

ABSTRAK

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FENOMENA SINDROM SOSIAL *FoMO* (*FEAR OF MISSING OUT*) DALAM RELASI PERSAHABATAN ANTAR MAHASISWA UPH ANGKATAN 2017

(190 halaman: 1 gambar; 39 tabel; 91 lampiran)

Kata kunci: *FoMO*, Mahasiswa UPH, Sindrom Sosial, Relasi Persahabatan, Kesehatan Mental

Manusia adalah makhluk sosial dimana membutuhkan sebuah komunikasi dan sosialisasi. Jika zaman dahulu semua komunikasi dilakukan secara tatap muka, di zaman sekarang semua bisa dilakukan via online dengan hadirnya sosial media dan *smartphone*. Generasi milenial adalah salah satu contoh tepat untuk menggambarkan kehidupan zaman sekarang yang serba online. Dengan segala kemudahan yang ditawarkan oleh dunia, banyak orang yang merasa yang jauh menjadi dekat namun yang dekat semakin jauh. Kasus seperti inilah yang terkadang bisa menimbulkan rasa terlupakan dan tertinggal kepada seseorang. Inilah yang dinamakan *FoMO* (*Fear of Missing Out*).

Penelitian ini menggunakan pendekatan kualitatif dengan metode penelitian fenomenologi. Pengumpulan data penelitian dilakukan dengan cara wawancara mendalam bersifat semi terstruktur dengan pertanyaan terbuka. Wawancara dilakukan dengan strategi open ended interview yang memberikan kesempatan bagi para informan untuk menjelaskan sepenuhnya pengalaman mereka dalam merasakan sindrom sosial *FoMO* ini.

Hasil penelitian mengidentifikasi 3 jawaban dari pertanyaan penelitian yaitu (1) Apa pengalaman subjek tentang fenomena ini? (2) Apa perasaan subjek tentang pengalaman ini? (3) Apa makna yang diperoleh bagi subjek atas fenomena ini?

Referensi: 35 (2008-2020)

ABSTRACT

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FoMO (FEAR OF MISSING OUT) SOCIAL SYNDROM PHENOMENON IN FRIENDLY RELATIONSHIP BETWEEN UPH STUDENTS OF 2017

(190 pages: 1 figure; 39 tables; 91 appendices)

Keywords: *FoMO*, UPH Students, Social Syndrome, Friendship Relation, Mental Health

Humans are social creatures who need communication and socialization. If in the past all communication was done face-to-face, nowadays everything can be done online with the presence of social media and smartphones. The millennial generation is a good example to describe today's life that is completely online. With all the conveniences that the world has to offer, many people feel that is far closer to being near but nearer is getting further away. Cases like this can sometimes cause someone to feel forgotten and left behind. This is what is called *FoMO* (*Fear of Missing Out*).

This study uses a qualitative approach with phenomenological research methods. Research data collection was carried out by means of semi-structured in-depth interviews with open questions. Interviews were conducted using an open-ended interview strategy which provided the opportunity for informants to fully explain their experiences in experiencing this social *FoMO* syndrome.

The results of the study identified 3 answers to the research questions, namely (1) What was the subject's experience about this phenomenon? (2) What did the subject feel about this experience? (3) What is the acquired meaning for the subject of this phenomenon?

Reference: 35 (2008-2020)