

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Hubungan *Fear of Missing Out* (FoMO) Dengan Kualitas Pertemanan Pada Mahasiswa Di Institut Kesehatan Payung Negeri

Xiii + 48 Halaman + 5 Tabel + 1 Skema + 10 Lampiran

ABSTRAK

Fenomena *fear of Missing Out* (FoMO) dalam konteks keperawatan dapat dikaitkan dengan kesehatan mental mahasiswa, terutama yang terkait dengan kecemasan dan pengaruh media sosial terhadap kesejahteraan psikologis. Pengaruh media sosial kerap kali membuat individu hanya fokus pada media sosialnya saja. *FoMO* dapat memperburuk situasi ini dengan menciptakan perasaan yang tidak sesuai dalam hubungan sosial. Ketika mahasiswa kurang fokus, mereka kurang termotivasi untuk membuat hubungan yang bermakna sehingga kualitas pertemanan antar mahasiswa berkurang. Tujuan penelitian ini adalah untuk mengetahui hubungan *fear of missing out* (FoMO) terhadap kualitas Pertemanan pada mahasiswa Institut Kesehatan Payung Negeri. Jenis penelitian ini merupakan penelitian kuantitatif. Desain penelitian yang dilakukan *correlative* dengan pendekatan Cross sectional. Penelitian ini dilakukan pada 10-20 januari. Sample penelitian ini adalah mahasiswa di Institut Kesehatan Payung Negeri Pekanbaru sebanyak 95 responden. Teknik pengambilan data menggunakan kuesioner *Fear of Missing Out* dan *friendhsip qualities scale* yang sudah di uji validitas dan reabilitas menggunakan *alpha cronbach* >0,6 maka pernyataan reliable. Hasil penelitian menunjukkan lebih dari separuh responden yg memiliki fomo tinggi sebanyak 50 (53.6%) dengan item soal yang tertinggi yaitu kuesioner nomor 8 sedangkan untuk variabel kualitas pertemanan di dapatkan lebih dari separuhnya responden memiliki kualitas pertemanan yang rendah sebanyak 51 orang (53,7%) dengan item soal yang tertinggi yaitu kuesioner nomor 8. Hasil uji statistik *chi square* didapatkan *p value* = 0,020 $p < 0,05$ maka dapat disimpulkan H_0 ditolak dan H_a diterima yang artinya terdapat hubungan *fear of missing out* terhadap kualitas pertemanan di Institut Kesehatan Payung Negeri Pekanbaru. Diharapkan penelitian ini dapat dijadikan bahan pertimbangan untuk mahasiswa ataupun institusi untuk melakukan penguatan kualitas pertemanan secara langsung dengan mendorong mahasiswa untuk meningkatkan interaksi tatap muka melalui kegiatan kampus seperti kelompok belajar, olahraga bersama, atau komunitas hobi.

Kata kunci : FoMO; Kualitas Pertemanan; Mahasiswa
Daftar Pustaka : 48 (2018-2024)

**NURSING PROGRAM FACULTY OF NURSING PAYUNG NEGERI
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“The Relationship Between Fear of Missing Out (FoMO) and the Quality of Friendship in Students at the Payung Negeri Health Institute”

Xiii + 48 Pages + 5 Tables + 1 Scheme + 10 Appendixes

ABSTRACT

The phenomenon of fear of missing out (FoMO) in the context of nursing can be associated with the mental health of students, especially those related to anxiety and the influence of social media on psychological well-being. The influence of social media often makes individuals only focus on their social media. FoMO can worsen this situation by creating inappropriate feelings in social relationships. When students are less focused, they are less motivated to make meaningful relationships so that the quality of friendship between students decreases. The purpose of this study was to determine the relationship between fear of missing out (FoMO) and the quality of friendship in students of the Payung Negeri Health Institute. This type of research is quantitative research. The research design used is correlative with a cross-sectional approach. This research was conducted in February. The sample of this study was students at the Payung Negeri Health Institute, Pekanbaru, as many as 95 respondents. The data collection technique used the Fear of Missing Out questionnaire and the friendship qualities scale which had been tested for validity and reliability using Cronbach's alpha > 0.6, so the statement is reliable. The results of the study showed that more than half of the respondents who had high fomo were 50 (53.6%) with the highest question item being questionnaire number 8, while for the friendship quality variable, more than half of the respondents had high friendship quality as many as 51 people (53.7%) with the highest question item being questionnaire number 8. The results of the chi square statistical test obtained a p value = 0.020 $p < 0.05$, so it can be concluded that H_0 is rejected and H_a is accepted, which means that there is a relationship between fear of missing out and the quality of friendship at the Pekanbaru Payung Negeri Health Institute. It is hoped that this study can be used as a consideration for students or institutions to strengthen the quality of friendship directly by encouraging students to increase face-to-face interactions through campus activities such as study groups, sports together, or hobby communities.

Keywords: FoMO; Friendship Quality; Students.

References : 48 (2018-2024)