

## Abstrak

Tujuan penelitian ini adalah mengetahui kontribusi regulasi emosi sebagai moderator pada peran *self-esteem* terhadap *fear of missing out* pada remaja. Konsep *fear of missing out* berakar dari ketakutan yang timbul dari perasaan akan ketinggalan atau kelewatan sesuatu, baik informasi maupun pengalaman melalui paparan media sosial. Rancangan penelitian kuantitatif dengan desain kausalitas digunakan dalam penelitian ini. Subjek penelitian adalah 349 remaja pengguna aktif media sosial berusia 15 hingga 18 tahun. Pengambilan data menggunakan alat ukur skala psikologi antara lain *fear of missing out scale*, *two-dimensional self-esteem scale*, dan *emotion regulation questionnaire*. Teknik analisis data menggunakan *Moderated Regression Analysis* (MRA), ditemukan hasil penelitian bahwa *self-esteem* berpengaruh secara signifikan terhadap *fear of missing out* dengan regulasi emosi berkontribusi sebagai moderator pada pengaruh tersebut.

**Kata Kunci** : *fear of missing out*, *self-esteem*, regulasi emosi, remaja



## **Abstract**

*This study aims to examine the contribution of emotional regulation as a moderator of self-esteem role's on fear of missing out in adolescents. The concept of fear of missing out is rooted in the fear that arises from feelings of being left behind or missing something, both information and experience through exposure to social media. A causality quantitative method was used in this study. The subjects of the study were 349 adolescents who are active users of social media aged 15 to 18 years. The data collection using psychological scale measuring consist of fear of missing out scale, two-dimensional self-esteem scale, and emotion regulation questionnaire. The data analysis used Moderated Regression Analysis (MRA). The result show that self-esteem affect fear of missing out significantly and emotion regulation can moderate the effect.*

**Keywords** : *fear of missing out, self-esteem, emotion regulation, adolescents*

