

ABSTRAK

NI KADEK SU WARDANI. Pengaruh *Fear Of Missing Out* (FOMO) Terhadap *Quarter Life Crisis* Pada Mahasiswa Bimbingan Konseling Angkatan 2021 FIP Universitas Negeri Medan T.A 2024/2025. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan 2025

Penelitian ini bertujuan untuk mengetahui apakah terdapat pengaruh *Fear of Missing Out* (FoMO) terhadap *Quarter Life Crisis* Pada Mahasiswa Bimbingan Konseling Angkatan 2021 FIP Universitas Negeri Medan Tahun Ajaran 2024/2025. Pada Penelitian ini menggunakan metode kuantitatif dengan pendekatan korelasional. Populasi dalam penelitian ini sebanyak 169 mahasiswa, sehingga diambil sampel sebanyak 120 pada mahasiswa Bimbingan Konseling Angkatan 2021 FIP Universitas Negeri Medan menggunakan teknik simple random sampling. Uji validitas instrumen menggunakan rumus *pearson correlations*, sedangkan uji reliabilitas menggunakan teknik cronbach alpha. Teknik analisis data menggunakan teknik analisis regresi linier sederhana. Hasil analisis regresi diperoleh persamaan $Y = 41,007 + 0,495X$. Hasil uji t menunjukkan bahwa *fear of missing out* (FoMO) berpengaruh signifikan terhadap *quarter life crisis* dengan nilai $t = 4,788$ dan $\text{sig}(p) 0,000 < 0,05$. Sedangkan hasil uji koefisien determinasi (r^2) sebesar 0,163. Sehingga dapat disimpulkan bahwa *Fear of Missing Out* (FoMO) memberikan pengaruh signifikan terhadap *Quarter Life Crisis* sebesar 16%.

Kata Kunci: *Fear of Missing Out*, *Quarter Life Crisis*, Mahasiswa Bimbingan dan Konseling.

ABSTRACT

NI KADEK SU WARDANI. The Influence of Fear Of Missing Out (FOMO) on Quarter Life Crisis Among Counselling Guidance Students in the Class of 2021 FIP State University of Medan Academic Year 2024/2025. Skripsi. Medan: Faculty of Education, State University of Medan, 2025.

This study aims to determine whether there is an effect of Fear of Missing Out (FoMO) on Quarter Life Crisis in Counselling Guidance Students Class of 2021 FIP State University of Medan Academic Year 2024/2025. This research uses quantitative methods with a correlational approach. The population in this study was 169 students, so a sample of 120 was taken from the Class of 2021 Counselling Guidance students of FIP, Medan State University using simple random sampling technique. The instrument validity test uses the pearson correlations formula, while the reliability test uses the Cronbach alpha technique. Data analysis techniques using simple linear regression analysis techniques. The regression analysis results obtained the equation $Y = 41.007 + 0.495X$. The t test results show that fear of missing out (FoMO) has a significant effect on quarter life crisis with a t value = 4.788 and sig (p) $0.000 < 0.05$. While the test results of the coefficient of determination (r^2) are 0.163. So it can be concluded that Fear of Missing Out (FoMO) has a significant effect on Quarter Life Crisis by 16%.

Keywords: Fear of Missing Out, Quarter Life Crisis, Guidance and Counselling Student.