

# HUBUNGAN ANTARA RELIGIOSITAS DENGAN *FEAR OF MISSING OUT* PADA MAHASISWA PSIKOLOGI ANGKATAN 2021 UNIVERSITAS DIPONEGORO

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## ABSTRAK

*Fear of missing out* (FoMO) terjadi karena kekurangan akan kebutuhan *self* dan *relatedness* pada individu. Pemenuhan kebutuhan tersebut berdasarkan telaah ilmiah dapat diantisipasi dengan religiositas. Penelitian ini bertujuan untuk meneliti hubungan antara religiositas dengan FoMO pada mahasiswa Fakultas Psikologi Universitas Diponegoro. Teknik sampel penelitian ini menggunakan *cluster random sampling* dengan populasi 360 orang dan 173 subjek mahasiswa angkatan 2021 Fakultas Psikologi Universitas Diponegoro. Metode kuantitatif penelitian ini menggunakan pendekatan korelasional dengan alat pengumpul data berupa Skala Religiositas (34 aitem,  $\alpha = 0,939$ ) dan Skala FoMO (20 aitem,  $\alpha = 0,853$ ). Analisis statistik Spearman digunakan untuk menguji hipotesis dan diperoleh  $R = -0,393$ ,  $p = 0,000$  dengan ( $p < 0,05$ ). Hal tersebut berarti terdapat hubungan negatif yang signifikan antara religiositas dan FoMO, artinya semakin tinggi religiositas semakin rendah tingkat FoMO, begitupun sebaliknya semakin tinggi FoMO semakin rendah religiositas pada mahasiswa Fakultas Psikologi Universitas Diponegoro.

**Kata Kunci:** religiositas; FoMO; mahasiswa; psikologi

# THE RELATIONSHIP BETWEEN RELIGIOSITY AND FEAR OF MISSING OUT IN PSYCHOLOGY STUDENTS CLASS OF 2021 DIPONEGORO

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## ABSTRACT

*Fear of missing out* (FoMO) happened because of a lack of psychological needs for self and relatedness. The lack of self-relatedness based on scientific research can be anticipated with religiosity. This study aims to examine the relationship between religiosity and FoMO in college students of the Psychology Faculty at Diponegoro University. Cluster random sampling was used for this study, with 360 college students of class 2021 at the Faculty of Psychology at Diponegoro University as the population and 173 chosen for samples. The Religiosity Scale (34 items, = 0.939) and the FoMO Scale (20 items, = 0.853) used in this correlation research. Spearman rank was used and obtained  $R = -0.393$ ,  $p = 0.000$  ( $p < 0.05$ ) as result. Therefore, there is a significant negative relationship between religiosity and FoMO, meaning that the higher the religiosity, the lower the level of FoMO, and vice versa. The higher level of FoMO indicated lower levels of religiosity.

**Keyword:** religiosity; FoMO; college; students; psychology