

Abstrak

Sebagian besar pengguna cenderung terjerat dalam kebutuhan untuk selalu *update* informasi terkini. Media sosial tidak hanya berdampak positif, tetapi juga negatif. Fenomena ini tak jarang menimbulkan rasa cemas dan rasa takut tertinggal yang disebut *fear of missing out*. Penelitian bertujuan untuk mengetahui pengaruh regulasi diri dan kepuasan kebutuhan terhadap *fear of missing out*. Teknik sampling yang digunakan yaitu *accidental sampling*, sebanyak 139 orang pada kelompok dewasa awal pengguna TikTok berpartisipasi dalam penelitian ini. Analisis data dilakukan menggunakan metode regresi linear berganda dengan bantuan SPSS versi 26. Alat ukur yang digunakan diantaranya, *Online Fear of Missing Out Scale (ON-FoMO)*, *Short Version of Self Regulation Questionnaire (SSRQ)* dan *Basic Psychological Need Satisfaction and Frustration Scale (BPNSFS)*. Hasil analisis menunjukkan bahwa regulasi diri dan kepuasan kebutuhan berpengaruh signifikan terhadap *fear of missing out* pada dewasa awal pengguna TikTok.

Kata Kunci : *fear of missing out, regulasi diri, kepuasan kebutuhan, dewasa awal*

Abstract

TikTok users tend to get caught up in the need to update. Social media has not only positive impacts, but also negative ones. This phenomenon often causes fear of missing out. The research aims to determine the effect of self-regulation and need satisfaction on fear of missing out. The sampling technique is accidental sampling with 139 early adulthood who used the TikTok. Data analysis was carried out using the multiple linear regression method with SPSS 26. The measuring tools included the Online Fear of Missing Out Scale, the Short Version of Self Regulation Questionnaire, the Basic Psychological Need Satisfaction and Frustration Scale. The results of the analysis show that self-regulation and need satisfaction have a significant effect on fear of missing out in early adult TikTok users.

Keywords: *fear of missing out, self-regulation, need satisfaction, early adulthood*

