MINDFULNESS THERAPY TO REDUCE FEAR OF MISSING OUT (FOMO) IN CLASS X STUDENTS IN COMPUTER AND NETWORK ENGINEERING (TKJ) AT SMK NU HASYIM ASY'ARI TARUB TEGAL REGENCY

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Abstract

The research background is that there are students who experience Fear of Missing Out. The problem is marked by a feeling of fear of missing precious moments and the desire to always be connected with others through social media. Research objectives to find out: 1). Causes of FOMO in students, 2). The effect of FOMO on students, 3). Implementation of Mindfulness Therapy in reducing FOMO in students. This research has a quantitative approach to causal or causal research. The study population was 104 students X TKJ and a sample of 1 student with low FOMO level, 64 students with moderate FOMO level and 7 students with high FOMO level. Sampling using purposive sampling technique. Data collection techniques using observation, interviews, questionnaires, psychological scales and documentation. The research results show: 1). The causes of FOMO are internal and external factors, 2). The result of FOMO is the disruption of social relations with other people, increased individual dissatisfaction with himself, disrupted productivity and focus due to the difficulty of controlling the use of social media, 3). The results of the regression analysis showed a significance result of 0.003 <0.05, meaning that the Mindfulness Therapy technique group counseling service could reduce Fear of Missing Out in class X TKJ students at SMK NU Hasyim Asy'ari Tarub Tegal Regency by 84.5%. Suggestions from the author to the school, namely Mindfulness Therapy can reduce FOMO, so the researchers hope that schools can provide policies regarding the implementation of counseling guidance in reducing FOMO that occurs in students. 2). The result of FOMO is the disruption of social relations with other people, increased individual dissatisfaction with himself, disrupted productivity and focus due to the difficulty of controlling the use of social media, 3). The results of the regression analysis showed a significance result of 0.003 <0.05, meaning that the Mindfulness Therapy technique group counseling service could reduce Fear of Missing Out in class X TKJ students at SMK NU Hasyim Asy'ari Tarub Tegal Regency by 84.5%. Suggestions from the author to the school, namely Mindfulness Therapy can reduce FOMO, so the researchers hope that schools can provide policies regarding the implementation of counseling guidance in reducing FOMO that occurs in students. 2). The result of FOMO is the disruption of social relations with other people, increased individual dissatisfaction with himself, disrupted productivity and focus due to the difficulty of controlling the use of social media, 3). The results of the regression analysis showed a significance result of 0.003 <0.05, meaning that the Mindfulness Therapy technique group counseling service could reduce Fear of Missing Out in class X TKJ students at SMK NU Hasyim Asy'ari Tarub Tegal Regency by 84.5%. Suggestions from the author to the school, namely Mindfulness Therapy can reduce FOMO, so the researchers hope that schools can provide policies regarding the implementation of counseling guidance in reducing FOMO that occurs in students. disruption of productivity and focus due to the difficulty of controlling the use of social media, 3). The results of the regression analysis showed a significance result of 0.003 <0.05, meaning that the Mindfulness Therapy technique group counseling service could reduce Fear of Missing Out in class X TKJ students at SMK NU Hasyim Asy'ari Tarub Tegal Regency by 84.5%. Suggestions from the author to the school, namely Mindfulness Therapy can reduce FOMO, so the researchers hope that schools can provide policies regarding the implementation of counseling guidance in reducing FOMO that occurs in students. disruption of productivity and focus due to the difficulty of controlling the use of social media, 3). The results of the regression analysis showed a significance result of 0.003 <0.05, meaning that the Mindfulness Therapy technique group counseling service could reduce Fear of Missing Out in class X TKJ students at SMK NU Hasyim Asy'ari Tarub Tegal Regency by 84.5%. Suggestions from the author to the school, namely Mindfulness Therapy can reduce FOMO, so the researchers hope that schools can provide policies regarding the implementation of counseling guidance in reducing FOMO that occurs in students. meaning that group counseling services using the Mindfulness Therapy

technique can reduce Fear of Missing Out in class X TKJ students at SMK NU Hasyim Asy'ari Tarub Tegal Regency by 84.5%. Suggestions from the author to the school, namely Mindfulness Therapy can reduce FOMO, so the researchers hope that schools can provide policies regarding the implementation of counseling guidance in reducing FOMO that occurs in students. meaning that group counseling services using the Mindfulness Therapy technique can reduce Fear of Missing Out in class X TKJ students at SMK NU Hasyim Asy'ari Tarub Tegal Regency by 84.5%. Suggestions from the author to the school, namely Mindfulness Therapy can reduce FOMO, so the researchers hope that schools can provide policies regarding the implementation of counseling guidance in reducing FOMO that occurs in students.

Keywords: Mindfulness Therapy, Fear of Missing Out (FOMO) and Students

1 INTRODUCTION

The increasing progress of Information and Communication Technology (ICT) has made the internet one of the choices of communication tools that are in demand by people ranging from children, adolescents to adults. Along with the times, the internet can be accessed via smartphones and has many features, one of which is social media. Social media has many types, namely WhatsApp, Instagram, Tik Tok, Facebook, Twitter, Youtube and others. Teenagers aged 13-18 years are the highest internet users at 99.16% with internet content that is often accessed, namely social media as much as 89.15% (Association of Indonesian Internet Service Providers, 2022).

The widespread use of social media allows teenagers to quickly receive various information and makes them always want to follow news developments, trends or activities that are being carried out by other people through social media. The desire to always be connected creates anxiety in adolescents which leads to feelings of fear of being left behind, this fear is known as the Fear of Missing Out (FOMO). In line with research conducted by Aisafitri and Yusriyah (2021: 87), social media is the biggest factor influencing FOMO and becoming a lifestyle for millennial youth. Fear of Missing Out makes teenagers feel anxious and anxious if they don't open social media for a certain period of time.

SMK NU Hasyim Asy'ari Tarub is a school that allows students to bring smartphones, with the condition that they are only used for certain subjects that do require smartphones as a tool. However, this made some students more focused on their social media than the explanation of the material provided by the teacher. Students also prefer to access social media during empty class hours and breaks rather than playing with their friends.

Based on phenomena in the field, most of the students' time is spent accessing social media, they admit that they have difficulty stopping when they are already playing social media. The purpose of students accessing social media is not only to communicate but also to find out the latest information related to the fields they are interested in, for example information about fashion trends, dance, anime, k-pop, and others. They feel anxious if they don't open social media and are afraid to miss the latest moments or information. Fear of Missing Out (FOMO) if left unchecked makes students ignore their obligations as students and will disrupt the learning process at school. This is in line with research conducted by Tunc-Aksan and Akbay in Dewi et al (2021: 56) addictive behavior, students' anxiety and fear of missing moments will increase accompanied by addiction to social media and decreased social and academic competence. So, addiction to accessing social media will have an impact on social relations with peers and also academic students.

These symptoms indicate that the student has a mental health disorder, namely Fear of Missing Out. This can be reduced through Mindfulness Therapy. In accordance with the view of Bulantika, Sari and Sa'adah (2021: 213) in Mindfulness exercises students are invited to interpret emotions, negative thoughts and look for evidence of their negative thoughts. Mindfulness Therapy can be done by making students focus more on things that are felt at the moment without the need to give a negative assessment of themselves. Research conducted by Jatmika and Fitrisia Agustina (2020:149) regarding Mindfulness and Fear of Missing Out (FOMO). The research was conducted on digital residents aged 17-25 years and found that Fear of Missing Out had a significantly negative relationship with Mindfulness. So individuals with high FOMO will have low Mindfulness. An increase in Fear of Missing Out (FOMO) in individuals will be followed by a decrease in the level of Mindfulness.

Based on the phenomena that have been stated, researchers are interested in researching "Mindfulness Therapy to Reduce Fear of Missing Out (FOMO) in Class X Students of Computer and Network Engineering (TKJ) at SMK NU Hasyim Asy'ari Tarub Tegal Regency".

2 METHODOLOGY

The approach in this research is quantitative with this type of causal research (ex post facto) which aims to determine causal relationships obtained through observing the effects that have occurred and to look for the causal factors. The sample in this study were 7 students X Computer and Network Engineering (TKJ) with a high level of FOMO category obtained through a purposive sampling technique. Purposive sampling is a sampling method that aims to get samples that have criteria according to the research objectives (Lenaini 2021: 35). Data collection techniques were carried out through observation, interviews, questionnaires, psychological scales and documentation. The data analysis technique used in the research is the research instrument test which consists of validity and reliability tests,

3 RESULTS

3.1 Analysis Results Before Carrying Out Treatment

Before students who experienced Fear of Missing Out (FOMO) were given treatment, the researchers conducted a pre-test by deploying a psychological scale. This aims to determine the FOMO categories of students, namely low, medium and high. Following are the results of the categorization before treatment:

Table 1. Results of Categorizing Scores Before Treatment

kategori

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	rendah	1	1.4	1.4	1.4
	sedang	64	88.9	88.9	90.3
	tinggi	7	9.7	9.7	100.0
	Total	72	100.0	100.0	

Based on the results of the categorization of the psychological scale before treatment, that those who experienced FOMO in the low category were 1 student (1.4%), in the medium category 64 students (88.9%) and in the high category 7 students (9.7%) . So, those who will be given treatment through group counseling with the Mindfulness Therapy technique are students with a high FOMO category, totaling 7 students (9.7%), because students with a high FOMO level are the main focus and are assisted to reduce the level of Fear of Missing Out.

3.2 Results of Analysis After Carrying Out Treatment

After being given treatment in the form of group counseling with the Mindfulness Therapy technique, a post-test was then carried out by giving students a psychological scale to find out the level of FOMO after being given treatment. Following are the results of the categorization after treatment:

Table 2. Results of Categorizing Scores After Treatment

kategori

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sedang	7	100.0	100.0	100.0

Treatment was given in 4 meetings. Based on the results of the categorization that was carried out after the treatment, it can be seen that 7 students who previously had a high level of FOMO after the treatment showed a decrease, namely 7 students who had a moderate level of FOMO.

3.3   Normality Test Results

In research, the data normality test was carried out to find out whether the data obtained was included in normal data or not. In this study researchers used Shapiro-Wilk. If the sig value > 0.05, the data is normally distributed and vice versa (Ginting and Silitonga 2019:199).

Table 3. Normality Test Results

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre Test	.243	7	.200*	.903	7	.347
Post Test	.190	7	.200*	.932	7	.572

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Decision Criteria:

1. If Sig. (significance) < 0.05, then the data is not normally distributed
2. If Sig. (significance) > 0.05, then the data is normally distributed

The normality test results that have been carried out found that the significance value of the pre-test results was 0.347 > 0.05 and the significance value of the post-test results was 0.572 > 0.05, so it can be concluded that the normality test results from the pre-test and post-test were normally distributed.

3.4   Regression Analysis Results

In this study the regression analysis used is simple linear regression analysis. Simple linear regression analysis, namely the regression model to determine the effect of one independent variable on one dependent variable. The following table shows the results of the regression analysis:

Table 4. Regression Analysis Results

ANOVA[a]

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	437.319	1	437.319	27.198	.003[b]
Residual	80.396	5	16.079		
Total	517.714	6			

a. Dependent Variable: Post Test

b. Predictors: (Constant), Pre Test

Decision criteria:

1. If the value of Sig. (significance) <0.05, then variable X affects variable Y
2. If the value of Sig. (significance) > 0.05, then variable X has no effect on variable Y

Decision making is based on the following hypotheses:

Ha: Mindfulness Therapy can reduce Fear of Missing Out (FOMO) in class X students of Computer and Network Engineering (TKJ) at SMK NU Hasyim Asy'ari Tarub Tegal Regency.

Ho: Mindfulness Therapy cannot reduce Fear of Missing Out (FOMO) in Class X students of Computer and Network Engineering (TKJ) at SMK NU Hasyim Asy'ari Tarub, Tegal Regency.

Based on the table above, it can be seen that F count = 27.198 with a significance level of 0.003 <0.05, it can be concluded that there is an effect of Mindfulness Therapy (X) on Fear of Missing Out (FOMO) in Students of Class X Computer and Network Engineering at SMK NU Hasyim Asyari Tarub, Tegal Regency.

Then, to find out the magnitude of the influence between the variables Mindfulness Therapy and Fear of Missing Out (FOMO) are as follows:

Table 5. Results of the Simple Linear Regression Test Summary Model

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.919[a]	.845	.814	4.

a. Predictors: (Constant), Pre Test

The magnitude of the relationship value (R) is equal to 0.919. From these results, a coefficient of determination (R Square) of 0.845 is obtained, which implies that the effect of the independent variable, namely Mindfulness Therapy, on the dependent variable, namely Fear of Missing Out (FOMO), is 84.5%.

3.5 Discussion

FOMO in students occurs due to several factors, namely first, the age factor where students who experience high FOMO are around 17 years old or are in their teens. As Popovac and Hadlington (2020: 285) write, "Someone aged 12 to 18 years is at risk of being exposed to Fear of Missing Out". Ages 12-18 years or teenagers are more at risk of experiencing FOMO because teenagers have a desire to always be connected to social media to find out the latest information. Second, excessive use of social media and ownership of more than 1 type of social media account. This is in line with Van Rooij et al (2018:2) "The biggest factor for teenagers to experience FOMO is the excessive use of social media and the use of various social media such as Facebook, Snapchat, Instagram and YouTube".

Then, based on the results of the psychological scale which were then accumulated and the result was that there were other factors causing 7 students to experience high category FOMO namely the need for relatedness. the presence of feelings of anxiety, lack of self-needs or basic psychological needs within oneself, feelings of anxiety and lack of self-control.

Fear of Missing Out (FOMO) that occurs in students has a number of impacts including the Fear of Missing Out (FOMO) resulting in several things including students delaying their bedtime so that sometimes they have difficulty sleeping. In line with Francis and Newman in Purba et al (2021:45) FOMO makes students want to continue accessing social media and delay their bedtime for fear of missing a pleasant moment. In addition, the desire to always be connected makes students less focused during the learning process in class and easily distracted by their social media notifications. Then,

To overcome the Fear of Missing Out (FOMO) experienced by students, researchers used Mindfulness Therapy in providing treatment. Then, based on the results of the regression analysis, it was found that the sig. (significance) 0.003. Where 0.003 <0.05, then Ha is accepted and thus Ho is rejected. It can be interpreted that Mindfulness Therapy can reduce Fear of Missing Out (FOMO) in class X students of Computer and Network Engineering at SMK NU Hasyim Asy'ari Tarub Tegal Regency by 84.5%.

4   CONCLUSIONS

1. The causes of Fear of Missing Out in students are internal factors within students such as age, relatedness needs, lack of self or basic psychological needs within oneself, feelings of anxiety and lack of self-control. In addition, external factors such as ownership of more than 1 type of social media are factors that cause students to experience Fear of Missing Out (FOMO).
2. As a result of the Fear of Missing Out experienced by students in this high category, namely the disruption of social skills directly with the environment, increased individual dissatisfaction with himself, and disrupting productivity and individual focus in carrying out daily activities due to the inability to control the use of social media .
3. Based on the regression analysis data that has been carried out with the help of Statistical Product and Service Solution (SPSS 26). The result is that the value of sig. (significance) is 0.003. Where 0.003 <0.05, then Ha is accepted and Ho is rejected. So, it can be concluded that Mindfulness Therapy can reduce Fear of Missing Out (FOMO) in class X students of Computer and Network Engineering at SMK NU Hasyim Asy'ari Tarub Tegal Regency by 84.5%.

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