**Hasil Analisis SPSS**

1. **Validitas dan Reliabilitas Skala Fear of Missing Out**

Validitas

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Correlations** | | | | | | | | | | | | | |
|  | | Aitem1 | Aitem2 | Aitem3 | Aitem4 | Aitem5 | Aitem6 | Aitem7 | Aitem8 | Aitem9 | Aitem10 | Total |
| Aitem1 | Pearson Correlation | 1 | .259\*\* | .263\*\* | .227\*\* | .213\*\* | .396\*\* | .392\*\* | .263\*\* | .333\*\* | .292\*\* | .587\*\* |
| Sig. (2-tailed) |  | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem2 | Pearson Correlation | .259\*\* | 1 | .223\*\* | .160\*\* | .093 | .183\*\* | .159\*\* | .078 | .262\*\* | .130\* | .379\*\* |
| Sig. (2-tailed) | .000 |  | .000 | .002 | .068 | .000 | .002 | .127 | .000 | .010 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem3 | Pearson Correlation | .263\*\* | .223\*\* | 1 | .193\*\* | .155\*\* | .202\*\* | .207\*\* | .208\*\* | .201\*\* | .202\*\* | .446\*\* |
| Sig. (2-tailed) | .000 | .000 |  | .000 | .002 | .000 | .000 | .000 | .000 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem4 | Pearson Correlation | .227\*\* | .160\*\* | .193\*\* | 1 | .153\*\* | .394\*\* | .401\*\* | .300\*\* | .413\*\* | .257\*\* | .564\*\* |
| Sig. (2-tailed) | .000 | .002 | .000 |  | .003 | .000 | .000 | .000 | .000 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem5 | Pearson Correlation | .213\*\* | .093 | .155\*\* | .153\*\* | 1 | .262\*\* | .215\*\* | .163\*\* | .214\*\* | .191\*\* | .439\*\* |
| Sig. (2-tailed) | .000 | .068 | .002 | .003 |  | .000 | .000 | .001 | .000 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem6 | Pearson Correlation | .396\*\* | .183\*\* | .202\*\* | .394\*\* | .262\*\* | 1 | .695\*\* | .496\*\* | .482\*\* | .511\*\* | .765\*\* |
| Sig. (2-tailed) | .000 | .000 | .000 | .000 | .000 |  | .000 | .000 | .000 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem7 | Pearson Correlation | .392\*\* | .159\*\* | .207\*\* | .401\*\* | .215\*\* | .695\*\* | 1 | .560\*\* | .514\*\* | .577\*\* | .786\*\* |
| Sig. (2-tailed) | .000 | .002 | .000 | .000 | .000 | .000 |  | .000 | .000 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem8 | Pearson Correlation | .263\*\* | .078 | .208\*\* | .300\*\* | .163\*\* | .496\*\* | .560\*\* | 1 | .387\*\* | .747\*\* | .709\*\* |
| Sig. (2-tailed) | .000 | .127 | .000 | .000 | .001 | .000 | .000 |  | .000 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem9 | Pearson Correlation | .333\*\* | .262\*\* | .201\*\* | .413\*\* | .214\*\* | .482\*\* | .514\*\* | .387\*\* | 1 | .425\*\* | .695\*\* |
| Sig. (2-tailed) | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |  | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem10 | Pearson Correlation | .292\*\* | .130\* | .202\*\* | .257\*\* | .191\*\* | .511\*\* | .577\*\* | .747\*\* | .425\*\* | 1 | .727\*\* |
| Sig. (2-tailed) | .000 | .010 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |  | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Total | Pearson Correlation | .587\*\* | .379\*\* | .446\*\* | .564\*\* | .439\*\* | .765\*\* | .786\*\* | .709\*\* | .695\*\* | .727\*\* | 1 |
| Sig. (2-tailed) | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |  |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| \*\*. Correlation is significant at the 0.01 level (2-tailed). | | | | | | | | | | | | | |
| \*. Correlation is significant at the 0.05 level (2-tailed). | | | | | | | | | | | | | |

Reliabilitas

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .820 | 10 |

1. **Validitas dan Reliabilitas Skala Self Regulation**

Validitas

|  |  |  |
| --- | --- | --- |
| **Correlations** | | |
|  | | Total |
| Aitem1 | Pearson Correlation | .484\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem2 | Pearson Correlation | .502\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem3 | Pearson Correlation | .554\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem4 | Pearson Correlation | .368\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem5 | Pearson Correlation | .468\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem6 | Pearson Correlation | .559\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem7 | Pearson Correlation | .349\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem8 | Pearson Correlation | .352\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem9 | Pearson Correlation | .496\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem10 | Pearson Correlation | .560\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem11 | Pearson Correlation | .313\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem12 | Pearson Correlation | .378\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem13 | Pearson Correlation | .499\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem14 | Pearson Correlation | .451\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem15 | Pearson Correlation | .473\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem16 | Pearson Correlation | .625\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem17 | Pearson Correlation | .617\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem18 | Pearson Correlation | .588\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem19 | Pearson Correlation | .536\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Aitem20 | Pearson Correlation | .158\*\* |
| Sig. (2-tailed) | 0,002 |
| N | 385 |
| Aitem21 | Pearson Correlation | .212\*\* |
| Sig. (2-tailed) | 0,000 |
| N | 385 |
| Total | Pearson Correlation | 1 |
| Sig. (2-tailed) |  |
| N | 385 |
| \*\*. Correlation is significant at the 0.01 level (2-tailed). | | |
| \*. Correlation is significant at the 0.05 level (2-tailed). | | |

Realibilitas

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .797 | 21 |

1. **Validitas dan Reliabilitas Skala Self Esteem**

Validitas

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Correlations** | | | | | | | | | | | | | |
|  | | Aitem1 | Aitem2 | Aitem3 | Aitem4 | Aitem5 | Aitem6 | Aitem7 | Aitem8 | Aitem9 | Aitem10 | Total |
| Aitem1 | Pearson Correlation | 1 | .044 | .492\*\* | .246\*\* | .193\*\* | .143\*\* | .378\*\* | .103\* | .124\* | .441\*\* | .549\*\* |
| Sig. (2-tailed) |  | .393 | .000 | .000 | .000 | .005 | .000 | .043 | .015 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem2 | Pearson Correlation | .044 | 1 | .107\* | .097 | .341\*\* | .302\*\* | .018 | -.095 | .325\*\* | .083 | .413\*\* |
| Sig. (2-tailed) | .393 |  | .035 | .058 | .000 | .000 | .729 | .062 | .000 | .105 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem3 | Pearson Correlation | .492\*\* | .107\* | 1 | .397\*\* | .267\*\* | .136\*\* | .389\*\* | .068 | .057 | .358\*\* | .561\*\* |
| Sig. (2-tailed) | .000 | .035 |  | .000 | .000 | .008 | .000 | .180 | .268 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem4 | Pearson Correlation | .246\*\* | .097 | .397\*\* | 1 | .120\* | .089 | .364\*\* | .230\*\* | .048 | .312\*\* | .473\*\* |
| Sig. (2-tailed) | .000 | .058 | .000 |  | .018 | .082 | .000 | .000 | .344 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem5 | Pearson Correlation | .193\*\* | .341\*\* | .267\*\* | .120\* | 1 | .586\*\* | .208\*\* | .016 | .560\*\* | .296\*\* | .669\*\* |
| Sig. (2-tailed) | .000 | .000 | .000 | .018 |  | .000 | .000 | .751 | .000 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem6 | Pearson Correlation | .143\*\* | .302\*\* | .136\*\* | .089 | .586\*\* | 1 | .256\*\* | .072 | .675\*\* | .360\*\* | .683\*\* |
| Sig. (2-tailed) | .005 | .000 | .008 | .082 | .000 |  | .000 | .161 | .000 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem7 | Pearson Correlation | .378\*\* | .018 | .389\*\* | .364\*\* | .208\*\* | .256\*\* | 1 | .264\*\* | .246\*\* | .479\*\* | .605\*\* |
| Sig. (2-tailed) | .000 | .729 | .000 | .000 | .000 | .000 |  | .000 | .000 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem8 | Pearson Correlation | .103\* | -.095 | .068 | .230\*\* | .016 | .072 | .264\*\* | 1 | .134\*\* | .335\*\* | .335\*\* |
| Sig. (2-tailed) | .043 | .062 | .180 | .000 | .751 | .161 | .000 |  | .008 | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem9 | Pearson Correlation | .124\* | .325\*\* | .057 | .048 | .560\*\* | .675\*\* | .246\*\* | .134\*\* | 1 | .346\*\* | .664\*\* |
| Sig. (2-tailed) | .015 | .000 | .268 | .344 | .000 | .000 | .000 | .008 |  | .000 | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Aitem10 | Pearson Correlation | .441\*\* | .083 | .358\*\* | .312\*\* | .296\*\* | .360\*\* | .479\*\* | .335\*\* | .346\*\* | 1 | .688\*\* |
| Sig. (2-tailed) | .000 | .105 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |  | .000 |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| Total | Pearson Correlation | .549\*\* | .413\*\* | .561\*\* | .473\*\* | .669\*\* | .683\*\* | .605\*\* | .335\*\* | .664\*\* | .688\*\* | 1 |
| Sig. (2-tailed) | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |  |
| N | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 | 385 |
| \*\*. Correlation is significant at the 0.01 level (2-tailed). | | | | | | | | | | | | | |
| \*. Correlation is significant at the 0.05 level (2-tailed). | | | | | | | | | | | | | |

Reliabilitas

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .766 | 10 |

1. **Uji Normalitas**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **One-Sample Kolmogorov-Smirnov Test** | | | | |
|  | | | Unstandardized Residual | Unstandardized Residual |
| N | | | 385 | 385 |
| Normal Parametersa,b | Mean | | 0,0000000 | 0,0000000 |
| Std. Deviation | | 4,71641763 | 4,72856175 |
| Most Extreme Differences | Absolute | | 0,065 | 0,059 |
| Positive | | 0,065 | 0,059 |
| Negative | | -0,036 | -0,038 |
| Test Statistic | | | 0,065 | 0,059 |
| Asymp. Sig. (2-tailed) | | | .001c | .002c |
| Monte Carlo Sig. (2-tailed) | Sig. | | .073d | .130d |
| 99% Confidence Interval | Lower Bound | 0,066 | 0,122 |
| Upper Bound | 0,080 | 0,139 |
| a. Test distribution is Normal. | | | | |
| b. Calculated from data. | | | | |
| c. Lilliefors Significance Correction. | | | | |
| d. Based on 10000 sampled tables with starting seed 1314643744. | | | | |

1. **Uji Linieritas**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **ANOVA Table** | | | | | | | |
|  | | | Sum of Squares | df | Mean Square | F | Sig. |
| FoMO \* Regulasi Diri | Between Groups | (Combined) | 899,073 | 35 | 25,688 | 1,161 | 0,250 |
| Linearity | 78,320 | 1 | 78,320 | 3,540 | 0,061 |
| Deviation from Linearity | 820,754 | 34 | 24,140 | 1,091 | 0,339 |
| Within Groups | | 7721,171 | 349 | 22,124 |  |  |
| Total | | 8620,244 | 384 |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **ANOVA Table** | | | | | | | |
|  | | | Sum of Squares | df | Mean Square | F | Sig. |
| FoMO \* Self Esteem | Between Groups | (Combined) | 576,276 | 23 | 25,055 | 1,124 | 0,315 |
| Linearity | 34,274 | 1 | 34,274 | 1,538 | 0,216 |
| Deviation from Linearity | 542,001 | 22 | 24,636 | 1,106 | 0,338 |
| Within Groups | | 8043,968 | 361 | 22,282 |  |  |
| Total | | 8620,244 | 384 |  |  |  |

1. **Uji Hipotesis**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Correlations** | | | | | |
|  | | | FoMO | Regulasi Diri | Self Esteem |
| Spearman's rho | FoMO | Correlation Coefficient | 1,000 | -.137\*\* | -0,082 |
| Sig. (2-tailed) |  | 0,007 | 0,107 |
| N | 385 | 385 | 385 |
| Regulasi Diri | Correlation Coefficient | -.137\*\* | 1,000 | .549\*\* |
| Sig. (2-tailed) | 0,007 |  | 0,000 |
| N | 385 | 385 | 385 |
| Self Esteem | Correlation Coefficient | -0,082 | .549\*\* | 1,000 |
| Sig. (2-tailed) | 0,107 | 0,000 |  |
| N | 385 | 385 | 385 |
| \*\*. Correlation is significant at the 0.01 level (2-tailed). | | | | | |

1. **R Square**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model Summaryb** | | | | | | | | | |
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics | | | | |
| R Square Change | F Change | df1 | df2 | Sig. F Change |
| 1 | .096a | 0,009 | 0,004 | 4,729 | 0,009 | 1,770 | 2 | 382 | 0,172 |
| a. Predictors: (Constant), Self Esteem, Regulasi Diri | | | | | | | | | |
| b. Dependent Variable: FoMO | | | | | | | | | |