
FEAR OF MISSING OUT IN GENERATION Z AT STMIK AKI

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ABSTRACT

Generation Z is the generation that now dominates the population in Indonesia, namely 27.94%, Generation Z Not the same as teenagers of previous generations, teenagers and Generation Z have characteristics: likes instantly, wants a multi-tasking career (doing several activities at one time), seeking a lot of experience, being familiar with sophisticated gadgets, being active on social media, likes online shopping, likes new technology, fears of being outdated, this has a good impact on the development of Generation Z, especially in this Generation is the Decisive generation in the Church to carry out the Vision of the Church reaching out to the World for the Gospel, but also The bad problem experienced by the Generation, namely fear of missing out (FOMO), according to psychology this is due to the low fulfillment of psychological needs in autonomy and relatedness that occur in the livelihoods of Generation Z children, because this research was conducted to find out the Description of Generation Z Conditions fostered at AKI University with 122 students, using a descriptive quantitative method. The measuring instrument used in this study is the Scale adapted from the Fear of Missing Out's Scale by Przybylski which is compiled based on the factors causing fear of missing out. The results of this study showed that of the 122 study subjects, in general as many as 94 people (77%) were at high levels of FoMO and as many as 28 people (23%) were at a low level. It can be concluded that in general FoMO in the research subjects of social media users at AKI University is relatively high because as many as 94 people have a score above 23



Introduction

The Population Census conducted by the Indonesian government in December 2020 revealed that Indonesia had a population of 271,530,000 people, with the largest demographic being Generation Z, totaling 75,815,190 individuals, or approximately 27.94% (Statistik, 2021). Teenagers aged between 10-19 years fall into the Generation Z category in Sociology because they were born between 1995-2010. Those born before 1995 are referred to as the Traditional Generation (1922-1945), Generation X or Baby Boomers (1946-1965), and Generation Y (1966-1994), while those born after 2010 are called Generation Alpha (2011-present).

Unlike teenagers from previous generations, Generation Z teenagers exhibit characteristics such as a preference for instant gratification, a desire for multitasking

careers (performing multiple activities simultaneously), seeking various experiences, familiarity with advanced gadgets, active engagement in social media, online shopping, an affinity for new technology, a fear of missing out on trends, and the use of smartphones to stay connected with anyone they desire. However, concerns have arisen that smartphones can sometimes reduce social interaction among Generation Z (Chotpitayasunondh and Douglas 2016). Teenagers' behavior regarding social media has been extensively studied. In addition to seeking information online, they also play video games and listen to music simultaneously. Internet dependency has become commonplace, especially in areas with internet access. The report from the Indonesian Internet Service Providers Association (APJII) notes that 91% of internet users in society are under 25 years old (Christina, Yuniardi, & Prabowo, 2019).

JWT Intelligence in 2012 stated that there is a trend among children using the internet leading to the fear of missing out (FOMO), which is categorized as one of the disturbances in teenage behavior, affecting up to 40%. One effect of FOMO is anxiety and the fear of missing the latest news, leading them to feel disconnected from the positive aspects of social media (PUTRI, Purnama, & Idi, 2019). Przybylski noted that the consequences of FOMO include the fear of missing out on the latest news. FOMO has become a phenomenon among teenagers, causing restlessness and anxiety when they cannot see or know what their friends or acquaintances are doing through their social media (Przybylski et al. 2013).

Another impact of FOMO is psychological distress. A survey conducted by the Healthy Minds Network for Research on Adolescent and Young Adult Mental Health and the American College Health Association among 18,764 Generation Z individuals found that the prevalence of depression among Generation Z increased during the COVID-19 pandemic, reaching 40.9%. In the past 12 months, similar anxiety-related factors affected 27.8%. It was reported that five features of psychological distress, including depression (20.2%) and stress (34.2%), significantly influenced their academic performance and disrupted their schoolwork. Symptoms of depression and anxiety were also found to significantly contribute to psychological distress (Devi Jatmika 1390). Previous research has identified that indifferent behavior toward socializing with others can affect their interpersonal relationships, leading to discomfort, internet addiction, gaming addiction, fear of missing out (FOMO), lack of self-control, and anxiety (Al-Saggaf & O'Donnell, 2019). Given these issues, the Church can address them by maximizing Personal Discipleship for Generation Z, following what the Lord Jesus did for His disciples, and building spirituality like Christ's.

Adhika Tri Subowo mentioned that digital spirituality can be used to build the spirituality of Generation Z. The study used a literature review as the research method. The result is that cyberspace has become a part of the development of Generation Z's spirituality. The Church can play an active role in guiding Generation Z, helping them find the spiritual strength to face their challenges (Utami & Aviani, 2021). The inactivity of the Church could result in the loss of Generation Z within the Church. Generation Z often discusses issues on social media, and social media has a significant influence on

their lives. In the current situation experienced by Generation Z, the Church must actively reach out to them and build spirituality through social media (Subowo, 2021). Furthermore, according to research by Yakub Hendrawan Warin Angin et al. in 2020, Christian families play a crucial role in guiding Generation Z, particularly the parents, the family, the Church, and the global community (Halim, 2022).

The primary calling of pastors is to set an example through their discipleship to Christ, which is an everlasting legacy for their children. The role of parents is significant and influences children's lives, especially in the digital era. It has been proven that a father's role has a significant impact on the behavior and character development of their children. Being effective parents for children requires setting an example and modeling the teachings they want to impart. Children are keen observers and imitators of their parents' attitudes and behaviors. Fathers are the primary and most important figures for children, so parents are encouraged to model the way of life of Jesus Christ, thereby passing on the same example to their children and providing them with advice on how they want to think, feel, and live as Christians like Christ. The family is one of the fundamental units in shaping society, where the family reflects the relationship between humans and God and is the mirror that unites love among different people. Thus, the formation of families should be the result of interpersonal relationships that form intimacy by following God's example (Hendrawan Perangin Angin et al., n.d.).

Because of these Generation Z issues, it is crucial to research to ensure that empirical coverage (field or phenomena) matches theoretical truth or assumptions through an inductive approach that starts from empirical observations, followed by measurement and testing, and ultimately leads to the conclusion or theory of something new. In this journal, the focus is on descriptive quantitative research, accurately presenting the results and variables of Generation Z at STMIK AKI to obtain comprehensive information about what Generation Z at STMIK AKI is experiencing.

Definition Fear of Missing Out (FoMO)

Przybylski's research defines this phenomenon as a pervasive apprehension that others might behave in rewarding experiences from which one is absent, FoMO is characterized by the desire to stay continually connected with what others are doing. According to (Przybylski et al. 2013), what was stated above about FoMO is what Gen Z experiences when they see other people experiencing things that are considered good and proud but feel inferior because they don't experience them, so they will always want to see and know what is happening with people who they think are good. Here's the understanding too. FoMO also explains that people who are worried about what other people or friends have always wanted to see and pay attention to then go out through their phones or social media by making a status. Status on Facebook, Instagram even WhatsApp status itself. FoMO is also the result of technological developments that are currently highly developed (Fang, Wang, Wen, & Zhou, 2020). Kecemasan dan kegalauan itu merupakan hal yang dianggap biasa pada masa sekarang dan menjadi hal yang aneh apabila tidak mengetahui update update berita yg dialami oleh teman atau orang lain (Ruscio et al. 2008).

Factors of Fear of Missing Out

Psychologically, the FoMO phenomenon can be explained through self-determination theory. (“Intrinsic Motivation and Self-Determination in Human Behavior,” n.d.) Mentions self-determination as a person's capacity to choose and have several choices in determining an action, determination, or determination on a goal to be achieved. Aspects of self-determination theory can be predictors of optimal human functioning in various areas of life (van den Broeck et al. 2010). Self-determination theory (SDT) is a multidimensional framework that includes two types of motivation. Motivation is intrinsic motivation and extrinsic motivation. Intrinsic motivation is the drive to do something based on positive feelings that arise and it is related to autonomy and competence. Autonomy can be increased by giving gentle and appreciative instructions. However, autonomy can also be reduced if choice and freedom are taken. In terms of competence, a competent person will experience an increase in his intrinsic motivation. Extrinsic motivation is to do something because it will bring benefits or help avoid punishment.

Research Methods

Research Variables

In this study, a variable was set, namely Fear of missing out experienced by students who were under the guidance of The Great Commission studying at STMIK AKI

Operational Definition of Research

According to Azwar (“Penyusunan Skala Psikologi,” n.d.) An operational definition is a definition of a variable made based on the observed characteristics of that variable.

Fear of Missing Out (FoMO) is when a person feels anxious when they don't have a valuable experience, while others feel it. FoMO is known for its desire to stay connected to what others are doing. The FoMO phenomenon can be experienced through two fundamental things: the fulfillment of individual psychological needs in everyday life. that is :

- a. Relatedness is how much a person desires to be understood, cared for, and appreciated is the extent to which a person wants to be understood, loved, and appreciated by others. When the person gives a low score, the person values others, increases intimacy, and empathy, and wants to help others. Having a high score means that the person does not value others, does not increase intimacy, and lacks empathy and a sense of helping others. Kinship relationships have 7 beneficial factors
- b. Autonomy is the extent to which a person can judge himself in defining his own life, can be independent, and can maintain personal standards, self-regulation, and self-evaluation. If you have a high score, you will rely on the judgment and expectations of others and trust the judgment of others more to make important decisions. Autonomy has three factors. favorable.

Research Subjects

a. Research Population

According to (Nurizzati, n.d.) Population is a general area consisting of objects or subjects that have certain qualities and characteristics that researchers determine to observe and then draw conclusions. The population in this study is Generation Z (students) of The Great Commission Ministry who study at STMIK AKI Semarang as many as 122 people.

b. Research Sample

Samples represent a portion of both the quantity and characteristics possessed by the population (Nurizzati, n.d.). The sample taken from the population must be representative. In this research, the sample consists of Generation Z (students) studying at STMIK AKI who know how to fill out questionnaires and have social networks.

The sampling method used in this research is a saturated sampling method or census, meaning the entire population is used as the sample. Therefore, the number of samples used in this research is 122 individuals.

Data Collection Method

The data collection method in this research is carried out to investigate the facts about the observed variables using the appropriate and efficient method ("Penyusunan Skala Psikologi," n.d.). The data collection method used in this research is a psychological scale.

Testing the Validity and Reliability of the Measurement Instrument

a. Validity of the Measurement Instrument

The validity of a measurement instrument reveals how well it can measure the attributes it is intended to measure. In research, validity serves to determine whether a measurement instrument created can accurately measure the research variables. The validity test used in this research is content validity. Content validity assesses the extent to which the items on the comprehensive scale cover all aspects of the research and their level of relevance. Content validity can be assessed using expert judgment ("Penyusunan Skala Psikologi," n.d.).

b. Reliability of the Measurement Instrument

The reliability of a measurement instrument examines the consistency or trustworthiness of the measurement results, which includes the precision of the measurement. A measurement instrument is considered reliable if it can be used multiple times to measure the same object and yield consistent results. The reliability test used in this research is the internal consistency reliability approach (Cronbach's alpha coefficient), where the scale is administered once to a group of respondents in a single trial.

Reliability is expressed using the reliability coefficient (r) within the range of zero to one. A higher reliability value approaching 1 indicates higher reliability, while a value closer to zero indicates lower reliability.

Research Implementation Procedure

Research Preparation Phase

In conducting this research, there are several preparations that a researcher must make, including:

a. Design of Research Tools and Instruments

In this phase, the researcher used a measurement instrument in the form of the "Fear of Missing Out" scale (Przybylski et al. 2013), which provides a set of explanations for the factors causing the fear of missing out. The higher the score obtained, the greater the self-image of fear of missing out, and the lower the score obtained, the lower the self-image of fear of missing out. The scale consists of 10 items that assess or measure the two factors causing the fear of missing out: relationships and autonomy.

The Fear of Missing Out scale is provided in the form of positively worded statements with ratings: 1 (not at all like me), 2 (a little like me), 3 (somewhat like me), 4 (mostly like me), and 5 (exactly like me).

The researcher then requested permission from the instrument's author, Andrew K. Przybylski, to use the Fear of Missing Out scale. Upon obtaining approval, the researcher translated all the items of the "Fear of Missing Out" measurement into Indonesian. The researcher also conducted a readability test to assess whether the questionnaire items were well-worded, clear, easy to understand, accurately represented the range, had good grammar, and was free from technical errors.

b. Instrument Pilot Testing

The aim is to determine the extent to which the measurement instrument can accurately reveal what it intends to measure and how well it can provide a complete or accurate picture of a measurement or reflect the actual state of affairs.

The scale was tested on a sample with characteristics similar to the subjects. The data obtained were then processed through validity and reliability testing. Based on the results of the validity test, all data were found to be valid. The reliability test in this research used the criterion (Siddik, Mafaza, & Sembiring, 2020) that a measurement instrument can be considered good (reliable) if it has a reliability value of more than 0.6. The test result showed a value of 0.829. Therefore, based on the reliability result, it can be said that the Fear of Missing Out measurement in this research is reliable.

Permission Request

The researcher will then apply for permission from Universitas AKI to distribute questionnaires and collect data for analysis. Once permission is obtained, the researcher can distribute the questionnaires.

a. Research Implementation Phase

Data collection is carried out by distributing the Fear of Missing Out scale to every student (Generation Z) at STMIK AKI Semarang.

b. Data Processing Phase

After completing the research and collecting data using the Fear of Missing Out scale, the researcher will process the data using SPSS version 23.0 for Windows.

Data Analysis Method

The data obtained through the Fear of Missing Out scale will be analyzed using descriptive statistics. From this analysis, data such as minimum score, maximum score,

mean, standard deviation, and percentage will be obtained using statistical analysis software, SPSS version 23.0 for Windows. The collected data will be analyzed to provide answers to the research problem regarding the Fear of Missing Out among Generation Z at STMIK AKI.

Result and Discussion

1. Demographic Overview of Research Subjects

Based on gender and number of social media users, an overview of the research subjects is presented in Table 3.

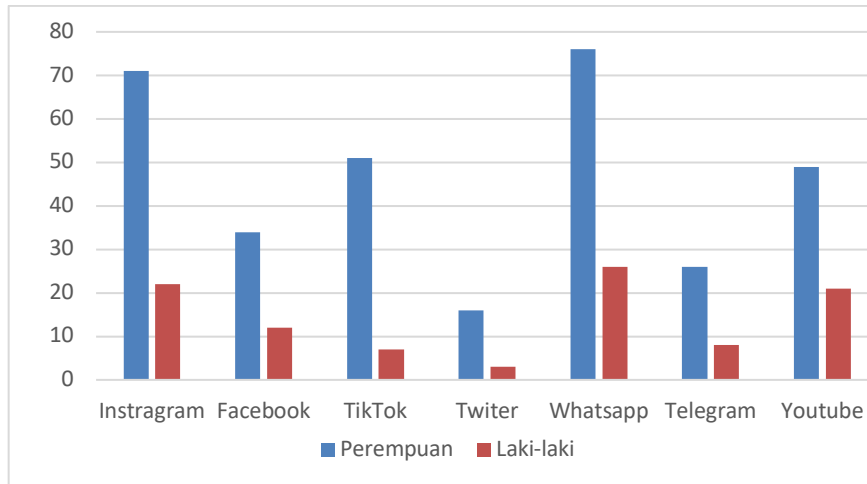
Table 3
Research Subjects Based on Gender and Number of Social Media Users

No	Gender	Percent (%)	Number of Social Media Users						
			<i>Instagram</i>	<i>Facebook</i>	<i>TikTok</i>	<i>Twitter</i>	<i>Whatsapp</i>	<i>Telegram</i>	<i>Youtube</i>
1	Female	92 (75,4%)	71	34	51	16	76	26	49
2	Male	30 (24,6%)	22	12	7	3	26	8	21
TOTAL		122	93	46	58	19	102	34	70

Based on Table 3, it is explained that the number of women who were the subjects of the study was 92 people. The number of men who were the subjects of the study was 30 people.

Based on the social media used by the research subjects, it can be explained that the number of women who use Instagram social media is 71 people and men 22 people. The number of women who use Facebook social media is 34 people and men as many as 12 people. The number of women who use TikTok social media is 51 people and 7 men. The number of women who use Twitter social media is 16 people and 3 men. The number of women who use WhatsApp social media is 76 people and men as many as 26 people. The number of women who use Telegram is 26 people and 8 men. The number of women who use Youtube social media is 49 and men are 21 people.

Fear of Missing Out is a new form of social anxiety development that arises due to the development of social media (JWT Intelligence, 2013). The results showed that 122 research respondents were social media users, especially on WhatsApp, Instagram, and Facebook social media.



2. Test the validity and reliability of measuring instruments

a. Validity Test

The validity test is used to measure the validity, or validity or validity of a questionnaire. The validation test is performed by comparing the calculated r-value with the table r-value. If the value of R is calculated $> r$ table and is positive, then the question is said to be Valid. And vice versa if r counts Negative and r counts $< r$ table then the variable is invalid. The validity test in this study is by using the calculation of the correlation coefficient (Pearson Correlation) which is processed with the SPSS program.

Table 4
Validity Test Results

Item	r Count	r Table	Information
Item 1	0,730	0,1779	Valid
Item 2	0,757	0,1779	Valid
Item 3	0,727	0,1779	Valid
Item 4	0,642	0,1779	Valid
Item 5	0,427	0,1779	Valid
Item 6	0,533	0,1779	Valid
Item 7	0,548	0,1779	Valid
Item 8	0,661	0,1779	Valid
Item 9	0,610	0,1779	Valid
Item 10	0,591	0,1779	Valid

The validity test seen in Table 5 above shows that the correlation of each item to the score of each variable concluded that the questionnaire used is valid because the calculated r-value is greater than the table r-value of 0.1779. The table value is obtained from table r with $n = 122$ and a significant level of 5% (0.05).

b. Uji Reliability

Reliability tests are used to determine the consistency of measuring instruments, whether the measuring instruments used are reliable, and remain consistent if the measurements are repeated. Reliability is expressed in the form of numbers, usually as coefficients. A high coefficient means high reliability. The method used to use Cronbach's Alpha questionnaire formula is, if the results of the Alpha coefficient $>$ a significance level of 60% or 0.6 then the questionnaire is reliable, on the other hand, if the results of the Alpha coefficient $<$ a significant level of 60% or 0.6 then the questionnaire is not reliable.

Table 5
Reliability Test Results

Item-Total Statistics					
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
aitem1	25,63	41,706	,628	,686	,801
aitem2	25,65	41,404	,666	,718	,796
aitem3	25,66	42,357	,632	,500	,801
aitem4	25,81	44,039	,528	,397	,812
aitem5	24,23	48,344	,295	,168	,833
aitem6	24,78	46,703	,415	,228	,822
aitem7	24,61	46,487	,433	,448	,821
aitem8	25,31	43,886	,555	,424	,809
aitem9	25,09	45,025	,496	,447	,815
aitem10	25,89	45,805	,482	,330	,816

Based on the results of the data above, it can be seen that all items (10 items) have a Cronbach's Alpha value greater than the standard value of 0.60. So it can be concluded that all items in the study meet reliability.

3. Research results in

a. Fear of Missing in Generation Z at STMIK AKI

The research used in this study is descriptive quantitative research that aims to assess the Fear of Missing Out in Generation Z in STMIK AKI. The scale used in this study is the Fear of Missing Out scale from research conducted by Przybylski and Friends (2013). Each item is divided into 5 answer options so that the score range is 1 – 5. It is obtained from the calculation that the minimum score on this scale is 10 and the maximum score on this scale is 50.

Based on the results of data obtained from research that has been conducted that the minimum score is 10 and the maximum score is 50, the following is a table of comparison of hypothetical values and empirical values of the Fear of Missing Out variable.

Table 6
Comparison of Hypothetical Value and Empirical Value of Fear of Missing Out Variable

Variable	Hypothetical Value		Empirical Value	
	Mean	SD	Mean	SD
<i>Fear of Missing Out</i>	30	6.6	28.07	7.349

From the results of Table 6, it can be known that the mean or average value of the hypothetical value is higher when compared to the mean of the empirical value. With this, it can be concluded that the level of Fear of Missing Out in Generation Z at STMIK AKI is higher than the level of Fear of Missing Out in the research subjects.

Based on research by (Przybylski et al, 2013) when viewed from 2 aspects of Fear of Missing Out, the results of the comparison of hypothetical values and empirical values in research subjects in Table 7 are as follows:

Table 7
Comparison of Hypothetical Value and Empirical Value of Aspects of Fear of Missing Out

Variable Aspects	Hypothetical Value				Empirical Value			
	Minimum	Maximum	Mean	SD	Minimum	Maximum	Mean	SD
Relatedness	7	35	21	4.6	7	35	19.83	5.550
Autonomy	3	15	9	2	3	15	8.25	2.481

From the results of Table 7, it is known that the comparison of the mean hypothetical value with the mean empirical value exists in 2 aspects of Fear of Missing Out. The mean result of the empirical value is much lower compared to the mean of the hypothetical value. Thus, it can be concluded that the level of Fear of Missing Out on the research subjects when viewed from 2 aspects is lower than the level of Fear of Missing Out in Generation Z at STMIK AKI.

b. Data category of Fear of Missing Out

The convention of categorization in Fear of Missing Out data on research subjects can be seen as follows:

Table 8
Categorization of Fear of Missing Out in Research Subjects

Score range	Category	Frequency	Percentage
$X \geq 23$	High	94	77%
$22 \leq X \leq 23$	Un category	0	0%
$X \leq 22$	Low	28	23%

From the results of Table 8 in the table above, it can be seen that 94 people with a percentage of 77% are in the high Fear of Missing Out category and 28 people with a percentage of 23% are in the low category. These results illustrate that generally, research subjects experience Fear of Missing Out, which means that research subjects will feel worried when they do not get valuable experience or when they experience missing various latest information as experienced by other friends.

Table 9
Categorization Based on Fear of Missing Out Aspects

<i>Fear of Missing Out Aspect</i>	Score Range	Category	Frequency	Percentage
Relatedness	$X < 16$	High	29	24%
	$16 \leq X < 17$	Un category	7	6%
	$X \geq 17$	Low	86	70%
Autonomy	$X < 6$	High	12	10%
	$6 \leq X < 7$	Un category	21	17%
	$X \geq 7$	Low	89	73%

Table 9 gives an overview of the category results of 2 aspects of Fear of Missing Out. Based on the results of the table, it can be seen that the relatedness aspect of the research subjects is in the high category with 86 people with a percentage of 70% and the autonomy aspect is in the high category also with 89 people with a percentage of 73%.

What will happen from this study is that of the 122 research subjects, in general, 94 people (77%) are at a high level of FoMO and as many as 28 people (23%) are at a low level. It can be concluded that in general, FoMO in research subjects of social media users at STMIK AKI is high because 94 people have a score above 23. This shared that the study subjects felt anxiety about missing the latest news and felt anxious when they did not experience valuable experiences as experienced by other teenagers.

Fear of missing out According to Przybylski et al (2013) there are two aspects, namely connectedness and autonomy. The relationship emphasizes how much a person wants to be understood, valued, and cared for by others. Factors in adolescent social development are influenced by factors outside the family, where peers play an important role in adolescent growth (Przybylski et al. 2013).

In addition, the fear of missing out can also be seen in terms of autonomy, namely how capable a person is of judging himself, determining his own life independently, able to maintaining personal standards, able to regulate and evaluating his behavior (Przybylski et al, 2013) Autonomy needs are a person's desire to have a willingness to move and to be able to make decisions freely, young people try to educate and develop Show identity.

The results showed that Gen Z's autonomy was high in STMIK AKI, up to 89 people (73%) had scores greater than seven. It can be said that the research subjects at STMIK

AKI do not have the will and freedom to make decisions, they are independent and cannot evaluate themselves.

Conclusion

Based on the results of data analysis obtained on the condition of Generation Z at STMIK AKI, the following conclusions can be drawn:

The results of the analysis showed that out of a total of 122 study subjects, 94 people (77%) had high FoMO levels, while 28 people (23%) had low FoMO levels. It can be concluded that overall, the level of FoMO in the research topic of social media users at STMIK AKI is high, as many as 94 people have scores above 23. The main conclusion that can be drawn is that the overall level of FoMO in the social network user study at STMIK AKI was high, with 94 people having scores above 23. These key outcomes are related to aspects of Generation Z's relationships and autonomy in STMIK AKI Besar.

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