

ABSTRAK

M. Rofiki Awaluddin, 24071121117. Pengaruh *Fear of Missing Out* Terhadap Kompetensi Komunikasi Interpersonal Pada Mahasiswa Universitas Garut.

Perkembangan teknologi digital telah meningkatkan intensitas penggunaan media sosial di kalangan mahasiswa, sehingga memunculkan fenomena *Fear of Missing Out* (FoMO). FoMO sering diasosiasikan dengan gangguan fokus, kecemasan sosial, dan penurunan kualitas interaksi tatap muka. Penelitian ini bertujuan untuk mengetahui tingkat FoMO, tingkat kompetensi komunikasi interpersonal, serta menguji apakah FoMO berpengaruh terhadap kompetensi komunikasi interpersonal pada mahasiswa Universitas Garut.

Penelitian ini menggunakan metode kuantitatif dengan desain survei eksplanatori. Sampel berjumlah 98 responden diperoleh menggunakan teknik proportionate stratified random sampling dari total populasi 6.109 mahasiswa. Instrumen penelitian berupa kuesioner skala Likert yang telah diuji validitas dan reliabilitasnya. Teknik analisis yang digunakan meliputi analisis deskriptif, uji asumsi klasik, dan regresi linear sederhana.

Hasil penelitian menunjukkan bahwa tingkat FoMO mahasiswa berada pada kategori sedang, sedangkan kompetensi komunikasi interpersonal berada pada kategori cukup baik. Hasil analisis regresi menunjukkan hubungan yang lemah ($R = 0,185$) dan kontribusi FoMO yang sangat kecil ($R^2 = 0,034$). Uji F dan uji t menghasilkan nilai signifikansi sebesar 0,068 ($> 0,05$), sehingga model regresi dinyatakan tidak signifikan. Dengan demikian, FoMO tidak berpengaruh secara signifikan terhadap kompetensi komunikasi interpersonal mahasiswa. Hal ini berarti hipotesis alternatif (H_1) ditolak dan hipotesis nol (H_0) diterima.

Temuan ini mengindikasikan bahwa meskipun mahasiswa mengalami FoMO, kondisi tersebut tidak secara langsung menurunkan kemampuan mereka dalam berkomunikasi secara interpersonal. Faktor lain di luar FoMO, seperti kepercayaan diri, empati, lingkungan sosial, dan pengalaman komunikasi, lebih berperan dalam menentukan kualitas komunikasi interpersonal mahasiswa.

Kata Kunci: *Fear of Missing Out*, FoMO, Komunikasi Interpersonal, Media Sosial, Mahasiswa.

ABSTARCT

M. Rofiki Awaluddin, 24071121117. *The Influence of Fear of Missing Out on Interpersonal Communication Competence Among Students of the University of Garut*

The rapid development of digital technology has increased social media usage among university students, leading to the emergence of the Fear of Missing Out (FoMO) phenomenon. FoMO is often associated with distraction, social anxiety, and a decline in face-to-face communication quality. This study aims to identify the level of FoMO, the level of interpersonal communication competence, and to examine whether FoMO significantly influences interpersonal communication competence among students at the University of Garut.

This research employed a quantitative method with an explanatory survey design. A total of 98 respondents were selected using proportionate stratified random sampling from a population of 6,109 students. Data were collected through a Likert-scale questionnaire that had passed validity and reliability tests. The data analysis techniques included descriptive statistics, classical assumption tests, and simple linear regression analysis.

The findings show that students' FoMO levels fall into the moderate category, while their interpersonal communication competence is categorized as fairly good. The regression analysis indicates a weak relationship between FoMO and interpersonal communication competence ($R = 0.185$), with FoMO contributing only 3.4% to the variation ($R^2 = 0.034$). Both the F -test and t -test reported a significance value of 0.068 (> 0.05), indicating that the regression model is not statistically significant. Therefore, FoMO does not have a significant influence on interpersonal communication competence. These results lead to the rejection of the alternative hypothesis (H_1) and the acceptance of the null hypothesis (H_0).

This study suggests that although students experience FoMO, it does not directly reduce their ability to communicate interpersonally. Other factors beyond FoMO—such as self-confidence, empathy, social environment, and communication experience—play a more substantial role in shaping students' interpersonal communication competence.

Keywords: *Fear of Missing Out, FoMO, Interpersonal Communication Competence, Social Media, University Students.*