

# HUBUNGAN ANTARA *FEAR OF MISSING OUT* (FOMO) DENGAN *BODY IMAGE* PADA DEWASA AWAL DI TENGAH TREN MENIKAH MUDA

## RINGKASAN

Wulan Wahyuningsih<sup>1</sup>, Egi Prawita<sup>2</sup>

**Latar Belakang:** Permasalahan menikah muda di Indonesia menjadi isu sosial yang menarik perhatian, didukung dengan data BPS bahwa pernikahan di Indonesia terdapat 1.5 juta pada tahun 2023, hal ini dipengaruhi oleh berbagai faktor seperti faktor sosial, budaya, ekonomi, serta paparan media sosial.

**Tujuan Penelitian:** Tujuan penelitian ini untuk mengetahui hubungan antara *fear of missing out* (FoMO) dengan *body image* pada dewasa awal di tengah tren menikah muda.

**Metode Penelitian:** Subjek dalam penelitian ini terdapat 391 responden yaitu dewasa awal umur 19-30 tahun yang belum pernah menikah, memiliki akun media sosial, serta pernah melihat konten menikah muda. Pengambilan sampel menggunakan teknik *purposive sampling*. Metode pengumpulan data menggunakan skala psikologi non-kognitif dan menggunakan skala *body image* dan skala FoMO. Analisis data pada penelitian ini dilakukan secara kuantitatif. Teknik analisa data dalam uji hipotesis menggunakan *Product Moment Pearson*.

**Hasil Penelitian:** Uji asumsi pada penelitian ini terpenuhi dengan uji normalitas pada *body image* menunjukkan nilai 0,107 ( $p > 0,05$ ), sedangkan FoMO menunjukkan nilai 0,092 ( $p > 0,05$ ). Uji linearitas terpenuhi 0,055 ( $p > 0,05$ ). Berdasarkan hasil analisis *Product Moment*, hipotesis diterima (sig. 0,000), yaitu terdapat hubungan antara *fear of missing out* (FoMO) dengan *body image* pada dewasa awal di tengah tren menikah muda.

**Kesimpulan:** Semakin tinggi FoMO maka semakin tinggi juga persepsi diri terhadap *body image* dengan kekuatan koefisien kuat ( $\rho = 0,725$ ). Selain itu, hasil analisis koefisien determinasi menunjukkan bahwa FoMO memberikan kontribusi sebesar 52,6% terhadap *body image*.

**Kata Kunci:** *Body Image*, *Fear of Missing Out*, Tren Menikah Muda.

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**THE RELATIONSHIP BETWEEN FEAR OF MISSING OUT (FOMO) AND  
BODY IMAGE AMONG EARLY ADULTS AMID THE TREND OF EARLY  
MARRIAGE**

**ABSTRACT**

Wulan Wahyuningsih<sup>1</sup>, Egi Prawita<sup>2</sup>

**Background:** *The issue of early marriage in Indonesia has become a prominent social issue, supported by data from the Central Statistics Agency (BPS) that estimates there will be 1.5 million marriages in Indonesia by 2023. This is influenced by various factors, including social, cultural, economic, and social media exposure.*

**Research Objective:** *The purpose of this study was to determine the relationship between fear of missing out (FoMO) and body image in young adults amidst the trend of early marriage.*

**Research Method:** *The subjects in this study were 391 respondents, namely young adults aged 19-30 who had never been married, had social media accounts, and had viewed content about early marriage. Sampling was conducted using a purposive sampling technique. Data collection methods used a non-cognitive psychology scale, including the body image scale and the FoMO scale. Data analysis in this study was conducted quantitatively. The data analysis technique for hypothesis testing used the Pearson Product Moment test.*

**Research Results:** *The assumptions in this study were met, with the body image test showing a normality value of 0.107 ( $p > 0.05$ ) and the FoMO test showing a value of 0.092 ( $p > 0.05$ ). The linearity test was met at 0.055 ( $p > 0.05$ ). Based on the results of the Product Moment analysis, the hypothesis was accepted (sig. 0.000), namely, there is a relationship between fear of missing out (FoMO) and body image in young adults amidst the trend of early marriage.*

**Conclusion:** *The higher the FoMO, the higher the self-perception of body image, with a strong coefficient ( $\rho = 0.725$ ). Furthermore, the results of the coefficient of determination analysis indicate that FoMO contributes 52.6% to body image.*

**Keywords:** *Body Image, Fear of Missing Out (FoMO), Early Marriage Trend*

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