

## ABSTRAK

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### **HUBUNGAN ANTARA DIMENSI *ATTACHMENT* DENGAN *FEAR OF MISSING OUT* (FoMO) PADA REMAJA PENGGUNA AKTIF MEDIA SOSIAL**

(x + 41 halaman: 2 tabel; 8 lampiran)

Penelitian menunjukkan bahwa kelekatan merupakan salah satu faktor penyebab timbulnya perasaan cemas dan penggunaan sosial media yang berat pada remaja. *Attachment* di masa kanak-kanak akan membentuk perasaan, pikiran, dan perilaku individu ketika dewasa. Remaja disebut sebagai masa peralihan di mana mereka akan lebih rentan terhadap depresi, kecemasan, dan sulit meregulasi emosi. Remaja cenderung mengakses sosial media secara terus menerus yang dapat menimbulkan kecemasan dan depresi. Adanya fenomena baru yang dipicu oleh kecemasan terhadap penggunaan media sosial disebut sebagai *Fear of Missing Out* (FoMO). Di Indonesia, fenomena antara FoMO dengan kecanduan internet berada pada kategori sedang yaitu sebesar 50,7%. Tujuan penelitian ini untuk menguji hubungan antara dimensi *attachment* dengan FoMO. Penelitian menggunakan pendekatan kuantitatif diikuti dengan metode korelasional.

**Kata kunci:** *Attachment-related anxiety, Attachment-related avoidance, Fear of Missing Out, Media Sosial, Remaja*

Referensi: 32 (1987-2021)

## ABSTRACT

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### **THE RELATIONSHIP BETWEEN DIMENSIONAL ATTACHMENT AND FEAR OF MISSING OUT (FoMO) IN ADOLESCENCE ACTIVE USER OF SOCIAL MEDIA**

(x + 41 pages: 2 tables; 8 attachments)

*Research shows that attachment is one of the factors causing feelings of anxiety and heavy use of social media in adolescents. Attachment in childhood will shape the feelings, thoughts, and behavior of individuals as adults. Adolescents are referred to as a transition period in which they will be more vulnerable to depression, anxiety, and difficulty regulating emotions. Adolescents tend to access social media continuously which can cause anxiety and depression. The existence of a new phenomenon triggered by anxiety about the use of social media is known as Fear of Missing Out (FoMO). In Indonesia, the phenomenon between FoMO and internet addiction is in moderate category, which is 50.7%. The purpose of this study was to examine the relationship between dimension of attachment and FoMO. The study used a quantitative approach followed by a correlational method.*

**Keywords:** *Adolescence, Attachment-related anxiety, Attachment-related avoidance, Fear of Missing Out, Social Media*

References: 32 (1987-2021)