

Abstrak

Perilaku *cyberloafing* di kalangan mahasiswa perlu mendapat perhatian secara efektif terutama oleh lembaga pendidikan dan mahasiswa itu sendiri. Penggunaan internet untuk tujuan non-akademik ketika kelas sedang berlangsung yang tidak diperhatikan sejak awal dapat berdampak buruk bagi mahasiswa. Dari studi pendahuluan yang dilakukan kepada calon responden sebesar 57,9 % pernah membuka meda sosial dan 89,5 % berbalas pesan secara *online* saat jam kuliah berlangsung. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara *fear of missing out* dan *self control* dengan *cyberloafing*. Penelitian ini menggunakan pendekatan kuantitatif dengan teknik analisis uji *product moment correlation*. Subjek yang terlibat dalam penelitian ini berjumlah 211 mahasiswa di UIN Sunan Gunung Djati Bandung, berusia 18-25 dan pernah menggunakan internet untuk tujuan non-akademik ketika kelas sedang berlangsung. Pengumpulan data dilakukan dengan menggunakan kuesioner melalui *google form* untuk mengukur skala *fear of missing out*, *self control* dan *cyberloafing*. Hasil penelitian ini menunjukkan bahwa hipotesis adanya hubungan *fear of missing out* dan *self control* dengan *cyberloafing* pada mahasiswa diterima.

Kata Kunci: *fear of missing out (FOMO)*, *self control*, *cyberloafing*, mahasiswa

Abstract

Cyberloafing behavior among students needs to receive attention effectively, especially by educational institutions and the students themselves. The use of the internet for non-academic purposes when classes are in progress that is not attended to from the start can have a negative impact on students. From a preliminary study conducted on prospective respondents, 57.9% had opened social media and 89.5% replied to messages online during lecture hours. The purpose of this study is to determine the relationship between fear of missing out and self control with cyberloafing. This study uses a quantitative approach with product moment correlation test analysis techniques. The subjects involved in this study were 211 students at UIN Sunan Gunung Djati Bandung, aged 18-25 and had used the internet for non-academic purposes when class was in progress. Data collection was carried out using a questionnaire through the Google form to measure the scale of fear of missing out, self control and cyberloafing. The results of this study indicate that the hypothesis that there is a relationship between fear of missing out and self-control with cyberloafing in students is accepted.

Keywords: *fear of missing out (FOMO), self control, cyberloafing, student*