ABSTRAK

Penelitian ini bertujuan untuk memahami dan mendeskripsikan fenomena *nomophobia* pada mahasiswa FISIP Politik Universitas Malikussaleh dalam konteks penggunaan media sosial TikTok. Lokasi penelitian yaitu di Universitas Malikussaleh di Kota Lhokseumawe. Pendekatan penelitian menggunakan penelitian fenomenologi deskriptif serta dilandasi oleh teori *Uses and Gratifications*. Pengumpulan data melalui observasi, wawancara, dan dokumentasi, sedangkan analisis data menggunakan reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa fenomena *nomophobia* pada mahasiswa FISIP Universitas Malikussaleh terlihat dari munculnya kecemasan berlebih, kegelisahan, dan perubahan suasana hati (mood) saat ponsel tertinggal, kehabisan baterai, atau tidak dapat mengakses jaringan. Intensitas penggunaan aplikasi TikTok tergolong sangat tinggi, yaitu berkisar antara 7 hingga 11 jam per hari. Pemenuhan kebutuhan TikTok terbagi ke dalam tiga dimensi yaitu a) kebutuhan informasi, kebutuhan untuk selalu mendapatkan informasi perkuliahan dan perkembangan isu sosial terkini memicu ketergantungan dan ketakutan akan tertinggal informasi (FOMO), b) kebutuhan hiburan, kebutuhan ini merupakan yang paling dominan, keinginan menghilangkan rasa bosan membuat mahasiswa FISIP Universitas Malikussaleh kehilangan kontrol diri, ketergantungan ini berdampak buruk pada akademik, c) kebutuhan interaksi sosial, keinginan untuk selalu terhubung dan memperoleh pengakuan di dunia mengakibatkan komunikasi tatap muka tidak terjadi, karena cenderung bersikap pasif dan mengabaikan teman saat komunikasi.

Kata Kunci: *Nomophobia,* Mahasiswa FISIP Universitas Malikussaleh, TikTok.

ABSTRACT

This study aims to understand and describe the phenomenon of nomophobia among students of the Faculty of Social and Political Sciences (FISIP) at Universitas Malikussaleh in the context of TikTok social media usage. The research was conducted at Universitas Malikussaleh in Lhokseumawe City. This study employed a qualitative approach using a descriptive phenomenological method, grounded in the Uses and Gratifications theory. Data were collected through observation, interviews, and documentation, while data analysis was performed through data reduction, data display, and conclusion drawing. The results indicated that nomophobia among FISIP students was characterized by excessive anxiety, restlessness, and mood swings when their smartphones were left behind, running out of battery, or unable to access the network. The intensity of TikTok usage among students was classified as extremely high, ranging from 7 to 11 hours per day. Fulfillment of needs through TikTok was categorized into three dimensions: a) information needs, where the desire to constantly receive academic updates and current social issues triggered psychological dependence and fear of missing out (FOMO); b) entertainment needs, which emerged as the most dominant motif, where the drive to relieve boredom led students to lose self-control and negatively impacted their academic performance; and c) social interaction needs, where the urge to stay connected and gain online recognition disrupted face-to-face communication, causing students to adopt a passive attitude and engage in phubbing behavior by ignoring their peers during direct interactions.

Keywords: *Nomophobia, FISIP Universitas Malikussaleh Students, TikTok.*