**LAMPIRAN-LAMPIRAN**

1. ***Blueprint* Skala**

*Blueprint* Skala *Fear of Missing Out* (FoMO)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No | Dimensi | Indikator | Aitem | | Jumlah |
| Fav | Unfav |
| 1. | *Relatedness* | * Rasa ingin terhubung denggan orang lain * Ingin memiliki kesempatan lebih untuk berinteraksi | 1, 2, 3, 4, 5 | - | 5 |
| 2. | *Self* | * Tidak dapat membaur dengan orang lain | 6, 7, 8 | - | 3 |
| Total 8 | | | | | |

*Blueprint* Skala Kontrol Diri

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No | Aspek | Indikator | Aitem | | |
| Fav | Unfav | Jumlah |
| 1. | Mengontrol perilaku | * Mengatur pelaksanaan * Memodivikasi stimulus | 2, 17 | 11,  13, 15 | 3  2 |
| 2. | Mengontrol kognitif | * Memperoleh informasi * Melakukan penilaian | 16,  10, 12, 20 | 1, 3, 18 | 1  6 |
| 3. | Mengontrol keputusan | * Mengantisipasi peristiwa * Menafsirkan peristiwa | 5, 8  14 | 4, 7, 19  6, 9 | 5  3 |
|  |  | Total |  |  | 20 |

*Blue Print* Skala Kecanduan Media Sosial TikTok

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No | Aspek | Aitem | | Jumlah |
| Fav | Unfav |
| 1 | *Social consequences* (konsekuensi social) | 1, 2, 3, 4 | - | 4 |
| 2 | *Time displacement* (pengalihan waktu) | 5, 6, 7, 8 | - | 4 |
| 3 | *Compulsive feelings* (perasaan kompulsif) | 9, 11, 12, 13, 14 | 10, 15 | 7 |
| Total | | | | 15 |

1. **Skala Penelitian**

Skala *Fear of Missing Out* (FoMO)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No | PERNYATAAN | STS | TS | S | SS |
| 1. | Saya takut orang lain lebih memiliki pengalaman berharga dari saya |  |  |  |  |
| 2. | Saya merasa cemas ketika tidak mengetahui apa yang teman-teman lakukan |  |  |  |  |
| 3. | Saya merasa gelisah ketika melihat teman-teman bersenang-senang tanpa saya |  |  |  |  |
| 4. | Saya takut ketika teman saya memiliki pengalaman lebih berharga dari saya |  |  |  |  |
| 5. | Terkadang, saya menghabiskan waktu terlalu lama untuk memikirkan yang sedang terjadi |  |  |  |  |
| 6. | Saya merasa sedih ketika kehilangan informasi tentang rencana untuk berkumpul bersama orang terdekat |  |  |  |  |
| 7. | Ketika saya pergi liburan, saya tetap ingin mengetahui apa yang teman-teman saya lakukan |  |  |  |  |
| 8. | Ketika saya kehilangan kesempatan bertemu dengan teman, saya merasa bimbang |  |  |  |  |

Skala Kontrol Diri

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No | PERNYATAAN | STS | TS | S | SS |
| 1. | Saya jarang memberikan saran kepada teman yang sedang kesulitan |  |  |  |  |
| 2. | Saya selalu bertanggung jawab apabila melakukan kesalahan |  |  |  |  |
| 3. | Saya kecewa kepada teman yang tidak membantu saya |  |  |  |  |
| 4. | Saya tidak akan bertanggung jawab dengan kesalahan yang saya perbuat |  |  |  |  |
| 5. | Saya akan menyelesaikan masalah pribadi saya supaya tidak menjadi beban |  |  |  |  |
| 6. | Jika sedang malas, saya akan menunda pekerjaan saya |  |  |  |  |
| 7. | Daripada saya meminjamkan uang kepada teman, lebih baik saya berfoya-foya |  |  |  |  |
| 8. | Saya membuat rencana terhadap apa yang saya lakukan |  |  |  |  |
| 9. | Saya suka hidup berfoya-foya |  |  |  |  |
| 10. | Ketika saya tahu teman sedang ada masalah, saya akan membantu menyelesaikan masalahnya |  |  |  |  |
| 11. | Saya mudah menyerah jika ada masalah |  |  |  |  |
| 12. | Saya tetap berpikir positif kepada teman yang berbuat salah |  |  |  |  |
| 13. | Saya cuek dengan masalah yang sedang saya hadapi |  |  |  |  |
| 14. | Saya akan tetap berkomunikasi dengan teman yang tidak menyenangi saya |  |  |  |  |
| 15. | Saa akan marah kepada teman yang membuat saya kesal |  |  |  |  |
| 16. | Jika saya tidak tahu, lebih baik saya diam daripada berpura-pura tahu |  |  |  |  |
| 17. | Jika saya mampu, saya akan membantu teman yang mengalami kesulitan |  |  |  |  |
| 18. | Saya langsung percaya begitu saja kepada orang yang tidak saya kenal |  |  |  |  |
| 19. | Saya akan menyerahkan masalah saya kepada teman ketika saya tidak mampu menyelesaikannya |  |  |  |  |
| 20. | Setelah saya melakukan kesalahan, saya akan intropeksi diri |  |  |  |  |

Skala Kecanduan Media Sosial TikTok

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No | PERNYATAAN | STS | TS | S | SS |
| 1. | Keluarga saya sering mengeluh karena saya terlalu asyik menggunakan media social |  |  |  |  |
| 2. | Nilai sekolah saya memburuk karena penggunaan media social |  |  |  |  |
| 3. | Saya selalu memikirkan tentang apa yang terjadi di media social ketika saya tidak menggunakannya |  |  |  |  |
| 4. | Ketika berkumpul dengan teman-teman, saya lebih suka membuka media social dibandingkan mengobrol dengan mereka |  |  |  |  |
| 5. | Saat saya menggunakan media social waktu terasa cepat berlalu tanpa merasakannya, |  |  |  |  |
| 6. | Saya sering mengabaikan tugas kuliah karena menggunakan media social |  |  |  |  |
| 7. | Terkadang saya lupa makan karena membuka media social |  |  |  |  |
| 8. | Saya kehilangan waktu tidur karena mengakses media social hingga larut malam |  |  |  |  |
| 9. | Hidup saya merasa bosan tanpa media social |  |  |  |  |
| 10. | Beberapa hari bisa berlalu tanpa saya merasa perlu menggunakan media socia |  |  |  |  |
| 11. | Saya akan kecewa jika harus mengurangi jumlah waktu yang saya habiskan untuk menggunakan media social |  |  |  |  |
| 12. | Saya merasa sulit untuk segera tidur setelah menggunakan media sosial |  |  |  |  |
| 13. | Saya sering menggunakan media sosial saat mengemudi |  |  |  |  |
| 14. | Setiap bangun pagi yang saya pikirkan adalah membuka media sosial |  |  |  |  |
| 15. | Hidup saya akan baik-baik saja tanpa media sosial |  |  |  |  |

1. **Tabulasi Data Penelitian**

Variabel *Fear Of Missing Out*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FOMO.1 | FOMO.2 | FOMO.3 | FOMO.4 | FOMO.5 | FOMO.6 | FOMO.7 | FOMO.8 | Fear of Missing Out |
| 3 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 22 |
| 3 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 24 |
| 2 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 24 |
| 2 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 21 |
| 3 | 3 | 3 | 3 | 4 | 2 | 3 | 4 | 25 |
| 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 26 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 24 |
| 4 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 24 |
| 3 | 4 | 3 | 2 | 3 | 1 | 3 | 3 | 22 |
| 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 23 |
| 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 26 |
| 2 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 24 |
| 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 24 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 25 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 24 |
| 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 26 |
| 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 25 |
| 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 25 |
| 3 | 3 | 3 | 4 | 4 | 3 | 2 | 3 | 25 |
| 3 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 24 |
| 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 26 |
| 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 27 |
| 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 26 |
| 2 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 25 |
| 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 26 |
| 3 | 4 | 3 | 2 | 3 | 4 | 3 | 3 | 25 |
| 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 23 |
| 3 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 27 |
| 3 | 3 | 2 | 4 | 4 | 3 | 3 | 4 | 26 |
| 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 24 |
| 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 25 |
| 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 25 |
| 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 26 |
| 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 22 |
| 3 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 24 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 25 |
| 2 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 23 |
| 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 26 |
| 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 25 |
| 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 25 |
| 4 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 27 |
| 4 | 2 | 3 | 4 | 4 | 4 | 4 | 3 | 28 |
| 3 | 2 | 3 | 4 | 2 | 3 | 3 | 3 | 23 |
| 3 | 2 | 3 | 3 | 4 | 3 | 3 | 4 | 25 |
| 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 26 |
| 3 | 3 | 4 | 3 | 4 | 4 | 1 | 3 | 25 |
| 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 30 |
| 3 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 25 |
| 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 23 |
| 3 | 3 | 4 | 4 | 2 | 2 | 3 | 3 | 24 |
| 3 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 24 |
| 3 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 27 |
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| 3 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 24 |
| 3 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 24 |
| 4 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 29 |
| 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 25 |
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| 3 | 2 | 3 | 4 | 3 | 4 | 2 | 3 | 24 |
| 3 | 2 | 4 | 3 | 3 | 3 | 3 | 2 | 23 |
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| 3 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 29 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 24 |
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| 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 23 |
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| 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 25 |
| 3 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 24 |
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| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 24 |
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| 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 23 |
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| 3 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 29 |
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| 3 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 24 |
| 1 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 22 |
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| 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 23 |
| 3 | 3 | 1 | 3 | 4 | 3 | 4 | 3 | 24 |
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| 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 21 |
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| 2 | 3 | 4 | 2 | 3 | 4 | 3 | 3 | 24 |
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| 2 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 24 |
| 2 | 1 | 2 | 3 | 4 | 4 | 3 | 4 | 23 |
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| 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 26 |
| 3 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 21 |
| 3 | 1 | 3 | 3 | 4 | 2 | 3 | 2 | 21 |
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| 3 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 28 |
| 3 | 2 | 4 | 2 | 2 | 4 | 3 | 4 | 24 |
| 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 30 |
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| 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 19 |
| 3 | 4 | 3 | 3 | 4 | 4 | 2 | 4 | 27 |
| 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 19 |
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| 3 | 3 | 3 | 3 | 4 | 4 | 4 | 2 | 26 |
| 3 | 3 | 2 | 3 | 4 | 2 | 4 | 4 | 25 |
| 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 18 |
| 3 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 19 |
| 4 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 28 |
| 3 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 28 |
| 3 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 28 |
| 3 | 3 | 2 | 3 | 3 | 3 | 2 | 2 | 21 |
| 3 | 4 | 2 | 3 | 3 | 3 | 4 | 4 | 26 |
| 4 | 2 | 4 | 3 | 3 | 4 | 4 | 4 | 28 |
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| 2 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 29 |
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| 4 | 4 | 1 | 1 | 1 | 1 | 4 | 1 | 17 |
| 2 | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 20 |
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| 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 17 |
| 4 | 2 | 2 | 3 | 4 | 2 | 2 | 2 | 21 |
| 2 | 2 | 4 | 4 | 5 | 4 | 4 | 4 | 29 |
| 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 17 |
| 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 17 |
| 2 | 4 | 2 | 4 | 4 | 2 | 2 | 2 | 22 |

Variabel Kontrol Diri

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SK.1 | SK.2 | SK.3 | SK.4 | SK.5 | SK.6 | SK.7 | SK.8 | SK.9 | SK.10 | SK.11 | SK.12 | SK.13 | SK.14 | SK.15 | SK.16 | SK.17 | SK.18 | SK.19 | SK.20 | Kontrol Diri |
| 4 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 2 | 4 | 4 | 4 | 70 |
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| 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 59 |
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| 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 2 | 4 | 65 |
| 4 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 2 | 4 | 3 | 4 | 4 | 69 |
| 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 63 |
| 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 75 |
| 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 59 |
| 3 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 61 |
| 4 | 4 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 65 |
| 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 60 |
| 4 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 69 |
| 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 63 |
| 3 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 62 |
| 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 60 |
| 4 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 69 |
| 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 65 |
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| 3 | 2 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 70 |
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| 3 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 68 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 59 |
| 4 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 2 | 3 | 2 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 66 |
| 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 65 |
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| 3 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 53 |
| 4 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 52 |
| 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 49 |
| 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 47 |
| 3 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 52 |
| 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 51 |
| 3 | 4 | 4 | 2 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 50 |
| 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 49 |
| 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 47 |
| 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 51 |
| 3 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 45 |
| 3 | 3 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 50 |
| 4 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 52 |
| 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 53 |
| 4 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 52 |
| 4 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 52 |
| 3 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 45 |
| 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 50 |
| 3 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 47 |
| 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 48 |
| 3 | 4 | 3 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 46 |
| 3 | 3 | 4 | 3 | 3 | 2 | 3 | 4 | 2 | 3 | 3 | 4 | 3 | 3 | 4 | 47 |
| 3 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 47 |
| 4 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 49 |
| 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 44 |
| 3 | 4 | 4 | 3 | 2 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 50 |
| 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 48 |
| 3 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 48 |
| 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 51 |
| 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 48 |
| 3 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 48 |
| 3 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 48 |
| 3 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 45 |
| 3 | 3 | 4 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 45 |
| 4 | 3 | 2 | 2 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 49 |
| 4 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 48 |
| 3 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 52 |
| 4 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 52 |
| 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 50 |
| 4 | 2 | 4 | 4 | 2 | 4 | 3 | 3 | 2 | 4 | 3 | 3 | 4 | 4 | 3 | 49 |
| 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 50 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 46 |
| 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 49 |
| 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 49 |
| 2 | 3 | 3 | 4 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 44 |
| 4 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 49 |
| 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 50 |
| 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 1 | 4 | 3 | 3 | 3 | 3 | 2 | 40 |
| 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 52 |
| 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 54 |
| 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 53 |
| 2 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 40 |
| 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 57 |
| 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 37 |
| 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 57 |
| 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 4 | 2 | 36 |
| 4 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 56 |
| 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 58 |
| 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 35 |
| 2 | 2 | 2 | 2 | 2 | 3 | 4 | 2 | 2 | 3 | 2 | 3 | 2 | 4 | 2 | 37 |
| 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 55 |
| 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 56 |
| 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 4 | 2 | 3 | 4 | 38 |
| 4 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 37 |
| 4 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 55 |
| 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 33 |
| 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 4 | 2 | 36 |
| 2 | 2 | 2 | 4 | 4 | 3 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 34 |

1. **Hasil Analisis SPSS**
2. **Validitas dan Reliabilitas Skala**

Uji Validitas Skala Fear Of Missing Out

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Correlations | | | | | | | | | | | | | | | | | | |
|  | FOMO.1 | | FOMO.2 | | FOMO.3 | | FOMO.4 | | FOMO.5 | | FOMO.6 | | FOMO.7 | | FOMO.8 | | Fear of Missing Out | |
| FOMO.1 | Pearson Correlation | 1 | | .141 | | .206\* | | -.065 | | .078 | | .026 | | .241\*\* | | .086 | | .381\*\* |
| Sig. (2-tailed) |  | | .081 | | .010 | | .423 | | .336 | | .751 | | .003 | | .287 | | .000 |
| N | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| FOMO.2 | Pearson Correlation | .141 | | 1 | | .198\* | | -.095 | | .123 | | .084 | | .123 | | .163\* | | .419\*\* |
| Sig. (2-tailed) | .081 | |  | | .014 | | .243 | | .127 | | .302 | | .128 | | .044 | | .000 |
| N | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| FOMO.3 | Pearson Correlation | .206\* | | .198\* | | 1 | | .055 | | .179\* | | .306\*\* | | .171\* | | .370\*\* | | .592\*\* |
| Sig. (2-tailed) | .010 | | .014 | |  | | .495 | | .026 | | .000 | | .034 | | .000 | | .000 |
| N | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| FOMO.4 | Pearson Correlation | -.065 | | -.095 | | .055 | | 1 | | .194\* | | .186\* | | .099 | | .191\* | | .348\*\* |
| Sig. (2-tailed) | .423 | | .243 | | .495 | |  | | .016 | | .021 | | .221 | | .017 | | .000 |
| N | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| FOMO.5 | Pearson Correlation | .078 | | .123 | | .179\* | | .194\* | | 1 | | .338\*\* | | .215\*\* | | .383\*\* | | .607\*\* |
| Sig. (2-tailed) | .336 | | .127 | | .026 | | .016 | |  | | .000 | | .008 | | .000 | | .000 |
| N | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| FOMO.6 | Pearson Correlation | .026 | | .084 | | .306\*\* | | .186\* | | .338\*\* | | 1 | | .220\*\* | | .393\*\* | | .616\*\* |
| Sig. (2-tailed) | .751 | | .302 | | .000 | | .021 | | .000 | |  | | .006 | | .000 | | .000 |
| N | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| FOMO.7 | Pearson Correlation | .241\*\* | | .123 | | .171\* | | .099 | | .215\*\* | | .220\*\* | | 1 | | .404\*\* | | .572\*\* |
| Sig. (2-tailed) | .003 | | .128 | | .034 | | .221 | | .008 | | .006 | |  | | .000 | | .000 |
| N | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| FOMO.8 | Pearson Correlation | .086 | | .163\* | | .370\*\* | | .191\* | | .383\*\* | | .393\*\* | | .404\*\* | | 1 | | .709\*\* |
| Sig. (2-tailed) | .287 | | .044 | | .000 | | .017 | | .000 | | .000 | | .000 | |  | | .000 |
| N | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| Fear of Missing Out | Pearson Correlation | .381\*\* | | .419\*\* | | .592\*\* | | .348\*\* | | .607\*\* | | .616\*\* | | .572\*\* | | .709\*\* | | 1 |
| Sig. (2-tailed) | .000 | | .000 | | .000 | | .000 | | .000 | | .000 | | .000 | | .000 | |  |
| N | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| \*. Correlation is significant at the 0.05 level (2-tailed). | | | | | | | | | | | | | | | | | | |
| \*\*. Correlation is significant at the 0.01 level (2-tailed). | | | | | | | | | | | | | | | | | | |

Uji Validitas Skala Kontrol Diri

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Correlations** | | | | | | | | | | | | | | | | | | | | | |
|  | | SK.12 | | SK.13 | | SK.14 | | SK.15 | | SK.16 | | SK.17 | | SK.18 | | SK.19 | | SK.20 | | Kontrol Diri | |
| SK.1 | Pearson Correlation | | .141 | | .370\*\* | | .264\*\* | | .245\*\* | | .252\*\* | | .232\*\* | | .337\*\* | | .327\*\* | | .313\*\* | | .525\*\* |
| Sig. (2-tailed) | | .082 | | .000 | | .001 | | .002 | | .002 | | .004 | | .000 | | .000 | | .000 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.2 | Pearson Correlation | | .260\*\* | | .458\*\* | | .151 | | .242\*\* | | .268\*\* | | .350\*\* | | .395\*\* | | .283\*\* | | .291\*\* | | .602\*\* |
| Sig. (2-tailed) | | .001 | | .000 | | .062 | | .003 | | .001 | | .000 | | .000 | | .000 | | .000 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.3 | Pearson Correlation | | .220\*\* | | .232\*\* | | .085 | | .236\*\* | | .106 | | .074 | | .117 | | .039 | | .060 | | .314\*\* |
| Sig. (2-tailed) | | .006 | | .004 | | .292 | | .003 | | .189 | | .364 | | .148 | | .633 | | .462 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.4 | Pearson Correlation | | .090 | | .151 | | .269\*\* | | .259\*\* | | .135 | | .146 | | .193\* | | .224\*\* | | .184\* | | .359\*\* |
| Sig. (2-tailed) | | .269 | | .062 | | .001 | | .001 | | .095 | | .070 | | .016 | | .005 | | .023 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.5 | Pearson Correlation | | .185\* | | .336\*\* | | .305\*\* | | .157 | | .131 | | .151 | | .176\* | | .183\* | | .218\*\* | | .456\*\* |
| Sig. (2-tailed) | | .022 | | .000 | | .000 | | .051 | | .105 | | .062 | | .029 | | .023 | | .007 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.6 | Pearson Correlation | | .261\*\* | | .418\*\* | | .120 | | .214\*\* | | .325\*\* | | .407\*\* | | .262\*\* | | .096 | | .321\*\* | | .560\*\* |
| Sig. (2-tailed) | | .001 | | .000 | | .140 | | .008 | | .000 | | .000 | | .001 | | .236 | | .000 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.7 | Pearson Correlation | | .176\* | | .435\*\* | | .275\*\* | | .201\* | | .400\*\* | | .266\*\* | | .272\*\* | | .172\* | | .397\*\* | | .587\*\* |
| Sig. (2-tailed) | | .029 | | .000 | | .001 | | .013 | | .000 | | .001 | | .001 | | .033 | | .000 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.8 | Pearson Correlation | | .154 | | .232\*\* | | .249\*\* | | .342\*\* | | .248\*\* | | .199\* | | .056 | | .111 | | .203\* | | .446\*\* |
| Sig. (2-tailed) | | .056 | | .004 | | .002 | | .000 | | .002 | | .013 | | .487 | | .171 | | .011 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.9 | Pearson Correlation | | .304\*\* | | .422\*\* | | .253\*\* | | .348\*\* | | .382\*\* | | .221\*\* | | .350\*\* | | .162\* | | .317\*\* | | .609\*\* |
| Sig. (2-tailed) | | .000 | | .000 | | .002 | | .000 | | .000 | | .006 | | .000 | | .045 | | .000 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.10 | Pearson Correlation | | .129 | | .228\*\* | | .116 | | .092 | | .188\* | | .185\* | | .206\* | | .207\*\* | | .135 | | .366\*\* |
| Sig. (2-tailed) | | .112 | | .005 | | .150 | | .257 | | .020 | | .022 | | .010 | | .010 | | .095 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.11 | Pearson Correlation | | .266\*\* | | .313\*\* | | .298\*\* | | .217\*\* | | .135 | | .240\*\* | | .185\* | | .206\* | | .153 | | .486\*\* |
| Sig. (2-tailed) | | .001 | | .000 | | .000 | | .007 | | .094 | | .003 | | .022 | | .011 | | .059 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.12 | Pearson Correlation | | 1 | | .171\* | | .129 | | .262\*\* | | .170\* | | .229\*\* | | .096 | | .153 | | .131 | | .409\*\* |
| Sig. (2-tailed) | |  | | .034 | | .110 | | .001 | | .035 | | .004 | | .238 | | .057 | | .105 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.13 | Pearson Correlation | | .171\* | | 1 | | .301\*\* | | .243\*\* | | .413\*\* | | .354\*\* | | .390\*\* | | .369\*\* | | .337\*\* | | .701\*\* |
| Sig. (2-tailed) | | .034 | |  | | .000 | | .002 | | .000 | | .000 | | .000 | | .000 | | .000 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.14 | Pearson Correlation | | .129 | | .301\*\* | | 1 | | .203\* | | .263\*\* | | .203\* | | .215\*\* | | .290\*\* | | .240\*\* | | .497\*\* |
| Sig. (2-tailed) | | .110 | | .000 | |  | | .012 | | .001 | | .012 | | .008 | | .000 | | .003 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.15 | Pearson Correlation | | .262\*\* | | .243\*\* | | .203\* | | 1 | | .223\*\* | | .246\*\* | | .244\*\* | | .266\*\* | | .224\*\* | | .520\*\* |
| Sig. (2-tailed) | | .001 | | .002 | | .012 | |  | | .005 | | .002 | | .002 | | .001 | | .005 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.16 | Pearson Correlation | | .170\* | | .413\*\* | | .263\*\* | | .223\*\* | | 1 | | .430\*\* | | .442\*\* | | .142 | | .421\*\* | | .598\*\* |
| Sig. (2-tailed) | | .035 | | .000 | | .001 | | .005 | |  | | .000 | | .000 | | .079 | | .000 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.17 | Pearson Correlation | | .229\*\* | | .354\*\* | | .203\* | | .246\*\* | | .430\*\* | | 1 | | .343\*\* | | .233\*\* | | .514\*\* | | .592\*\* |
| Sig. (2-tailed) | | .004 | | .000 | | .012 | | .002 | | .000 | |  | | .000 | | .004 | | .000 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.18 | Pearson Correlation | | .096 | | .390\*\* | | .215\*\* | | .244\*\* | | .442\*\* | | .343\*\* | | 1 | | .264\*\* | | .338\*\* | | .592\*\* |
| Sig. (2-tailed) | | .238 | | .000 | | .008 | | .002 | | .000 | | .000 | |  | | .001 | | .000 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.19 | Pearson Correlation | | .153 | | .369\*\* | | .290\*\* | | .266\*\* | | .142 | | .233\*\* | | .264\*\* | | 1 | | .265\*\* | | .503\*\* |
| Sig. (2-tailed) | | .057 | | .000 | | .000 | | .001 | | .079 | | .004 | | .001 | |  | | .001 | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| SK.20 | Pearson Correlation | | .131 | | .337\*\* | | .240\*\* | | .224\*\* | | .421\*\* | | .514\*\* | | .338\*\* | | .265\*\* | | 1 | | .596\*\* |
| Sig. (2-tailed) | | .105 | | .000 | | .003 | | .005 | | .000 | | .000 | | .000 | | .001 | |  | | .000 |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| Kontrol Diri | Pearson Correlation | | .409\*\* | | .701\*\* | | .497\*\* | | .520\*\* | | .598\*\* | | .592\*\* | | .592\*\* | | .503\*\* | | .596\*\* | | 1 |
| Sig. (2-tailed) | | .000 | | .000 | | .000 | | .000 | | .000 | | .000 | | .000 | | .000 | | .000 | |  |
| N | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 | | 154 |
| \*\*. Correlation is significant at the 0.01 level (2-tailed). | | | | | | | | | | | | | | | | | | | | | |
| \*. Correlation is significant at the 0.05 level (2-tailed). | | | | | | | | | | | | | | | | | | | | | |

Uji Validitas Skala Kecanduan Media Sosial TikTok

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Correlations** | | | | | | | | | |
|  | | SKSTik.1 | SKSTik.2 | SKSTik.3 | SKSTik.4 | SKSTik.5 | SKSTik.6 | SKSTik.7 | SKSTik.8 |
| SKSTik.1 | Pearson Correlation | 1 | .389\*\* | .381\*\* | .119 | .377\*\* | .202\* | .348\*\* | .241\*\* |
| Sig. (2-tailed) |  | .000 | .000 | .142 | .000 | .012 | .000 | .003 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.2 | Pearson Correlation | .389\*\* | 1 | .360\*\* | .147 | .431\*\* | -.016 | .299\*\* | .261\*\* |
| Sig. (2-tailed) | .000 |  | .000 | .069 | .000 | .846 | .000 | .001 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.3 | Pearson Correlation | .381\*\* | .360\*\* | 1 | .050 | .187\* | .143 | .313\*\* | .246\*\* |
| Sig. (2-tailed) | .000 | .000 |  | .537 | .020 | .076 | .000 | .002 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.4 | Pearson Correlation | .119 | .147 | .050 | 1 | .110 | -.068 | -.054 | -.007 |
| Sig. (2-tailed) | .142 | .069 | .537 |  | .173 | .399 | .502 | .930 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.5 | Pearson Correlation | .377\*\* | .431\*\* | .187\* | .110 | 1 | .069 | .370\*\* | .286\*\* |
| Sig. (2-tailed) | .000 | .000 | .020 | .173 |  | .394 | .000 | .000 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.6 | Pearson Correlation | .202\* | -.016 | .143 | -.068 | .069 | 1 | .177\* | .051 |
| Sig. (2-tailed) | .012 | .846 | .076 | .399 | .394 |  | .028 | .532 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.7 | Pearson Correlation | .348\*\* | .299\*\* | .313\*\* | -.054 | .370\*\* | .177\* | 1 | .312\*\* |
| Sig. (2-tailed) | .000 | .000 | .000 | .502 | .000 | .028 |  | .000 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.8 | Pearson Correlation | .241\*\* | .261\*\* | .246\*\* | -.007 | .286\*\* | .051 | .312\*\* | 1 |
| Sig. (2-tailed) | .003 | .001 | .002 | .930 | .000 | .532 | .000 |  |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.9 | Pearson Correlation | .357\*\* | .442\*\* | .376\*\* | .050 | .327\*\* | .156 | .308\*\* | .282\*\* |
| Sig. (2-tailed) | .000 | .000 | .000 | .537 | .000 | .053 | .000 | .000 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.10 | Pearson Correlation | .235\*\* | .191\* | .230\*\* | -.136 | .063 | -.018 | .183\* | .264\*\* |
| Sig. (2-tailed) | .003 | .018 | .004 | .093 | .438 | .822 | .023 | .001 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.11 | Pearson Correlation | .255\*\* | .373\*\* | .386\*\* | .014 | .347\*\* | .198\* | .342\*\* | .339\*\* |
| Sig. (2-tailed) | .001 | .000 | .000 | .860 | .000 | .014 | .000 | .000 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.12 | Pearson Correlation | .054 | .080 | .060 | -.015 | -.053 | -.161\* | .062 | .071 |
| Sig. (2-tailed) | .502 | .326 | .463 | .858 | .513 | .046 | .447 | .382 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.13 | Pearson Correlation | .371\*\* | .284\*\* | .390\*\* | .037 | .226\*\* | .123 | .247\*\* | .294\*\* |
| Sig. (2-tailed) | .000 | .000 | .000 | .652 | .005 | .127 | .002 | .000 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.14 | Pearson Correlation | .132 | .181\* | .085 | .091 | .147 | .035 | .186\* | .033 |
| Sig. (2-tailed) | .102 | .025 | .292 | .263 | .069 | .666 | .021 | .687 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| SKSTik.15 | Pearson Correlation | .300\*\* | .292\*\* | .307\*\* | .037 | .362\*\* | .076 | .323\*\* | .263\*\* |
| Sig. (2-tailed) | .000 | .000 | .000 | .653 | .000 | .346 | .000 | .001 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| Kecanduan Sosial Media Tik Tok | Pearson Correlation | .649\*\* | .645\*\* | .623\*\* | .188\* | .588\*\* | .262\*\* | .606\*\* | .534\*\* |
| Sig. (2-tailed) | .000 | .000 | .000 | .020 | .000 | .001 | .000 | .000 |
| N | 154 | 154 | 154 | 154 | 154 | 154 | 154 | 154 |
| \*\*. Correlation is significant at the 0.01 level (2-tailed). | | | | | | | | | |
| \*. Correlation is significant at the 0.05 level (2-tailed). | | | | | | | | | |

Uji Reliabilitas Skala Fear Of Missing Out

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .643 | 8 |

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .855 | 20 |

Uji Reliabilitas Skala Kontrol Diri

Uji Reliabilitas Skala Kecanduan Media Sosial TikTok

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .787 | 15 |

1. **Uji Normalitas**

|  |  |  |  |
| --- | --- | --- | --- |
| **One-Sample Kolmogorov-Smirnov Test** | | | |
|  | | | Unstandardized Residual |
| N | | | 154 |
| Normal Parametersa,b | Mean | | .0000000 |
| Std. Deviation | | 3.69875492 |
| Most Extreme Differences | Absolute | | .095 |
| Positive | | .074 |
| Negative | | -.095 |
| Test Statistic | | | .095 |
| Asymp. Sig. (2-tailed) | | | .002c |
| Monte Carlo Sig. (2-tailed) | Sig. | | .114d |
| 99% Confidence Interval | Lower Bound | .106 |
| Upper Bound | .122 |
| a. Test distribution is Normal. | | | |
| b. Calculated from data. | | | |
| c. Lilliefors Significance Correction. | | | |
| d. Based on 10000 sampled tables with starting seed 2000000. | | | |

1. **Uji Multikolinieritas**

|  |  |  |  |
| --- | --- | --- | --- |
| **Coefficientsa** | | | |
| Model | | Collinearity Statistics | |
| Tolerance | VIF |
| 1 | Fear of Missing Out | .985 | 1.015 |
| Kontrol Diri | .985 | 1.015 |
| a. Dependent Variable: Kecanduan Sosial Media Tik Tok | | | |

1. **Uji Hipotesis**

Analisis Regresi Linear Berganda

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Coefficientsa** | | | | | | |
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| B | Std. Error | Beta |
| 1 | (Constant) | 21.322 | 4.164 |  | 5.120 | .000 |
| Fear of Missing Out | .561 | .108 | .372 | 5.182 | .000 |
| Kontrol Diri | .207 | .055 | .269 | 3.748 | .000 |
| a. Dependent Variable: Kecanduan Sosial Media Tik Tok | | | | | | |

Uji Parsial (Uji T)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Coefficientsa** | | | | | | |
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| B | Std. Error | Beta |
| 1 | (Constant) | 21.322 | 4.164 |  | 5.120 | .000 |
| Fear of Missing Out | .561 | .108 | .372 | 5.182 | .000 |
| Kontrol Diri | .207 | .055 | .269 | 3.748 | .000 |
| a. Dependent Variable: Kecanduan Sosial Media Tik Tok | | | | | | |

Uji Simultan (Uji F)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Coefficientsa** | | | | | | |
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| B | Std. Error | Beta |
| 1 | (Constant) | 21.322 | 4.164 |  | 5.120 | .000 |
| Fear of Missing Out | .561 | .108 | .372 | 5.182 | .000 |
| Kontrol Diri | .207 | .055 | .269 | 3.748 | .000 |
| a. Dependent Variable: Kecanduan Sosial Media Tik Tok | | | | | | |

1. **R *Square***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Model Summaryb** | | | | |
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .485a | .235 | .225 | 3.723 |
| a. Predictors: (Constant), Kontrol Diri, Fear of Missing Out | | | | |
| b. Dependent Variable: Kecanduan Sosial Media Tik Tok | | | | |