

ABSTRAK

Penelitian ini bertujuan untuk mendapatkan “Gambaran *Self-Determination* pada Mahasiswa Unimal yang Mengalami *Fear Of Missing Out* Media Sosial”. Metode yang digunakan adalah metode kuantitatif dengan analisis deskriptif yang bertujuan untuk membuat suatu gambaran deskripsi atau gambaran secara sistematis, faktual dan akurat. Data yang diperoleh melalui kuisioner menggunakan dua skala yaitu, skala FOMO dan *Self-Determination*. Subjek dalam penelitian ini berjumlah 385 mahasiswa yang terindikasi FOMO tinggi. Pengambilan sampel secara purposive sampling. Hasil penelitian menunjukkan bahwa *Self-Determination* pada Mahasiswa Unimal yang terindikasi FOMO memiliki kategori tinggi yaitu, 52,5%. Artinya mahasiswa unimal mampu bertindak dalam tepat dalam mengambil keputusan dari masalah-masalah yang dihadapi di kampus, seperti dapat menyelesaikan tugas-tugas kuliah dengan baik, giat dalam belajar, memiliki kemampuan berkomunikasi dengan orang lain secara efektif.

Kata kunci : *Fear Of Missing Out*, Mahasiswa, *Self-Determination*.

ABSTRACT

This research aims to obtain "a picture of self-determination among Unimal students who experience fear of missing out on social media". The method used is a quantitative method with descriptive analysis which aims to create a systematic, factual and accurate description or picture. Data obtained through questionnaires uses two scales, namely, the FOMO and Self-Determination scales. The subjects in this research were 600 students by conducting screening first to obtain 385 students who had indicated FOMO, the sample was taken using purposive sampling. The research results show that Self-Determination among Unimal Students who are indicated by FOMO is in the high category, namely, 52.5%. This means that unimal students are able to act appropriately in making decisions about problems faced on campus, such as being able to complete course assignments well, being active in studying, having the ability to communicate with other people effectively.

Keywords: Fear Of Missing Out, students, Self-determination .