

Hubungan antara Mindfulness dan Online Self-Disclosure di media sosial dengan mediasi fear of missing out (FoMO) pada dewasa muda = The correlation between Mindfulness and Online Self-Disclosure on social media with fear of missing out (FoMO) as a mediating factor in young adults

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Abstrak

Self-disclosure di media sosial kini menjadi semakin lazim, tetapi dibarengi dengan risiko negatifnya. Mindfulness, yang berfokus pada kesadaran saat ini, dapat mengatasi risiko-risiko ini, meskipun hubungan langsungnya belum diketahui dengan baik. Di sisi lain, fear of missing out (FoMO), sebuah fenomena yang menjadi umum, diketahui memengaruhi online self-disclosure. Penelitian ini mengusulkan bahwa FoMO memediasi hubungan antara mindfulness dan online self-disclosure. Untuk mengukur ketiganya, peneliti menggunakan alat ukur Revised Self-Disclosure Scale (Wheeles & Grotz, 1976), Mindful Attention Awareness Scale (MAAS) (Brown & Ryan, 2003) yang diadaptasi ke dalam Bahasa Indonesia oleh Yusainy (2019), dan Online Fear of Missing Out (ON-FoMO) (Sette et al., 2020) yang diadaptasi ke dalam bahasa Indonesia oleh Kurniawan dan Hardianti (2022). Penelitian pada 140 dewasa muda di Indonesia menunjukkan bahwa FoMO memediasi hubungan keduanya dalam hal kedalaman, tetapi tidak dalam hal kesediaan, jumlah, valensi, dan keakuratan online self-disclosure. Selanjutnya, ditemukan juga hubungan langsung yang kuat antara mindfulness dan valensi dari online self-disclosure. Adapun saran untuk penelitian selanjutnya adalah untuk meneliti hubungan ini pada konteks media sosial dan jenis akun yang spesifik sehingga dapat mengontrol faktor-faktor yang dipengaruhi oleh jenis media sosial dan akun tertentu, seperti audiensi, privacy concern, dan anonimitas.

.....Self-disclosure on social media is increasingly common, yet it carries negative risks. Mindfulness, which emphasizes present awareness, could counters these risks, though their direct relationship is not well understood. Additionally, fear of missing out (FoMO), a prevalent phenomenon, is known to influence self-disclosure. Revised Self-Disclosure Scale (Wheeles & Grotz, 1976), Mindful Attention Awareness Scale (MAAS) (Brown & Ryan, 2003) that were adapted to Indonesian by Yusainy (2019), and also Online Fear of Missing Out (ON-FoMO) (Sette et al., 2020) that were adapted to Indonesian by Kurniawan and Hardianti (2022) were used to assess online self-disclosure, mindfulness, and FoMO respectively. This research suggests that FoMO mediates the relationship between mindfulness and online self-disclosure. The result shows that FoMO mediates this relationship regarding depth, but not the intent, amount, valence, and accuracy of online self-disclosure. Furthermore, it also shows a strong direct effect of mindfulness on the valence of online self-disclosure. It is suggested that the following researches explore this relationship within the context of specific social media and account types, thus controlling the factors that are influenced by certain types social media and account, such as audience, privacy concern, and anonymity.