

Hubungan Antara Self-Esteem dan Fear of Missing Out dengan Social Comparison Orientation Sebagai Mediator Pada Mahasiswa Pencari Lowongan Magang dan Kerja = The Relationship Between Self-esteem and Fear of Missing Out with Social Comparison Orientation as Mediator on Internship and Job-Seeking Undergraduate Students

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Abstrak

Unggahan media sosial mengenai kegiatan magang atau bekerja sebelum lulus yang dianggap rewarding dapat berujung pada fenomena fear of missing out (FoMO) pada mahasiswa. Penelitian ini bertujuan untuk menguji peran social comparison orientation (SCO) sebagai mediator dalam hubungan antara self-esteem dan FoMO pada mahasiswa pencari lowongan magang dan kerja. Pada penelitian sebelumnya, FoMO cenderung dirasakan oleh individu yang memiliki self-esteem rendah dan SCO yang tinggi. Di saat yang sama, individu dengan SCO tinggi diketahui memiliki karakteristik self-esteem yang rendah. Alat ukur yang digunakan pada penelitian ini adalah RSES (Rosenberg, 1965), FoMO (Crumby dkk., 2019), dan INCOM Scale (Gibbons & Buunk, 1999). Data diambil dari 112 mahasiswa aktif yang sedang tidak mengikuti kegiatan magang/bekerja dan sedang mencari lowongan magang/pekerjaan. Hasil analisis PROCESS Macro simple mediation (Model 4) menunjukkan bahwa SCO secara penuh memediasi hubungan antara self-esteem dan FoMO ($B = -0,589$, 95%CI $[-0,941/-0,238]$, $p = 0,001$). Penelitian ini menunjukkan bahwa mahasiswa pencari lowongan magang/pekerjaan yang memiliki self-esteem rendah lebih mungkin untuk mengalami FoMO karena kecenderungannya untuk membandingkan diri dengan orang lain.

.....Social media uploads regarding internship or work activities before graduation which considered to be rewarding may lead to the Fear of Missing Out (FoMO) phenomenon among undergraduate students. This study aims to examine the role of Social Comparison Orientation (SCO) on the relationship between self-esteem and Fear of Missing Out (FoMO) on internship and job-seeking undergraduate students. In previous research, FoMO tended to be experienced by individuals with lower self-esteem and higher SCO. At the same time, individuals with higher SCO are known to be characterized by having lower self-esteem. The measuring instruments used in this study are RSES (Rosenberg, 1965), FoMO (Crumby et al., 2019), and INCOM Scale (Gibbons & Buunk, 1999). Data were collected from 112 active undergraduate students who were not participating in internship/work activities and were looking for internship/job vacancies. The result of PROCESS Macro Simple Mediation (Model 4) showed that SCO fully mediated the relationship between self-esteem and FoMO ($B = -0,589$, 95%CI $[-0,941/-0,238]$, $p = 0,001$). This study provides evidence that internship and job-seeking undergraduate students with lower self-esteem are more likely to experience FoMO due to their tendency to compare themselves with others.