

Abstrak

Mudahnya akses terhadap internet dan semakin banyaknya aktivitas yang dilakukan melalui internet mengakibatkan peningkatan pada durasi penggunaan internet yang dilakukan oleh mahasiswa. Hal ini dikhawatirkan akan menimbulkan berbagai permasalahan pada kehidupan mahasiswa di dunia nyata. Oleh karena itu, penelitian ini bertujuan untuk melihat pengaruh *fear of missing out* terhadap *problematic internet use*, dan mengujikan *self-control* sebagai variabel yang memoderasi pengaruh tersebut. Penelitian ini dilakukan di Universitas Islam Negeri Sunan Gunung Djati Bandung dengan total 199 partisipan mahasiswa aktif Strata 1 yang mengakses internet lebih dari 5 jam/hari. Instrumen yang dipakai dalam penelitian ini adalah *fear of missing out scale* (FoMOs), *brief self-control scale* (BSCS), dan *generalized problematic internet use 2* (GPIUS2). Analisis data dilakukan dengan menggunakan *software Statistical Package for Social Science for windows* dan program PROCESS versi 4.5 dari Andrew F. Hayes. Dalam penelitian ini didapatkan hasil yang menunjukkan bahwa *self-control* dan *fear of missing out* baik secara simultan maupun parsial memiliki pengaruh terhadap *problematic internet use*. Namun, dalam penelitian ini *self-control* tidak dapat memoderasi pengaruh *fear of missing out* terhadap *problematic internet use* pada mahasiswa.

Kata Kunci : *problematic internet use, fear of missing out, self-control, mahasiswa*

Abstract

Easy access to the internet and the increasing number of activities carried out through the internet have resulted in an increase in the duration of internet use by students. It is worried that this will cause various problems in students' lives in the real world. Therefore, this study aims to look at the effect of fear of missing out on problematic internet use, and test self-control as a variable that moderates this effect. This study was conducted at UIN Sunan Gunung Djati Bandung with total of 199 active undergraduate student participants who access the internet more than 5 hours/day. The instruments used in this study included the fear of missing out scale (FoMOs), brief-self-control scale (BSCS), and generalized problematic internet use 2 (GPIUS2). Data analysis was carried out using Statistical Package for Social Science for windows software and the PROCESS version 4.5 program from Andrew F. Hayes. In this study, the results show that self-control and fear of missing out both simultaneously and partially have an effect on problematic internet use. However, in this study, self-control cannot moderate the effect of fear of missing out on problematic internet use in college students.

Keywords: *problematic internet use, fear of missing out, self-control, college students*

