

# **Hubungan antara Fear of Missing Out dan Performa Akademik dengan Motivasi Akademik sebagai Mediator pada Mahasiswa = The Relationship Between Fear of Missing Out and Academic Performance with Academic Motivation as Mediators on Undergraduate Students**

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## **Abstrak**

Adanya penggunaan media sosial pada mahasiswa belakangan ini diketahui membuat mahasiswa rentan terhadap Fear of Missing Out (FoMO) khususnya yang berkaitan dengan akademik. Adanya FoMO ini bisa memberikan pengaruh pada perolehan performa akademik pada mahasiswa. Penelitian ini bertujuan untuk melihat peran motivasi akademik sebagai mediator dalam hubungan antara FoMO dan performa akademik pada mahasiswa. Pada penelitian sebelumnya, hubungan antara FoMO dan performa akademik diketahui tidak konsisten meskipun dimediasi oleh penggunaan media sosial. Alat ukur yang digunakan pada penelitian ini adalah IPK, Fear of Missing Out Scale (FoMOs) (Przybylski dkk., 2013), dan Academic Motivation Scale (AMS)-versi Bahasa Indonesia (Natalya, 2018). Data diambil dari 430 mahasiswa aktif berusia 18-25 tahun yang menggunakan media sosial, dengan perolehan mayoritas partisipan perempuan ( $N = 342, 79,5\%$ ) dibandingkan laki-laki ( $N = 88, 20,5\%$ ). Hasil analisis PROCESS Macro simple mediation menunjukkan bahwa motivasi akademik secara penuh memediasi hubungan antara FoMO dan performa akademik ( $B = 0,0006, 95\% CI [0,0001/0,0015], p = 0,004$ ). Hasil dari penelitian ini menunjukkan bahwa mahasiswa yang memiliki FoMO akademik perlu memunculkan evaluasi atau refleksi diri terkait tujuan melanjutkan pendidikan agar motivasi akademik mereka tetap bertahan dalam jangka waktu yang lebih lama dan berdampak baik pada performa akademik mereka.

.....The recent use of social media by students is known to make students vulnerable to Fear of Missing Out (FoMO), especially those related to academics. The existence of this FoMO can have an influence on the acquisition of academic performance in students. This study aims to examine the role of academic motivation as a mediator in the relationship between FoMO and student academic performance. In previous research, the relationship between FoMO and academic performance was found to be inconsistent even though it was mediated by the use of social media. The measuring tools used in this study were the GPA, Fear of Missing Out Scale (FoMOs) (Przybylski et al., 2013), and the Academic Motivation Scale (AMS)-Indonesian version (Natalya, 2018). Data were taken from 430 active students aged 18-25 years who used social media, with the acquisition of the majority of female participants ( $N = 342, 79.5\%$ ) compared to men ( $N = 88, 20.5\%$ ). The results of the PROCESS Macro simple mediation analysis show that academic motivation fully mediates the relationship between FoMO and academic performance ( $B = 0.0006, 95\% CI [0.0001/0.0015], p = 0.004$ ). The results of this study indicate that students who have academic FoMO need to bring up self-evaluations or reflections regarding the purpose of continuing their education so that their academic motivation lasts for a longer period of time and has a positive impact on their academic performance.