

Abstrak

Perkembangan teknologi digital telah menjadikan smartphone bagian penting kehidupan Generasi Z, khususnya melalui platform tiktok yang menawarkan konten singkat dan algoritma peronalisasi yang dapat memicu penggunaan berlebihan. Penelitian ini bertujuan mengetahui pengaruh *boredom proneness* dan *fear of missing out* (FoMO) terhadap *problematic smartphone use* pada generasi Z pengguna tiktok. Penelitian menggunakan pendekatan kuantitatif korelasional dengan melibatkan 337 responden generasi Z dengan usia 18-24 tahun yang menggunakan tiktok minimal 6 jam per hari. Data dikumpulkan menggunakan *Boredom Proneness Scale- Short Form* (BPS-SF), *Fear of Missing Out Scale* (FoMOS), dan *Smartphone Use Problems Identification Questionnaire* (SUPIQ), kemudian dianalisis dengan regresi linier berganda. Hasil menunjukkan bahwa *boredom proneness* dan *fear of missing out* (FoMO) secara simultan berpengaruh terhadap *problematic smartphone use* dengan kontribusi 72,7%, sedangkan 27,3% dipengaruhi faktor lain. Secara parsial, kedua variable independent berpengaruh secara signifikan terhadap *problematic smartphone use*, dengan FoMO memberikan kontribusi lebih besar dibandingkan *boredom proneness*.

Kata Kunci : *boredom proneness, fear of missing out, prpblematic smartphone use*

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The advancement of digital technology has made smartphones an integral part of Generation Z's lives, particularly through platforms like TikTok, which offer short-form content and personalized algorithms that can trigger excessive usage. This study aims to examine the influence of boredom proneness and fear of missing out on problematic smartphone use among Generation Z TikTok users. A quantitative correlational approach was employed, involving 337 Generation Z respondents aged 18-24 who use TikTok for at least six hours daily. Data were collected using the Boredom Proneness Scale- Short Form (BPS-SF), Fear of Missing Out Scale (FoMOS), and Smartphone Use Problems Identification Questionnaire (SUPIQ), subsequently analyzed using multiple linear regression. The results indicate that boredom proneness and fear of missing out simultaneously influence problematic smartphone use, accounting for 72,7% of the variance, while the remaining 27,3% is attributed to other factors. Individually, both independent variables significantly influence problematic smartphone use, with FoMO making a greater contribution than boredom proneness.

Keywords : *boredom proneness, fear of missing out, problematic smartphone use*