

ABSTRAK

Pandemi Covid-19 berdampak pada berubahnya metode pembelajaran menjadi pembelajaran daring di perguruan tinggi. Hal itu menyebabkan semakin meningkatnya penggunaan media sosial di kalangan mahasiswa. Media sosial yang memiliki banyak fitur serta efek menyenangkan dapat berdampak negatif seperti kecanduan media sosial. Salah satu faktor pendorong kecanduan media sosial adalah *Fear of Missing Out* (FoMO).

Tujuan penelitian ini yaitu untuk mengetahui hubungan FoMO dengan kecanduan media sosial pada mahasiswa Fakultas Keperawatan Universitas Bhakti Kencana di masa pandemi Covid-19.

Jenis penelitian menggunakan kuantitatif korelasional. Populasinya yaitu mahasiswa aktif Fakultas Keperawatan Universitas Bhakti Kencana Bandung sebanyak 716 orang. Teknik *sampling* menggunakan *stratified random sampling* dengan jumlah sampel sebanyak 250 orang. Instrumen yang digunakan yaitu *Fear of Missing Out Scale* (FoMOS) dan *Bergen Social Media Addiction Scale* (BSMAS). Analisis data secara univariat dan bivariate menggunakan uji korelasi *rank spearman*.

Hasil penelitian menunjukkan bahwa sebanyak 158 orang mahasiswa (63,2%) berada pada kategori tidak FoMO dan sebanyak 137 orang mahasiswa (54,8%) berada pada kategori kecanduan. Hasil uji korelasi *rank spearman* diperoleh nilai *p-value* 0.000 ($\alpha < 0.05$) dengan koefisien korelasi sebesar 0.410. Berdasarkan hasil penelitian dapat disimpulkan bahwa terdapat hubungan antara FoMO dengan kecanduan media sosial pada mahasiswa Fakultas Keperawatan Universitas Bhakti Kencana di masa pandemi Covid-19.

Berdasarkan hal tersebut, diharapkan sistem pembelajaran daring di masa pandemi Covid-19 dapat diubah menjadi lebih bervariasi seperti *blended learning*, sehingga penggunaan media sosial pada mahasiswa dapat berkurang.

Kata Kunci : Covid-19, *Fear of Missing Out*, kecanduan media sosial, keperawatan, mahasiswa
Daftar Pustaka : 14 Buku (2014 – 2020)
91 Jurnal (2012 – 2022)
6 Website (2020 – 2022)

ABSTRACT

The Covid-19 pandemic has made an influence on the transition of universities to online learning. This leads to an increased use of social media by students. Social media can have harmful impacts, such as social media addiction, despite its numerous entertaining features and effects. Fear of Missing Out (FoMO) is one of the driving elements behind social media addiction.

During the Covid-19 pandemic, the goal of this research was to examine the connection between FoMO and social media addiction among nursing students at Bhakti Kencana University.

This form of research employs quantitative correlation. There are as many as 716 active students at the Faculty of Nursing, Bhakti Kencana University, Bandung. The sampling method included stratified random sampling with a total sample size of 250 people. The instruments used are Fear of Missing Out Scale (FoMOS) and Bergen Social Media Addiction Scale (BSMAS). The Spearman rank correlation test was used for univariate and bivariate data analysis.

The results reveal that up to 137 students (or 54.8%) fell into the addiction category and up to 158 students (or 63.2%) fell into the non-FoMO category. With a correlation coefficient of 0.410, the results of the Spearman rank correlation test had a p-value of 0.000 ($\alpha < 0.05$). During the Covid-19 pandemic, it is possible to assume, based on the results of this research, that there is a correlation between FoMO and social media addiction among nursing students at Bhakti Kencana University's Faculty of Nursing.

On the basis of this, it is hoped that the online learning system during the Covid-19 pandemic can be modified to be more diverse, for example by including blended learning, so that students' use of social media might be reduced

Keywords : Covid-19, Fear of Missing Out, social media addiction, nursing, students.

Bibliography : 14 Books (2014 – 2020)
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6 Website (2020 – 2022)