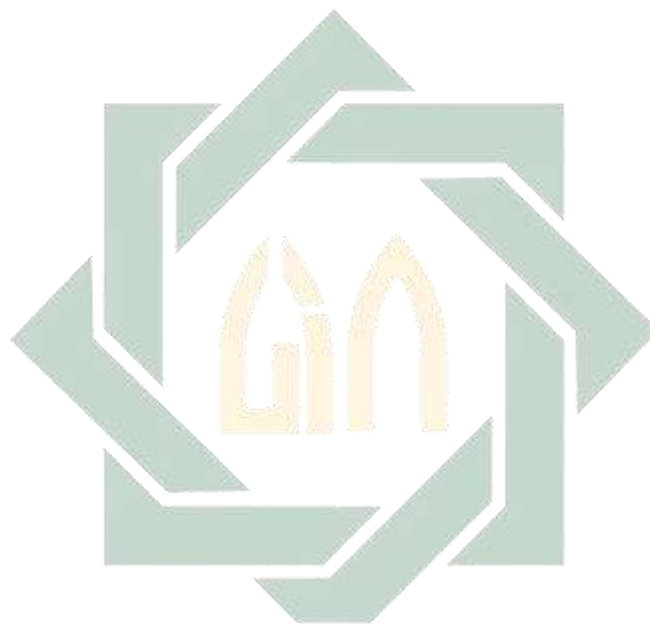
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