

CHAPTER 1

1.1.BACKGROUND

The unsettling and sometimes overwhelming feeling that you are missing out on something (that your peers are doing, in the know about, or in possession of more or something better than you) is what the acronym FOMO refers to (Abel et al., 2012). FoMO may occur because it is influenced by several factors, such as the unfulfilled need to connect with others (relatedness) and the low level of competence and autonomy possessed by individuals. Anxiety over missing out on significant, joyful, or otherwise noteworthy experiences that one's contemporaries are having is the core concept underlying the term "fear of missing out" (FoMO) (Przybylski et al., 2013). Fear of missing out isn't limited to what you see on social media, despite common notion.

The rise in internet users has led to challenges in internet usage. Recently, the emergence of the Fear of Missing Out (FOMO) phenomenon is believed to act as a mediator in the relationship between personality and problematic internet usage (Angesti & Oriza, 2018).

The Fear of Missing Out (FOMO) is a psychological phenomenon characterized by several key traits and behaviors. These characteristics have been discussed in various studies and articles. Desire for inclusion (strong need to be part of social activities to avoid feeling left out), constant connectivity (a compulsion to stay online and check for updates regularly), comparative thinking (constantly measuring one's life against others, especially on social media), impulsivity (making quick decisions to join activities without considering consequences), anxiety (feeling uneasy or restless when not participating in what others are doing), difficulty disconnecting (struggling to take breaks from devices or social media),

validation seeking (seeking constant approval and validation from social networks), overcommitting (taking on too many obligations to avoid missing out on opportunities), shorter attention span (easily distracted due to frequent device checking), negative emotional impact (feeling dissatisfied, envious, or lonely) are the characteristics of FOMO (Przybylski, 2013; Elhai et al., 2017).

In Indonesia, FOMO is evident in dangerous trends like teenagers blocking moving trucks on highways to create viral videos. A tragic accident in Bekasi in July 2021 brought attention to this phenomenon, where the need for self-identity drives young people to engage in risky activities for online recognition (Kompas, 2021). Another FOMO phenomenon occurred in 2023, a Kompas article discussed FOMO in relation to Coldplay concert tickets on the coldplay ticket war May 17 and 18. Netizens on Twitter complained about ticket shortages, attributing it to FOMO-driven purchases. Psychologist Ratna Yunita Setiyani explained that FOMO often leads people to follow trends out of fear of missing out, not limited to Coldplay fans but also attracting others (Kompas, 2023). The article also highlighted instances of ticket fraud, underscoring FOMO's impact in this context. FOMO leads individuals to compete for concert tickets, even resorting to fraudulent means, driven by a fear of missing out on the event.

The effects of this trend reach well beyond merely influencing the day-to-day activities of today's "digital natives," namely millennials and members of Generation Z. Not only do those two demographics have a higher than average chance of developing FOMO sapiosexual tendencies, but so do their parents (McGinnis, 2020). Many people feel left out when they browse social media because they compare their life to the ones they see and read about. Fear of missing out (FOMO) is hypothesized to affect judgment and actions. FoMO can also be

interpreted as fear, discomfort, a feeling of loss that arises from knowing the activities or experiences of others are more pleasant than own activities (Abel, Buff, & Burr, 2016).

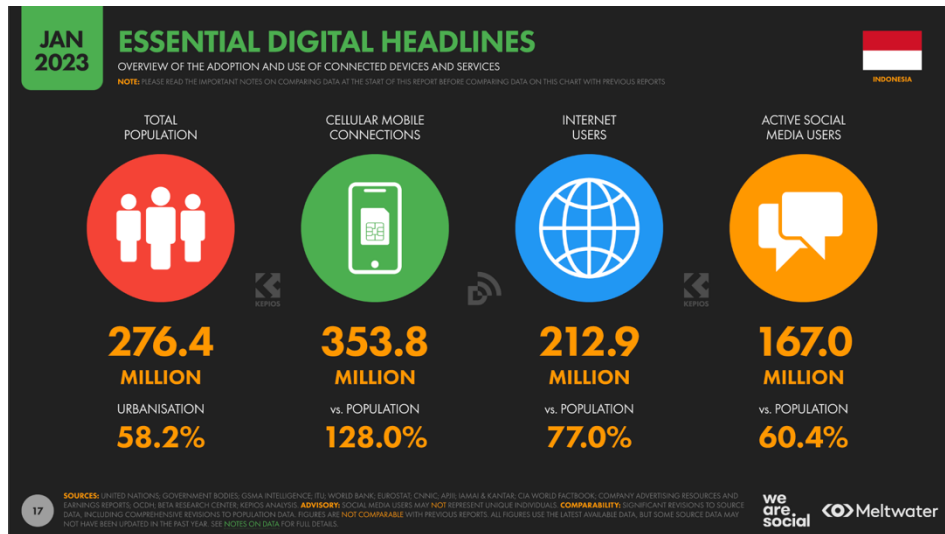


Figure 1.1 Social Media Users in Indonesia (<https://datareportal.com/reports/digital-2023-indonesia>)

In January of 2023, according to *wearesocial*, 167 million people in Indonesia used at least one social media platform. Top social media platforms' ad planning tools reveal that there were 153.7 million users aged 18 and up in Indonesia at the beginning of 2023, or roughly 79.5% of the country's entire population aged 18 and above.

Adolescence, in Erikson's view on Hazen's book of Adolescent Psychological Development, was a time of coming into one's own identity and separating oneself from the influence of adults. He refers to this stage as a choice between ego identity formation and role diffusion, and he makes the case that if adolescents do not form a coherent sense of self and values, they will lack a consistent sense of identity as they progress into adulthood. Specifically, he argues

that if adolescents do not form a coherent sense of self and values, they will be more likely to engage in risky behaviors. This can give a person a sense of haste to participate in social events and experiences, which can then lead to a feeling of worry that they will miss out on something (Hazen et al., 2008).

Cases of the FOMO phenomenon are a matter for concern in Indonesia due to the fact that if left unchecked, the FOMO feeling can lead to undesirable outcomes such as exhaustion, anxiety, depression, and even difficulties sleeping (Kemenkeu, 2021). A person who experiences these sensations is likely to be unhappy with their life and to have the perception that nothing they accomplish or have is ever sufficient (Kemenkeu, 2021).

In November 2021, the Department of Population and Civil Registration in West Java, Indonesia, issued a warning about a concerning trend on Instagram. Users were sharing personal information, including vital population data, potentially exposing it to misuse. The Head of the Jember Population and Civil Registry Office, Isnaini Dwi Susanti, emphasized the confidentiality of such data, particularly e-KTP information. The trend raised concerns about identity theft and data fraud, as some individuals exploited this shared data. Users were not only posting photos but also revealing additional identification details. (Dispendukcapiljember, 2021) FOMO causes users to share personal information on Instagram, disregarding privacy concerns, driven by a need to participate in trending challenges. Meanwhile, in May 2023, an article from DetikJabar highlighted the viral Wes Anderson trend on TikTok, where content creators in Indonesia are enthusiastically adopting the unique cinematic style of the acclaimed director. This creative trend, known for turning ordinary moments into something extraordinary, has gained widespread popularity, with videos amassing millions of views (Apriliansyah, 2023) FOMO motivates people to create

cinematic TikTok videos following a trend, driven by a desire to stay relevant and not miss out on a popular trend.

Back on June 2016, CNN Indonesia highlighted the dangerous "cinnamon challenge" trend among adolescents, where inhaling cinnamon powder led to coughing and choking due to its sharp taste. The challenge posed serious risks, including burning sensations in the airways and lungs, potential permanent lung damage, and inflammation from cinnamon oil exposure, severely impairing normal breathing (CNN Indonesia, 2016; Khoiri, 2016) FOMO leads adolescents to participate in risky challenges like the cinnamon challenge for social media attention, overlooking the health risks involved.

In May 2023, an article from DetikJateng discussed how FOMO behavior was leading to illegal loans. For instance, during a ticket war for a Coldplay concert, the Chairman of the OJK for the Special Region of Yogyakarta, Parjiman, pointed out that FOMO was driving an increase in loan applications. These borrowers often failed to differentiate between legal and illegal loans, driven solely by the fear of missing out. This led them to accumulate illegal debts and seek new loans to repay existing ones, often from illegal lenders. Parjiman cautioned against engaging in illicit loans, emphasizing the serious consequences (DetikJateng, 2023) FOMO behavior results in people taking out illegal loans, driven by a desire to avoid missing out on events like concerts, leading to financial troubles.

In 2019, at the Urban Sneaker Society (USS) event in South Jakarta, a clear case of FOMO emerged. The event, featuring 150 sneaker and streetwear brands, witnessed a remarkable crowd at the Compass booth, a popular local brand. Enthusiasts had to secure queue numbers, with some, like Muhammad Gufron, even spending the night to get their desired shoes. Gufron's FOMO drove

him to stand in line, seeking the exclusivity and attention that Compass shoes provided, as they were less common (Billy, 2019).

In July 2023, the Van Gogh Alive Exhibition at Taman Anggrek Mall in Jakarta became a major FOMO phenomenon. Despite opening on July 7, attendance skyrocketed, with many visitors driven by FOMO rather than a genuine appreciation for the exhibition. Netizens on Twitter expressed concerns about the trend, emphasizing the need for validation and the desire to be the first to experience popular attractions in Indonesia (Suara.com, 2023) FOMO causes sneaker enthusiasts to stand in long queues for exclusive products, driven by a desire to feel exclusive and gain attention.

One of the most influential factors in Social Media Fatigue (SMF) is a constant worry about missing out on others' pleasurable experiences (Hattingh et al., 2022). In addition, Elhai et al. find that problematic smartphone use is more common and more severe among young Chinese people when they experience concern about missing out on social media. Based on these findings, it seems plausible that FoMO is a driving force behind the correlation between anxiety and SMF. In particular, people who are more prone to worry may be more susceptible to generalized FoMO, which in turn may be related to weariness from social media use (Świątek, Szcześniak, Bielecka 2021) FOMO attracts a large number of attendees to the exhibition, with some attending just to be part of the trend and seek validation on social media.

The term "fear of missing out" (FoMO) refers to the worry of passing up a fun opportunity. There are gaps in the literature concerning mediating mechanisms between anxiety and depression intensity and FoMO, which may explain why not everyone is equally prone to experience FoMO despite the fact that research shows a relationship between these variables. Specifically, the

susceptibility to boredom and the connection to worry may shed light on the heterogeneity of FoMO intensity across people with similar levels of anxiety and depression. Anxiety and depression have been shown to be predictors of fear of missing out (FoMO) in earlier research (Elhai et al., 2016, 2020). It is realistic to predict that an individual's anxiety attachment may influence how they cope with the unpleasant affectivity they experience. People who have greater degrees of anxious attachment are more likely to worry and fear that they are losing out on a gratifying experience that is due to the fact that their needs are not currently being met (Holte et al., 2020). Research regarding FoMO is warranted given the numerous negative associations with it. This includes anxiety and depression severity (Dhir et al., 2018). According to the findings, FOMO has an inverse relationship with social connection but has a positive association with the amount of time spent on social media (Roberts et al., 2019).

In compliance with a research that carried out in 2012 by JWT Intelligence, it is said that 40% of internet users all over the world experience fear of missing out (FOMO). One develops a form of anxiety known as fear of missing out (FOMO) when they utilize social media. According to Sianipar et al. (2019), this anxiety will manifest itself if the person is unable to open or utilize social media, which means they will be unaware of the most recent information and will be unable to view the activities that their friends are engaging in on social media. Based on a research that is conducted by JP3I (Jurnal Pengukuran Psikologi dan Pendidikan Indonesia) on 2020 with 211 Indonesians respondents, it was discovered that the unpleasant items on the Sense of Self and Self Esteem dimension generated a new factor component, which could be separated from the positive points on the same scale in which indicates that the Fear of Missing Out Scale has a high degree of internal consistency from social media use.

In an article published by Tribun News in November 2019, social activist Damar Juniarto said that the rise of FOMO cases in Indonesia was to blame for the proliferation of viral phenomena on TVOne's What's New Indonesia Morning program (Tribun News 2019). According to Damar, the fear of missing out (FOMO) can develop when young people worry about being less self-sufficient than their peers. As an illustration, consider the practice of producing material at the expense of logic. Damar cited giving alcoholic beverages to cats and parents who hit their children as two such examples. If articles like the one above keep getting published, people will start to worry that something is wrong with society.

On the other hand, there are a number of risk factors for negative health that reach their highest point throughout the adolescent. Adolescents' quality of life and sense of happiness are greatly influenced by their peers and families. Social non-adaptation, substance abuse, and conflicts that begin in childhood and adolescence (especially with external problems like substance use and aggressive behaviors) may persist into adulthood (Bongers et al., 2008). On the one hand, peers can serve as role models and have an impact on one's behavior and outlook, while on the other, they can facilitate consumption by providing easy access, encouragement, and a safe social environment (Glaser et al., 2010). Peers may have a significant influence on an adolescent's preferences in many areas of their lives, including their choice of clothing, language, drug use, sexual behavior, adoption and acceptance of violence, and adoption of criminal and anti-social behaviors (Padilla-Walker et al., 2008).

In a research conducted by Clarissa Helga Aurelya and published in the Journal of Atma Jaya Yogyakarta University in February 2022, aims to investigate the impact of TikTok's social media usage intensity on the development of Fear of Missing Out (FoMO) syndrome among

Generation Z which resulted in a substantial and positive connection exists between how much social media is used and the development of Fear of Missing Out (FoMO) syndrome. Furthermore, the research indicates that 57% of the variation in FoMO can be attributed to the intensity of social media use, while the remaining 43% is influenced by undisclosed factors. Meanwhile, in the study "Predicting Social Media Use Intensity in Late Adolescence" by Jelena Opsenica Kostic (2022), researchers aimed to understand the factors influencing adolescents' social media use. They found that trust and communication with peers positively predict social media use, with fear of missing out (FoMO) partially mediating this relationship. Alienation didn't initially predict social media use but became significant when FoMO was considered. FoMO also reduced the impact of alienation on social media use intensity. This study highlights the positive aspects of social media in forming and maintaining social relationships among adolescents. Furthermore, in the study "The Role of Fear of Missing Out (FOMO) as a Mediator Between Personality and Problematic Internet Use" by Ristia Angesti, researchers explored how FOMO mediates the relationship between personality traits (neuroticism and conscientiousness) and problematic internet use, based on the Self Determination Theory. The findings showed that FOMO indeed acts as a mediator, indicating that personality traits influence problematic internet use through FOMO, with both neuroticism and conscientiousness playing a role.

The phrase "peer group" denotes a collection of individuals or organizations that possess comparable traits. These traits can encompass factors like age, educational background, ethnicity, size, industry, or sector. Peer groups are particularly notable for their capacity to exert influence on the choices made by their members. Consequently, peer groups frequently exhibit structures with established hierarchies, featuring prominent leaders at the apex. Peer groups find application

in various academic and professional disciplines, often serving as a focal point for analysis (Hayes, 2021).

According to Wein, 2022, the impact of peers, whether positive or negative, extends beyond mere behavioral changes; it can also influence an individual's emotional state. In general, having a larger circle of friends and spending more time with them tends to enhance one's overall happiness. Friends provide a support system for sharing emotions, gaining fresh perspectives, or simply engaging in enjoyable activities together. However, it's not the quantity of these friendships but rather their ability that truly matters. High-quality friendships have been associated with increased life satisfaction and improved mental well-being. Friendships that one feels inclined to distance themselves from are likely of lower quality, potentially marked by conflict, criticism, and hostility. Among young individuals, subpar friendships have been connected to diminished academic performance and behavioral challenges (Wein, 2022).

Peers, on the other hand, are invaluable for venting frustrations and learning to work through difficult situations. On the other side, if you don't have any friends, you'll have fewer opportunity to meet new people and hone your social skills. Ueno (2004) found that having close friends was correlated with a higher level of psychological health, while Laftman et al. (2006) found that having adversarial relationships with one's peers was inversely related to physical health. Adolescents who have supportive connection networks may be better able to grow emotionally and intellectually. High levels of school belonging are reported by adolescents in friendships that are reciprocal, and both of these factors are associated with improved academic performance (Vaquera et al., 2008).

In essence, the notion of "peer groups" term refers to connections among two or more youngsters who do not belong to the same family but share similar age and, potentially, comparable social status. It is purposely left undefined how much variation is permissible in terms of age, social standing, and status while still being considered "similar." The focus on "potential" resemblances in social standing and status aims to underscore that children's peer groups do not initially involve predetermined disparities in their positions, although, as later explained, such distinctions typically emerge over time (Howe, 2010). FOMO, characterized by a fear of being left out or missing out on social activities or trends, could potentially be influenced by peer group dynamics and the desire to conform to social norms. Understanding how peer status and friendship patterns affect personal adjustment sheds light on how FOMO may contribute to feelings of social pressure and anxiety in today's interconnected world, where the fear of missing out on trends and events is prevalent (Howe, 2010)..

In the context of late adolescence, the Dismissing group's increased hostility can be seen as a response to unmet attachment needs and the fear of potential rejection, likely stemming from early attachment experiences. During this phase of life, as individuals strive for independence and autonomy, unresolved attachment issues may lead to the displacement of hostility from parental relationships to peer interactions. While this displacement might temporarily reduce conflicts with parents, it can result in less fulfilling and more distant peer relationships, as indicated by increased loneliness and decreased family support reported by the Dismissing group. Interestingly, despite peer observations of lower ego-resilience, higher anxiety, and heightened hostility, the Dismissing group did not differ significantly from the Secure group in their self-perceived social competence and distress. This discrepancy suggests that the Dismissing group may have a tendency to downplay negative emotions and may exhibit a pattern of "compulsive self-reliance," aligning with

Bowlby's (1973) concept. In late adolescence, these dynamics could contribute to challenges in forming healthy social bonds and potentially exacerbate feelings of FOMO, as individuals may be hesitant to seek support or acknowledge their distress in social situations (Kobak & Sceery, 1988).

1.2. RESEARCH PROBLEM

Late adolescents in Indonesia are heavy social media users, with both positive and negative outcomes. Positives include knowledge gain, useful information, inspiration, and meaningful interactions. However, there are also negatives like anxiety, social comparison, misinformation, and mental health issues. Adolescents can be influenced by both these positive and negative aspects of social media.

How the level of social media engagement and communication within peer groups may contribute to or influence the experience of FOMO in late adolescents is mainly the topic of the problem of this research. FOMO emerged as a problem with the rise of social media and digital technology, intensifying the fear of being left out of social experiences and trends. The idea of FOMO emerged as a problem in late adolescence due to the increasing intensity of social media use and its impact on peer group communication, leading to heightened fear of missing out on social experiences and trends.

The Fear of Missing Out (FOMO) phenomenon in Indonesia encompasses a range of situations in which individuals, particularly teenagers and young adults, participate in trends or activities to avoid the fear of being excluded or missing out on various experiences. This includes risky challenges like attempting to block moving trucks for viral videos, which tragically resulted in an incident in Bekasi, West Java. Psychologists stress the importance of understanding the

underlying motivations driving such behaviors, often linked to a desire to establish one's self-identity. FOMO is also evident in the intense demand for event tickets, as seen with the Coldplay concert, causing ticket shortages and even instances of fraud. Furthermore, it extends to the sharing of personal information on social media platforms, increasing the risk of identity theft. While FOMO can lead to positive trends like the Wes Anderson cinematic style and generate excitement during exclusive product launches, its negative consequences are apparent when it drives impulsive and potentially harmful financial decisions, such as taking illegal loans. Finally, FOMO prompts individuals to flock to popular attractions like the Van Gogh Alive Exhibition, not always out of genuine interest but due to the fear of missing out, resulting in overcrowded experiences and a quest for validation on social media.

The emotional responses, such as anxiety or unease, negative social comparison, misinformation spreading, impaired mental health, addiction that late adolescents may experience due to FOMO and its interactions with social media and peer group communications. This suggests that adolescents may be affected by all of the factors mentioned above.

This study focuses on late adolescents in Indonesia, who are avid social media users. Social media usage has both positive and negative outcomes, including gaining knowledge and connections, but also anxiety, negative comparisons, and misinformation. Adolescents are highly influenced by their peer groups and modernization developments. While the intense use of social media and peer communication should be beneficial, the fear of missing out (FOMO) has emerged as a concern, potentially causing anxiety. This research aims to explore the relationship between social media use, peer communication, and anxiety levels in adolescents affected by FOMO.

1.3. RESEARCH OBJECTIVE

1. The purpose of this study is to examine if there's an influence and relation of the intensity of social media use fear of missing out among late adolescents from age 18-21.

2. The purpose of this study is to examine if there's an influence and relation of peer group communication on fear of missing out among late adolescents from age 18-21.

1.4. RESEARCH SIGNIFICANCE

1.4.1. ACADEMIC: The results of this study are expected to be useful for the advancement of communication science in the field of communication psychology related to adolescent psychology and peer-to-peer communication. It will also be beneficial for the theory of Cultivation Theory and Social Cognitive Theory. The results of this research will be posted on social media as it is going to reach the directed subject which is late adolescent.

1.4.2. PRACTICAL : The results of this study are expected to be useful for who can benefit directly from this study which are adolescent and peer groups among adolescents as it would provide valuable insights for understanding and addressing the psychological well-being of adolescents in the digital age.

1.4.3. SOCIAL : The results of this study are expected to be useful for parents, teachers, professors, and psychologists who are not impacted directly as it would enable them to develop informed strategies and interventions to support adolescent well-being and promote healthy digital habits.

1.5. THEORETICAL FRAMEWORK

1.5.1. STATE OF THE ART

This study draws references from previous studies that have been conducted in the local context of Indonesia.

The first research, entitled "The Influence Of Intensity Of Use Of Social Media On The Appearance Of Fear Of Missing Out Syndrome" where the research was uploaded in the Journal of Atma Jaya Yogyakarta University 09 Feb 2022 Author Clarissa Helga Aurelya with the research objective to determine the effect of the intensity of social media use TikTok on the emergence of Fear syndrome of Missing Out (FoMO) among generation Z. The research method used is survey method. According to Sugiyono (2013) survey method is a research which is a research tool using a questionnaire aimed at large or small populations so that later from the resulting data will be found relative events. The results of the study show: 1) The independent variable, namely the intensity variable of social media use has a significant and positive one-way relationship to the Fear of Missing Out (FoMO) variable, 2) The intensity variable of social media use has an effect on the Fear of Missing Out (FoMO) variable of 0.755 and it can be interpreted that these two variables have a very strong level of relationship because they are in the interval 0.6-0.799, 3) The intensity variable of social media use contributes 57% to the Fear of Missing Out (FoMO) variable and the remaining 43% is influenced by other factors that not studied in this study. The existence of variable similarities in this study with my research is useful as support for my research. (<http://e-journal.uajy.ac.id/26243/#>)

The second research, entitled “Analysis Of The Intensity Of Use Of Social Media And Social Environment On Fear Of Missing Out (FoMO) Behavior” where the research was uploaded in the *Journal of Ilmu Keperawatan Jiwa*, Author Noviyanti Kartika Dewi on 1st of February 2022 in which this research concerns individuals' social media connectivity increases their risk of experiencing FOMO and is also linked to risky mobile phone use. Therefore, the aim of this study is to investigate the impact of social media usage and context on feelings of social isolation. The research method used is simple random sampling. The study found that adolescents' FoMO (Fear of Missing Out) behavior in Madiun City is affected by how frequently they use social media. The use of the same variables in this research and mine such as the intensity of social media use and FoMO creates relevance that will help contribute to my research. (<http://www.journal.ppnijateng.org/index.php/jikj/article/view/1352>)

The third research, entitled “Predicting social media use intensity in late adolescence: The role of attachment to friends and fear of missing out” where the study was uploaded in *ScienceDirect* (2022) Author Jelena Opsenica Kostić, in which the purpose of the study is to explore the possibility of predicting SMU intensity based on peer attachment dimensions (Trust, Communication, Alienation) and FoMO on a sample of adolescents. This research used convenience sample and regression analysis. This research results show that Trust and Communication (merged in one dimension of Peer support) are positive predictors of SMU (Social Media Use) and that this effect is partly mediated by FoMO which was also found to be a positive predictor. Alienation was not a significant predictor in the first step of regression analysis, but it became significant upon the addition of FoMO. The indirect effects analysis showed that FoMO suppresses the effect of Alienation on SMU intensity – the stronger FoMO the smaller the effect of Alienation. When there is trust and good communication in relationships with friends, but also

Fear of missing out, there will be more intensive use of SM.
(<https://doi.org/10.1016/j.actpsy.2022.103667>)

The fourth research, entitled "The Influence of Self-Concept and Self-Regulation on Fear of Missing Out (FoMO) in Students Using Instagram" where the research was uploaded in the Education and Counseling Journal Universitas Pahlawan on 2022 Author Lailatuz Zahroh. Self Determination Theory is used for this research. The aim of the research to examine the influence that self-concept and self-regulation have on Fear of Missing Out (FoMO). Quantitative type with survey method is the method used in the research. The results of the study shows that the influence given is very strong in a negative direction. It can be concluded that the lower the self-concept and self-regulation of students who use Instagram, the higher the likelihood of FoMO occurring, and vice versa. The FOMO variable in this study can help me to research deeper for my thesis.
(<https://journal.universitaspahlawan.ac.id/index.php/jpdk/article/view/4711/3200>)

The fifth research, entitled "The Role Of Fear Of Missing Out (Fomo) As A Mediator Between Personality And Problematic Internet Use" where the research was uploaded in the Jurnal Muara Ilmu Sosial, Humaniora, dan Seni Universitas Indonesia on 2018 Author Ristia Angesti. Self Determination Theory is used for this research. The purpose of this study is to see the influence of FOMO which acts as a mediator between personality and problematic internet use. This research uses a form of non-probability sampling technique, namely accidental sampling with a quantitative approach. The results of the study shows that FOMO succeeded in being a mediator between the personality relationship (neuroticism and conscientiousness traits) and problematic internet use. Problematic internet use can be influenced by personality through FOMO. The traits

neuroticism and conscientiousness both have an influence on FOMO.
(<https://doi.org/10.24912/jmishumsen.v2i2.2317>)

The sixth research, entitled "The Relationship between Levels of Neuroticism and Fear of Missing Out (FoMO) in Adolescents who are Active Social Media Users" where the research was uploaded on *Indigenous: Jurnal Ilmiah Psikologi* on 2019 Author Riska Christina. Self Determination Theory is used for this research. This study aimed to investigate the correlation between neuroticism and the Fear of Missing Out among teenagers who actively use social media. This research is a type of quantitative research with an explanatory research type. The results of the study can be concluded that the higher the tendency of the teenagers having neuroticism, the higher risk of experiencing anxiety that other people's activities are more fun and valuable. The contribution of the neuroticism to the Fear of Missing Out (FoMO) was 21,5%.
(<https://journals.ums.ac.id/index.php/indigenous/article/view/8024/5361>)

In conclusion, the familiarity from those 6 given researches patterns above are discussing about FOMO, what influenced FOMO, and they circulated around social media variables. The updates that I could enhance on my research is that although the researches above have the same patterns and close relation to my research, the combination of the intensity of social media use and peer group communication variables combined have never been used in any of the earlier studies to talk about the phenomenon of FOMO before. Therefore, I can incorporate the concept of FOMO phenomenon explicitly and exploring its impact on late adolescents and overall well-being in relation to social media use and peer group communication.

1.5.2. RESEARCH PARADIGM

The paradigm in this research is the positivist paradigm. A quantitative research is used for this study. The philosophical framework known as positivism places a premium on empirical research and a dispassionate examination of the world around us, thus, this theoretical framework emphasizes the use of numerical data for the purpose of discovering patterns, verifying hypotheses, and identifying causation in quantitative studies (Bryman, 2003). In the positivism paradigm, to be able to understand the objects researchers use empirical tests and methods, which explained that research findings and results of positivist researchers have a great standard of validity and reliability (Cohen, 2007). Hypothesis testing, statistical analysis, and extrapolating results to a broader population are all procedures emphasized by positivism and quantitative research methodologies (Creswell et al., 2021). Positivist epistemology says that we learn things by observing the world around us and using scientific techniques (Guba et al., 1994). An objective world that can be observed, measured, and evaluated statistically is the starting point for positivist ontology (Babbie, 2017).

1.5.3. THE CULTIVATION THEORY

Throughout 1919-2005, George Gerbner and his colleagues at the Annenberg School of Communication in Pennsylvania developed the concept of cultivation theory through an article titled "The Television World of Violence." This article was later included in the book "Mass Media and Violence". It marked the first formal presentation of cultivation theory, which explores the relationship between television exposure and perceptions of violence in society.

Cultivation theory is a communication theory that investigates how intense media exposure influences viewers' perceptions of the world over time. This theory proposes that frequent exposure to media content can mold individuals' beliefs, attitudes, and overall understanding of reality (Saefudin & Venus, 2007).

The cultivation theory views mass media as a socializing agent and discovers that media consumers tend to believe in what is presented by the media based on the frequency of their exposure to it. Gerbner and his research team furthered their investigations into mass media effects by delving into the influence of mass media on daily life through cultivation analysis. According to the theory, the mass media is believed to have a great influence on the attitudes and behavior of its users. It can be asserted that the impact observed on the audience occurs as a subsequent phase, following the media's initial alteration and shaping of specific beliefs within individuals through the various programs it broadcasts.

One prominent theory among the many discussing long-term media effects is cultivation analysis. According to Gerbner (1969), this theory holds a distinct position. He asserts that television, being a significant component of contemporary media, has gained such immense influence in people's daily lives that it becomes the dominant force shaping our "symbolic environment." In this process, it replaces personal experiences and other ways of understanding the world by conveying its own messages about reality.

Despite George Gerbner originally focusing on television as the primary cause in cultivation theory, over time, the theory has expanded to encompass other mass media, including

social media (Cohen, 2001). According to the cultivation theory in the context of social media, continuous involvement with these platforms can mold users' perceptions of reality, much like the impact of prolonged television exposure. By frequently encountering particular themes and portrayals on social media, users' perspectives on societal norms, values, and expectations might be affected, potentially resulting in skewed perceptions of reality and a modified understanding of social norms and behaviors.

In the context of the study of investigating the impact of social media usage on the fear of missing out (FOMO) in late adolescents, the application of Cultivation theory becomes particularly relevant. This theoretical framework can shed light on the ways in which continuous exposure to social media content might mold the perceptions, convictions, and outlooks of these individuals in relation to the fear of missing out.

Cultivation theory posits that frequent and extended engagement with media, including social media platforms, can significantly influence individuals' understanding of reality. It suggests that when late adolescents spend substantial time on social media, they are more likely to develop a heightened perception that their peers are actively participating in captivating activities and events. This perception, in turn, has the potential to amplify their own anxiety and apprehension about missing out on similar experiences. In essence, prolonged exposure to social media content could be shaping the way late adolescents perceive and experience the fear of missing out.

1.5.4. THE SOCIAL COGNITIVE THEORY

The social cognitive theory first emerged in 1986 by Albert Bandura. Triadic reciprocal causation is central to social cognition theory's explanation of psychological and social functioning (Bandura, 1986). From a socio-cognitive perspective point, human nature is a huge potentiality that, within some biological bounds, can be shaped in different ways by the application of one's own and other people's experiences (Bryant et al., 2009). In contrast to popular belief, human beings are not merely passive animals whose development, regulation, and introspection are steered by external or internal forces but rather actively engage in these processes themselves. Evolution, change, and adaptability are intrinsic to the human experience. Thus, individual agency functions within a system of sociostructural factors. Individuals are not passive consumers but active participants in these agentic exchanges. Instead of existing as separate factors, individual action and social structure form a mutually reinforcing causal framework.

According to Bandura (1986), people do not lead lives of complete independence from one another. What they can't get done separately, they must do together. The concept of human agency is broadened in social cognitive theory to include collective agency. The more capable a group considers itself to be, the loftier its goals, the deeper its motivational investment in its endeavors, the longer it can persist in the face of setbacks, the more robust its resilience, and the more impressive its performance achievements.

According to Bandura (2002), The Social Cognitive Theory is a psychological model that examines how mass media impacts people's thinking, actions, and learning. It proposes that individuals learn and imitate behavior by observing others, such as media figures, and that media

content can mold their attitudes and beliefs. In the realm of psychology communication, the Social Cognitive Theory is crucial in comprehending how individuals gain knowledge, beliefs, and cognitive structures by observing and engaging in social interactions. This theory highlights the significance of cognitive processes like attention, retention, reproduction, and motivation in mediating the impact of communication. According to Bandura (1986), modeling has the direct power to influence human judgment, values, and behavior without relying on influential intermediaries to adopt and disseminate what has been depicted. Several factors, including role modeling, influence the rate at which people embrace novel social practices and behavioral norms. People are shown or told how to change the way they think and act, respectively. The order in which one acquires knowledge is not set in stone. Different activities and the same activity at different stages of the adoption process place differing emphasis on interpersonal and media sources of information.

In this study of concerning the influence of intensive peer group communication on late adolescents' fear of missing out (FOMO), the social cognitive theory becomes valuable. It offers a framework to understand how these interactions might shape the cognitive functions, social learning experiences, and self-regulation abilities of late adolescents as they encounter and respond to the FOMO phenomenon within their peer circles. This theory sheds light on how adolescents observe, learn from, and manage their reactions to FOMO within the dynamics of their peer relationships.

1.5.5. SELF DETERMINATION THEORY

Self-Determination Theory (SDT) is a psychological framework concerning motivation and human growth, formulated by Edward L. Deci and Richard M. Ryan. Their work on this theory commenced during the 1980s, and it has since evolved into one of psychology's most significant theories regarding motivation. The theory suggests that when individuals perceive that the potential benefits from a situation are worthwhile and controllable, and when they possess the ability to adjust their expectations, choices, and actions in a way that aligns with the outcomes they anticipate from that situation (Mithaug, 2003).

As per SDT, when these fundamental psychological needs are met, people tend to encounter elevated levels of motivation, overall well-being, and optimal personal growth. In contrast, if these needs are obstructed, it can result in reduced motivation, psychological stress, and suboptimal performance. Fundamentally, Self-Determination Theory centers on intrinsic motivation, which represents the inherent, inner desire to participate in activities for the inherent gratification and self-development they offer, as opposed to being driven by external incentives or pressures. SDT proposes that individuals possess three fundamental psychological needs. SDT differentiates between various forms of motivation, spanning from intrinsic motivation (engaging in an activity because it is inherently pleasurable) to extrinsic motivation (participating in an activity for external incentives or to evade penalties). Additionally, the theory delves into the concept of amotivation, where individuals lack any motivation for an activity altogether (Mithaug, 2003).

When individuals feel competent and capable of handling new situations, they gain a sense of control over the outcomes of their efforts. This sense of control makes them believe that future opportunities to engage with these situations will lead to further knowledge and personal growth. In essence, they become self-determined learners, driven by an internal desire for learning and personal development rather than external pressures or rewards (Mithaug, 2003).

Relating this to the phenomenon of Fear of Missing Out (FOMO), we can see that individuals who are self-determined learners are less likely to be driven by the fear of missing out on external events or activities. Instead, they are motivated by their intrinsic desire to acquire knowledge and experience personal growth. They may prioritize their learning and personal development over the fear of missing out on social events or trends, as they derive satisfaction and fulfillment from their own educational pursuits. In this context, FOMO may have less influence on self-determined learners because their motivation is internally driven by their quest for knowledge and personal growth.

This represents the theory of self-determined learning, elucidating how and why learning opportunities impact the learning process. The "why" aspect pertains to the quality of the learning opportunity, which reflects how appealing the challenging situation appears to the learner. The "how" aspect relates to the quality of adjustment, indicating how effectively the learner manages their expectations, choices, and actions to achieve the expected benefits from the situation. According to this theory, when both the opportunity and adjustment conditions are as favorable as possible for the learner, several outcomes ensue. Engagement persists because it yields the anticipated and desired results. A sense of mastery over the challenging situation develops because

learners comprehend precisely how to attain those results. Ultimately, learning is optimized because their beliefs, perceptions, and actions are suitably adapted to the situation, enabling them to consistently derive expected benefits from it (Mithaug, 2003).

The concepts of self-determined learning and FOMO share a common thread in people's pursuit of fulfilling experiences. Self-determined learners strive to enhance their learning results by skillfully adapting to their educational circumstances. In contrast, those impacted by FOMO strive to enhance their social experiences by engaging in events and activities they find enticing or valuable. Both ideas underscore the significance of harmonizing one's decisions and behaviors with their intended objectives, whether in the realms of education or social interaction.

1.5.6. THE INFLUENCE OF THE INTENSITY OF SOCIAL MEDIA USE TOWARDS FEAR OF MISSING OUT ON LATE ADOLESCENT

The influence of the intensity use of social media towards FOMO could be explained with the cultivation theory and Self Determination Theory (SDT). Cultivation Theory, developed by George Gerbner, suggests that prolonged exposure to specific media content shapes individuals' beliefs and perceptions. Initially focused on television, this theory now applies to various media, including social media. If people consistently and intensely use social media platforms for an extended time, Cultivation Theory suggests that they are inclined to embrace the values, beliefs, and viewpoints endorsed by those platforms. In essence, the content they come across on social media can impact their perspectives on a range of subjects, such as social connections, achievement, well-being, and self-esteem. Meanwhile Self-Determination Theory helps explain how the intensity of social media use can influence FOMO among late adolescents which initially, social

media use may align with their intrinsic motivation for relatedness and self-expression. However, as the dependence on social media and extrinsic factors increase, it can lead to FOMO and potentially impact their psychological needs, well-being, and autonomy, highlighting the complex interplay between social media and psychological factors in late adolescence.

Cultivation Theory also emphasizes the significance of long-term and consistent exposure to a particular type of media content. This exposure isn't limited to a single instance but occurs over an extended period, such as months or even years. Excessive social media use among late adolescents can significantly influence their daily routines and activities. An intense engagement with social media might foster a persistent desire to remain connected and up-to-date, resulting in heightened anxiety regarding the possibility of missing out on significant social occasions or trends. This fear of missing out is intensified by the constant comparison of one's own life to the carefully curated and idealized images presented on social media platforms. Moreover, regular interaction with social media may lead late adolescents to feel socially isolated and excluded when they perceive others as having more thrilling experiences. The theory suggests that as people consistently engage with media, the ideas, stories, and depictions it contains slowly become a part of how they perceive the world. When it comes to social media, this implies that frequent platform usage causes individuals to adopt the prevalent values, standards, and aspirations found in the social media sphere.

Users are more likely to shun something if they feel no emotional or intellectual gain from it, thus, without regularly rewarding readers, listeners, and viewers, media outlets risk losing their audiences. Overtime then, media consumers develop routines based on their experiences, which in

turn reflect their positive, negative, or ambivalent attitudes toward the medium. Since user emotions may be deduced using sentiment analysis, which assigns positive or negative ratings to media posts, these factors take on added significance in the realm of social media (Lipschultz, 2017). Adolescent and the general public may feel lost in the ever-evolving social media ecosystem. Understanding communication from the lens of social media is useful. Media literacy is a set of abilities that each person should actively cultivate and employ (Lipschultz, 2017). Thus, media literacy can help improve social media usage and prevent the emergence of FOMO. Individual users, even those employed by media and organizations, continue to make big blunders on social media platforms despite understanding of the potential influence (Lipschultz, 2017).

SDT posits that individuals have three fundamental psychological needs: autonomy (feeling in control), competence (feeling capable), and relatedness (forming meaningful connections). When late adolescents engage with social media intensively, they may initially feel they are satisfying their relatedness need by connecting with peers online. However, as social media engagement becomes more intense, external factors like the need for social validation (likes, comments, shares) and comparisons with others may start to play a role. These extrinsic factors can undermine the autonomy and intrinsic motivation of late adolescents, as they may feel pressured to conform to social media norms and trends (Mithaug, 2003).

In summary, the evolution of diverse social media platforms has led late adolescents to integrate them into their daily lives, raising concerns about their mental well-being. Media consumption habits, attitudes, and the development of FOMO might be influenced by emotional gains and media literacy, ultimately impacting late adolescents' social media experiences.

Therefore, from the description of the hypothesis that has been explained, it can be concluded that cultivation theory and self-determination theory can explain the relationship between the intensity of social media use and FOMO on late adolescents.

1.5.7. THE INFLUENCE OF THE INTENSITY OF PEER GROUP COMMUNICATION TOWARDS FEAR OF MISSING OUT ON LATE ADOLESCENT

The influence of the intensity of peer group communication towards FOMO can be explained with Social Cognitive Theory and Self Determination Theory (SDT). The Social Cognitive Theory was developed by Albert Bandura, in which it centers on the idea that individuals learn by observing others and the outcomes of their behaviors. In the context of FOMO, late adolescents can learn from their peers' behaviors and communication styles and subsequently apply these learnings to their own experiences of FOMO. The theory can also emphasize self-efficacy, which is an individual's belief in their ability to perform certain behaviors and achieve desired outcomes. Whilst SDT provides a framework for understanding how the intensity of peer group communication can influence FOMO among late adolescents. Initially, peer communication may align with their intrinsic motivation for relatedness and social connection. However, as the intensity and extrinsic factors increase, it can lead to FOMO and potentially impact their psychological needs, well-being, and autonomy, underscoring the complex interplay between peer communication and psychological factors in late adolescence.

The theory of social cognitive also introduces the concept of reciprocal determinism, where personal factors, environmental factors, and behavior all influence each other. The key idea here is that it's not a one-way influence; it's a dynamic, reciprocal relationship. As adolescents engage

in peer group communication, their personal factors, such as beliefs and emotions, can influence their behavior within the group as well. An adolescent who feels highly anxious about missing out may actively seek reassurance or validation from their peers within the group, thereby shaping the tone and content of the communication.

The communication among peer groups may significantly influence the Fear of Missing Out (FOMO) encountered by late adolescents. Continuous interactions and exposure to their peers' activities and experiences give rise to several influential elements that contribute to elevated FOMO levels in this particular age group. People acquire knowledge via observing those around them (Bandura, 1986). Adolescents can learn about what is considered typical and appropriate behavior by seeing the online interactions of their peers. This hypothesis sheds light on how communication between social groups influences an individual's personal behavior on social media and contributes to feelings of "fear of missing out." The actions and attitudes of one's peers can serve as powerful role models. Your thesis suggests that the level of peer group communication can have a significant impact on an individual's personal social media use and FOMO. Adolescents may feel pressured to communicate frequently on social networking sites because they see their friends doing so.

Peer group contact on social media can boost confidence in using these platforms and coping with the fear of missing out. Individuals may feel more confident in their own abilities to participate and worry of losing out on essential social interactions if they do not observe others actively participating and receiving positive feedback and attention. An individual's personal activities, such as their use of social media and their level of FOMO, are affected by the intensity

of their peer group's communication because of the behavior and social interactions of peers. The hypothesis suggest that on the complex relationship between the volume of chatter among friends and the fear of missing out.

In the late adolescent stage, young people often compare themselves extensively to their peers, as they crave validation and a sense of belonging. This constant comparison leads to a fear of missing out on exciting gatherings and experiences, driving a strong need to stay connected all the time. Social media and digital communication worsen this fear, creating an urgent desire to keep up with the latest updates. Seeking approval and validation from their peer group, they worry about missing out on social events, trends, or popular activities that could affect how others see them. The fear of isolation and the pressure to conform to their peer group's norms add to the emotional burden, compelling them to continuously engage in peer communication.

Engaging in peer group communication is often intrinsically motivating for late adolescents. They seek social interaction, support, and a sense of belonging, which aligns with SDT's emphasis on intrinsic motivation, where individuals engage in activities for their inherent satisfaction. The fear of missing out may emerge as a consequence of these extrinsic motivators. As peer group communication becomes more intense, late adolescents may experience FOMO when they are not actively participating. This fear may arise from the perception that they are missing out on important discussions, social events, or group activities, leading to a sense of disconnection (Mithaug, 2003).

The fear of missing out among late adolescents can be affected by how inclusive they perceive their peer group conversations to be. When they are not actively engaged in these discussions, they may feel more excluded. The level of intensity in peer group communication could enhance the impact of social media on FOMO, as group interactions may emphasize the significance of participating in shared experiences. Additionally, individual traits like social anxiety or the desire for social approval may interact with the intensity of peer group communication, influencing the level of FOMO experienced by late adolescents.

Intense peer group communication in late adolescents significantly influences their FOMO, as it acts as a model for online behavior, boosts self-confidence, and heightens the pressure to remain continuously engaged on social media to avoid feeling excluded. Based on the presented hypothesis, it can be inferred that the connection between the level of peer group communication and phobia among late adolescents can be elucidated by both social cognitive theory and self-determination theory.

1.6. HYPOTHESIS/HYPOTHESES

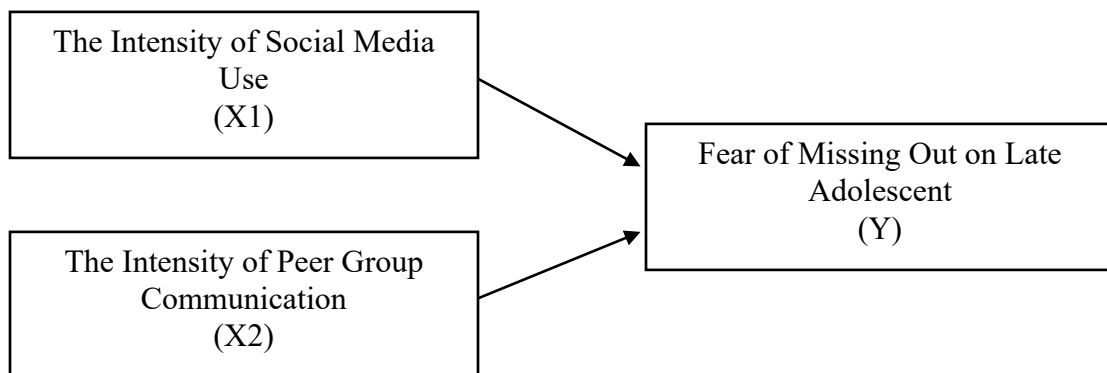


Figure 1.2 Hypothesis Diagram

H1 : There is an influence of the intensity of social media use towards fear of missing out on late adolescent.

H2 : There is an influence of the intensity of peer group communication towards fear of missing out on late adolescent.

1.7. CONCEPTUAL DEFINITIONS

1.7.1. THE INTENSITY OF SOCIAL MEDIA USE

The extent to which late adolescents utilize social media can be understood by examining the duration and frequency of their usage and the purposes for which they engage with it to fulfill their needs and desires.

1.7.2. THE INTENSITY OF PEER GROUP COMMUNICATION

The intensity of peer group communication can be interpreted through how individuals among the peer group learn and communicate by observing others.

1.7.3. FEAR OF MISSING OUT ON LATE ADOLESCENT

Fear of missing out on late adolescent can be interpreted how late adolescent experiencing FoMO symptoms such as feeling anxious, worried, and unpleasant strong emotion.

1.8. OPERATIONAL DEFINITIONS

1.8.1. THE INTENSITY OF SOCIAL MEDIA USE

The intensity of social media use can be operationalized using the following indicators:

1. Measure the amount of time respondents spend on various social media platforms daily or weekly.
2. Determine how often individuals access and interact with social media sites, such as daily, multiple times a day, weekly, etc.

3. Assess the number of different social media platforms each respondent is active on.
4. Measure the frequency of actions such as likes, comments, shares, and direct messages initiated by users.
5. Examine the specific times of day or night when individuals are most active on social media.
6. Investigate the purposes and motivations behind social media use, such as entertainment, information seeking, social connection, or professional networking.

1.8.2. THE INTENSITY OF PEER GROUP COMMUNICATION

The intensity of social media use can be operationalized using the following indicators:

1. Measure how often members of the peer group communicate with each other, such as daily, weekly, or monthly interactions.
2. Assess the average length of communication episodes within the peer group, whether it's in-person conversations, phone calls, or online interactions.
3. Determine the variety of communication channels used within the peer group, including face-to-face, text messaging, social media, voice calls, etc.
4. Assess how often late adolescents compare themselves to their peers in terms of experiences, achievements, and activities.
5. Categorize the types of topics and content discussed within the peer group, such as academic matters, personal experiences, hobbies, current events, etc.
6. Investigate if the size of the peer group influences the intensity of communication, and if smaller or larger groups have different communication patterns.

1.8.3. FEAR OF MISSING OUT ON LATE ADOLESCENT

Fear of Missing out can be operationalized using the following indicators:

1. Investigate the motive of the individual's actions that may related to FOMO
- 2.
3. Utilize a validated FoMO scale to measure the level of fear of missing out experienced by late adolescents. There are several established scales that assess FoMO, such as the FoMO Scale by Przybylski et al. (2013).
4. Investigate the influence of the intensity of social media use and peer group communication towards FOMO.
5. Investigate the relationship between FoMO and individual construct such as self-esteem, as constant comparison with others on social media can impact self-perceptions.
6. Investigate the emotional responses late adolescents experience when they perceive others are having enjoyable experiences they are not part of.

1.9. RESEARCH METHOD

1.9.1. RESEARCH TYPE

This study utilizes quantitative research to ascertain if there is a stronger causal connection between the variables and the object of investigation. Hence, there are both independent and dependent variables. The type of research used in this research is explanatory in which in the realm of social science, exploratory research can be perceived and defined in various manners. However, at its essence, it involves an endeavor to uncover novel and captivating insights by thoroughly investigating a research subject (Elman et al., 2020).

The context of this research will emphasize objectivity, precision in measurement, and the ability to generalize findings to a broader population of late adolescents. By using quantitative methods, this study aims to provide reliable and valid evidence that can contribute to a better understanding of how social media use and peer interactions influence late adolescents' fear of missing out. As for the audience perception, the use of quantitative research in this research will likely be seen as objective, systematic, and scientific. The data-driven approach will add credibility to your study, making it more reliable and generalizable to a larger population.

1.9.2. POPULATION

The population in this study is late adolescent in Indonesia from age 18 to 21 who uses social media and communicate with their peer group. This category of age was chosen due to the fact that according to we are social digital update 2023 the social media user from age 18-24 are the highest among other ages that reached 16.6% for male population and 15.4% population.

1.9.3. SAMPLING

1.9.3.1. SAMPLING TECHNIQUE

This study used non-probability sampling in minimum of 100 respondents. The sampling technique for this research is accidental sampling method. Accidental sampling is employed with any respondents who happen to encounter the researcher and are deemed suitable as a data source for the study. The characteristics of the respondents are late adolescent from age 18-21, from various genders, and various geographic location in Indonesia who use social media more than 4 hours as according to Civic Science (2018), it is considered a heavy social media use if an individual use social media more than 4 hours a day.

1.9.3.2. SAMPLE SIZE

The size of the sample plays a crucial role in any empirical study that aims to draw conclusions about a population based on the data collected from the sample. For research purposes, the sample size should exceed 30 individuals while remaining below 500 participants (Sekaran & Bougie, 2010). This study aims to reach a minimum of 100 respondents.

1.9.4. TYPES AND SOURCES OF DATA

In this study, the gathered data is quantitative and presented in the form of tables and descriptive explanations. The data was obtained primarily from firsthand sources in the field, including information directly acquired from the research subject, questionnaire responses, interview transcripts, and observations. Additionally, research data is derived from secondary sources, serving as a supplementary dataset acquired from a different or second-hand source. This secondary data complements the primary data collected during the study.

1.9.5. RESEARCH INSTRUMENT AND DATA COLLECTION TECHNIQUES

The instrument used to collect data in this research is questionnaire. A research instrument questionnaire is a formal collection of organized inquiries intended to obtain data and insights systematically and uniformly from research participants in written form.

1.9.6. DATA PROCESSING

1.9.6.1. EDITING

The process entails carefully reviewing the questions provided by the data collectors on their list. The objective of editing is to minimize errors or omissions as much as possible from the answered set of questions. In this process, researcher must guarantee that the data are :

1. Accurate
2. Consistent

3. Uniformly entered
4. Complete
5. Arranged (To simplify coding and tabulating)

1.9.6.2. CODING

Coding is employed for data categorization and sorting purposes. It involves using shorthand codes to label, separate, compile, and organize the data. In this step, researcher must identify and classify each answer with numerical score which called a symbol.

1.9.6.3. TABULATING

Tabulation involves transforming data into a structured tabular format, creating tables that align with the study's specific requirements. The tabulation process include orderly arrange data in columns and tables.

1.9.6.4. DATA ANALYSIS TECHNIQUE

The data analysis used is a simple linear regression test. Simple linear regression is a statistical technique employed to represent the connection between a pair of variables: an independent variable (often referred to as the predictor) and a dependent variable (referred to as the outcome). It aims to establish if there exists a linear connection or correlation between these two variables. This method assumes the presence of a linear, straight-line association between the independent variable and the dependent variable, often depicted as a straight line on a scatterplot. The data analysis used to determine the influence of the Intensity of Social Media Use (X1) and Peer Group Communication (X2) on Fear of Missing out on Late Adolescent (Y) is a multiple linear regression with the assistance of SPSS program. In this context, it can be employed to evaluate if there exists a linear connection between the extent of social media utilization (considered the independent variable) and the fear of missing out (regarded as the dependent

variable) within the late adolescent population. This statistical approach aids in gauging the magnitude and direction of this connection, enabling the formulation of insights into how the intensity of social media use might impact the fear of missing out among late adolescents in a straightforward manner.

1.9.7. VALIDITY AND RELIABILITY TEST

1.9.7.1. VALIDITY TEST

If an instrument is designed to measure the intended variable accurately, the results of this study will be considered valid. The validity test involves assessing the measuring instrument's accuracy to ensure it accurately measures the variable of interest as intended by the researcher. To measure validity in research, a comparison is made between the calculated R-value and the critical R table value for the given degree of freedom ($df = n - k$) at an alpha level of 0.05. If the calculated R-value is greater than the critical r table value, the questionnaire is considered valid. Conversely, if the calculated R-value is smaller than the critical R table value, the results are deemed invalid.

1.9.7.2. RELIABILITY TEST

The findings of this study can be interpreted as the extent to which the research measurements consistently yield results, even when tested multiple times with different subjects and conditions. The questionnaire will be considered reliable if the Cronbach's alpha value is greater than 0.60.