

Understanding TikTok Users : How FoMO and TikTok Engagement Affect Self-Control

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Abstract

Currently, technological developments are widely used by people to help their daily activities. With the development of technology, social media is also developing among people, both young and old. This study aims to solve the phenomenon of FoMO problems and the intensity of TikTok use on self-control in adolescents in Sungai Penuh Village. Therefore, the study can be said to be unique from previous studies because, first, this study adds a new variable, namely FoMO, which is continuous with the variable of the intensity of TikTok use and self-control and has not been researched by previous research, the second can support parents in supervision and help adolescents manage their daily time effectively. The research method chosen is the Survey Research method using a descriptive quantitative approach. The sample used in this study focused on adolescents in Sungai penuh village, but the size of this sample had to be adjusted to the purposive sampling technique. FoMO (Fear of Missing Out) and the intensity of TikTok use indirectly have a significant effect on adolescent self-control in Sungai Penuh village, Indonesia.

1. Introduction

At this time, technological developments are used by the community to help their daily activities. With the development of technology, social media has also developed among the community, both young and old. Social media makes it easier for people to communicate and share information (Damayanti & Gemiharto, 2019). Data on the use of TikTok in Indonesia in 2023 show that it will reach 109.9 million and rank second in the world after the United States (Cheryl Arshifa Crisdon 1, 2023).

TikTok is a Chinese application created by Bytedance Company in September 2016. The app's idea is to create and capture every precious moment through your phone (Savira, 2022). The majority of internet users are students, which is 98.88% (Jamaludin et al., 2023). It has an impact on life, even on the surrounding environment, causing difficulty in completing schoolwork, and homework and even having a harmful impact on test scores (Ahdiyanti, 2021).

The Theory of Stimulus-Organism-Response put forward by (Hovland et al., 1953) States that stimuli from the environment can influence a person in certain behaviours. The relevance of this SOR theory is the intensity of TikTok use and the response of user behaviour in excessive use. The negative impact of social media, especially TikTok social media, on teenagers is a new phenomenon called Fear of Missing Out. (FoMO). Fear of Missing Out (FoMO) is a person's anxious feelings of missing a moment or not participating in an activity or moment (Zahra, 2019). Every teenager has different self-control; this is related to self-control on social media phenomenon where perpetrators access social media for more than a reasonable period (Putri et al., 2019). The driving force behind the use of the Internet or social media is the fear of missing out, which is mainly experienced by teenagers or young adults (Przybylski et al., 2013). The characteristic of the fear of missing out on social media is that individuals will always need to know what the people around them are doing to continue to access social media. They strive to stay connected in harmony with their surroundings. People fear being excluded from their friendship group if they don't know the latest news about what's happening. Another characteristic of people who are so scared of missing out is that they have poor self-regulation (Przybylski et al., 2013). Fear of missing out plays a mediating role in the psychological symptoms of depression and anxiety with the negative consequences of social media use (Oberst et al., 2017).

According to the data obtained (JWT Intelligence 2012; Abel et al., 2016) It shows that 40% of internet users worldwide experience fear of falling behind, which is fear and anxiety because they are left behind in something that they feel is more enjoyable than what others do without it. Fear of missing out is a form of anxiety or fear of missing out when someone cannot access social media (Calhoun, J.F. & Acocella, 1983). The fear of missing out often arises when individuals see other people's updates on social media. The individual feels

Anxiety and worry when they know that they are not directly participating in the pleasant experience in their environment, which causes the individual to become anxious, scared, and agitated if the person in question ignores it (Przybylski et al., 2013). The use of social networks can affect the occurrence of fear of missing out (Stead & Bibby, 2017).

In addition, Indonesian teenagers encounter a problem with self-control when using the TikTok application. Personality self-control can be included in various motivation, willingness, and action regulation theories (Hagger et al., 2021). Increased control is one of the tasks of adolescent development (Marcela & Supriatna, 2019). Self-control is the ability to lead individuals towards positive consequences (Ghufron, M. N., & Risnawita, 2010). Each teenager has a different level of self-control. Self-control is one of the internal factors that help prevent smartphone addiction (Nurning4 & A2, 2022). Self-control is the main factor causing adolescents to become addicted (Agusta, 2016). In line with research (Novitasari et al., 2022) Shows that there is a negative relationship between self-control and social media addiction. One of the causes of adolescents' being addicted to social networks is that they cannot control their behaviour. Social media addiction in adolescents can be manifested in daily activities, such as adolescents forgetting tasks, hobbies, and other obligations, as well as feeling stressed and upset when their behaviour is postponed or stopped (R Dewi, Yulianti, 2023).

According to the theory (Mahoney & Thoresen, 1972) They view self-control as a comprehensive ability that allows individuals to adapt to their environment. People with high self-control tend to adjust their behaviour according to the needs of social situations. Self-control has three essential aspects: behaviour control, cognitive control, and decision control (Thalib, 2023). Self-control for TikTok users, especially for teenage users, is needed to develop in a more mature direction. At this time, a person's lack of self-control will cause deviant behaviour and cause many problems. People with good self-control will have a lot of positive behaviour and be able to take responsibility for the actions they take. The development of social media, especially tiktok social media, can be affected by the self-control of teenagers in Sungai Penuh Village; adolescents' consumptive behaviour can be assessed by imitating anything that is trending on tiktok social media. Can refer to one of the examples imitated by teenagers, for example, how to dress, the existence of the TikTok application; teenagers tend to wear clothes that are trending on TikTok, namely dressing openly so that it shows the aura, this is very contrary to the custom of dressing in the entire river where someone who dresses unusually or unusually can be viewed negatively by the surrounding community.

The phenomenon of Fear of Missing Out (FoMO) and the intensity of tiktok use make the teenagers of the Sungai Penuh village feel that they are lagging behind the trends that are developing on Tiktok so that teenagers will follow new things so that they compare themselves with others will cause negative emotions when someone is superior to them. One of the Sungai Penuh Village teenagers stated that for everything that is trending or going viral on TikTok, they have to follow or imitate the viral trend to feel different from other teenagers. One of the trends that is widely circulating on TikTok is the trend that showcases nightlife activities among teenagers, where the video shows harmful activities such as music performances while drunk.

In Sungai Penuh Village, there has been an impact as a result of FoMO and the intensity of TikTok use against teenagers, wherein the group of teenagers participating in harmful activities exposed on TikTok in the form of dressing openly and gathering teenagers at one of the coffee shops in Sungai Penuh Village with loud music performances until late at night, and doing harmful things such as drinking liquor to carrying out prostitution transactions in the café. These activities have made the local community uncomfortable and violated customary norms. Researchers found three works that refer to the problem of the intensity of TikTok use on adolescent self-control.: ((R Dewi, Yulianti, 2023; Rahmadhani et al., 2023; Sariyani, 2017). The study focused on the problem of self-control in using tiktok rather than talking about FoMO on the use of tiktok.

In general, the level of self-control is in a moderate level classification, which needs to be watched out for. The criteria for interpreting the influence of a determination of 0.227 or 22.7 are pretty strong (0.17-0.49), so the study shows that there is a significant influence between the self-control variable and the intensity of TikTok use (R Dewi, Yulianti, 2023). Adolescent self-control in using TikTok is relatively high, with a total figure of 74.19%. Revealing the study results has a negative impact because some teenagers still often send negative comments to content on TikTok (Rahmadhani et al., 2023). This is triggered by the number of teenagers who are too busy accessing TikTok. They often miss activities that should be completed first, such as homework or assignments.

This phenomenon can arise when individuals use social networks, so the fear of missing out is part of the impact caused by activities on social networks (Astuti, 2021). Seeing the effect of FoMO and the intensity of TikTok use on self-control in adolescents is very influential. Therefore, this study aims to solve FoMO problems and the intensity of TikTok use on self-control in adolescents in Sungai Penuh village. Thus, the research is unique from the previous research because the first one adds a new variable of the prior study, namely FoMO, the second of which can help parents supervise and control teenagers in accessing TikTok. Based on data, literature reviews, and relevant and unique research, researchers are interested in researching Fear of Missing

Out (FoMO) and the intensity of TikTok use on adolescent self-control. It is also essential to increase adolescents' self-control knowledge and use social networks wisely.

2. Method

To answer the research question about the influence of Fear of Missing Out and the intensity of TikTok use on self-control among adolescents, the research method chosen is the Survey Research method, which uses a descriptive quantitative approach. Survey research is a study that uses a sample of one population and uses a questionnaire as the primary data collection tool. The sample is a subset or representative of some of the populations studied. If a researcher only tests a portion of the population, then the study is called a sample study. This study uses the slovin formula to determine the number of samples to be targeted. The population in this study is 546 adolescents in Sungai penuh Village. The sample used in this study amounted to 85 adolescents who were distributed to the people of Sungai penuh Village, but the size of this sample must be adjusted to the purposive sampling technique. Purposive sampling is a sampling technique for data sources that considers certain factors. This particular consideration, for example, the person is deemed to understand the most about the Tiktok application, such as active users and understands the news on Tiktok so that it will use the researcher to explore the object or social situation being studied. Before carrying out this sampling technique, it is carried out with various considerations and specific criteria, such as content that is preferred by teenagers and content that is widely liked and in demand by teenagers, namely dance, lapsing, fashion, comedy, education and vlog content. Based on the objectives of this study, the criteria are as follows: (1) age 12-21 years, (2) have a mobile phone, (3) have a tiktok application, (4) have a personal tiktok account.

Data collection techniques are one factor affecting the quality of research. The data collection technique in this study uses questionnaires, observations, and literature research. The observation and literature review results were carried out to support the results of the analytical questionnaire. Data analysis is the stage where the collected data begins to be processed. Descriptive statistics are used to analyze data by describing the data collected textually without intending to draw conclusions or generalize broadly. For this quantitative research, the data processing is carried out by scoring.

Table 1. Demographic Data

Variable	Category	SUM
Education	IAIN kerinci	23
	STIE sak	10
	University of jambi	14
	Padang state university	7
	Andalas university	2
	Bandung institute of technology	1
	Gajah mada university	1
	Semarang university	1
	ATAK	1
	Aisyah university	1
	ISI padang panjang	1
	Malang state polytechnic	1
	Islamic university of riau	1
	Telkomuniversity	1
	Universitas fort de cock	1
	Poltekes jambi	3
	Muhammadiyah university	2
	Polytechnic of public works	1
	SMAN 1 Sungai Penuh	9
	SMAN 2 Sungai Penuh	1
MAN 1 Sungai Penuh	1	
SMPN 1 Sungai Penuh	1	
SDN 002 Sungai Penuh	1	

The data collection method is carried out by providing a FoMO Scale compiled by (Przybylski et al., 2013) To measure FoMO adapted into Indonesian. The measuring instrument so far has high reliability, namely 0.87-0.90. The indicators measured in FoMo are anxiety, fear, and worry, comprising 25 items. Furthermore, self-control is an independent variable of the Questionnaire, with 24 question items used on the Likert scale. In this study, the lowest value of this variable is six, and the maximum value is 43. Then, the intensity of TikTok social media use is a Questionnaire-bound variable with 16 question items used on the Likert scale. In this study, the lowest value of this variable is 2, and the maximum value is 53(R Dewi, Yulianti, 2023).

The researcher admitted that the method used was only limited to a descriptive approach, namely seeing, reviewing and describing with numbers the object being studied as it is and drawing conclusions about it according to the phenomena that appeared at the time the research was carried out (Taylor, 2010).

Table 2. Percentage of Each Variable

Score	Percentage	Category
103-120	86%-100%	Very High
85-102	71%-85%	High
67-84	56%-70%	Quite High
49-66	71%-85%	Medium
30-48	25%-40%	Low

3. Results and Discussion

Based on the research data obtained using the likert scale distributed using the help of Google form, the following results were obtained:



Figure 1. Fear of Missing Out (FoMO) Level Of Teenagers in Sungai Penuh Village

Based on the Fear of Missing Out (FoMO) of adolescents in Sungai penuh Village, it is at (100%) with a frequency of 85 people, indicating a reasonably high category. It can be concluded that the level of Fear of Missing Out (FoMO) in Sungai Penuh adolescents is in the medium category with a percentage of 100%, equivalent to 85 people out of 85 people in the population studied. In a sense, the level of FOMO in Sungai Penuh teenagers tends to be relatively high, which can lead to a high category or even very high, so the activity of Sungai penuh teenagers in following a relatively high trend can have a positive impact and even a negative impact on the teenager.

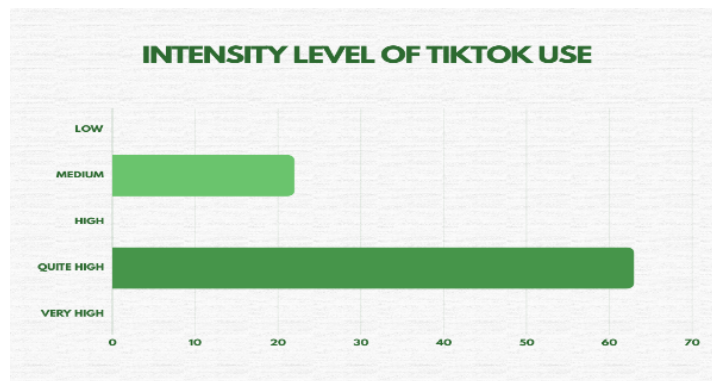


Figure 2. The Intensity Level of Tiktok Use of Teenagers in Sungai Penuh Village

Based on the Intensity of Tiktok Use by adolescents in Sungai penuh Village, it is at (26%) with a total frequency of 22 people showing a moderate category. Meanwhile, the percentage (74%) with several frequencies of as many as 63 people showed a reasonably high category. It can be concluded that the level of Fear of Missing Out (FoMO) in Sungai penuh teenagers is in the medium category and is relatively high in the sense that the level of Tiktok Usage Intensity in Sungai Penuh teenagers tends to be moderate, which can lead to a high category so that the activities of Sungai Penuh teenagers in the intensity of high use of the Tiktok application can have a positive impact and even towards a negative effect.



Figure 3. The Level of Self-Control of Teenagers in Sungai Penuh Village

Based on self-control behaviour in adolescents in Sungai Penuh village, it is in the (100%) category in the medium category with a frequency of 85 people. At the same time, 0% is categorized as moderate with a frequency of 0 people. Then, in the reasonably high category, it is 0%, and in the very high category, it is 0%. It can be concluded that self-control among Sungai Penuh teenagers is in a low category, with a percentage of 0%, in the sense that the level of self-control in teenagers tends to be moderate, so it can be interpreted that the self-control behaviour of teenagers in the entire river towards the use of the tiktok application is in the medium category which results in imitation behaviour towards positive trends to negative trends.

The normality test is to find out whether the data is normally distributed or not (Sugiyono, 2016). In this study, the data normality test used the Kolmogrov Smirnov method.

Table 3. Normality Test

Test Name	Value	Information
Normality	0.832	Normal determined data
Multicollinearity	1.876	No Multicollinearity
Heteroskedasticity	0.786	No Heteroskedasticity
	0.523	

Based on the data in Table 3, we can see that the result for Kolmogorov-Smirnov is 0.832. Because the probability is $0.832 \geq 0.05$, the Fomo variable, the TikTok usage intensity variable, and the Self-Control variable are standard. Then, the research results are presented entirely and according to the scope of the study. The research results can be supplemented with tables, graphs (figures), and charts. Tables and figures are numbered and titled, and the results of data analysis are interpreted correctly. Furthermore, from the results of Table 3, it can be seen that multicollinearity tests determine whether regression found problems between independent variables. The guideline of a regression model that is free of multicollinearity tests tolerance above 0.1 while the VIF limit is 1 (Sugiyono & Lestari, 2021).

Based on the results of the multicollinearity test in table 3, it can be known: (1) The VIF value of the FoMO variable and the intensity of TikTok use with a value of $1.876 < 10$ mean that the two variables do not occur in Multicollinearity. Therefore, the regression used does not result in Multicollinearity. (2) Furthermore, the heteroscedasticity test aims to test whether the regression model has uneven variance from observation to other observations (Ghozali, 2018). Suppose the variation of the rest of the aggregation from one observation to another observation is constant. In that case, we are talking about the homogeneity of variation, and if it is varied, we are talking about heterogeneity. A good regression model is not random.

Based on table 3, it is known that: (1) The significant value of the FoMo variable is $0.786 > 0.05$, meaning there is no heteroscedasticity in the FoMO variable. (2) The significant value of the variable intensity of TikTok use is $0.523 > 0.5$, which means there is no heterosexism in the variable Intensity of TikTok use.

Table 4. Multiple Linear Analysis

Coefficients ^a								
Model		Unstandardized Coefficients		Standardized	t	Mr.	Collinearity Statistics	
		B	Std. Error	Coefficients			Tolerance	BRIGHT
1	(Constant)	41.689	1.105		37.734	.000		
	FoMO	.099	.012	.657	8.427	.000	.533	1.876
	Intensity of Tiktok Use	.064	.019	.261	3.340	.001	.533	1.876

$$Y = a + b_1 \cdot X_1 + b_2 \cdot X_2 = 41,689 + 0,99 + 0,64 \tag{1}$$

Then, it can be described as follows:

- a. The value of 41.689 is a constant or condition when the self-control variable is not affected by other variables, namely the FoMO X1 variable and the TikTok usage intensity variable.
- b. b1 (regression coefficient value X1) of 0.099 indicates that the FoMo variable positively influences self-control, meaning that every increase in the FoMo variable will affect self-control by 0.099, assuming that other variables are not studied in this study.
- c. b2 (regression coefficient value X2) of 0.064 indicates that the variable of Tiktok intensity of use has a positive influence on self-control, meaning that every increase in the variable of Tiktok intensity of use will affect self-control by 0.064 assuming that other variables are not studied in this study.

Table 5. Multiple Linear Test

Test Name	Value	Information
Test T	X1 : 3.340 X2: 8.427	There is a significant influence between the variables X1, X2 and Y
Test F	113.1	There is a significant influence between the variables X1, X2 and Y
R Test	85.7	There is a significant influence between the variables X1, X2 and Y

The t-test is a regression coefficient test used to determine the significance of the influence of each partially independent variable on the dependent variable. It is a two-sided test with a significance level of 5%.

- a. Then, based on Table 3.5, the results of the partial t-test show that the significance value of FoMO on self-control ability is $0.000 \leq 0.05$, then H0 is rejected, and the t-value is calculated at $3.340 \geq 1.989$ and H1 is accepted, there is a significant influence of FoMO (X1) on self-control (Y).
- b. By Table 3.5, the results of the t-test partially show that the significance value of the intensity of Tiktok use on self-control is $0.000 \leq 0.05$, then H0 is rejected, and the t-value is calculated as $8.427 \geq 1.989$ and H2 is accepted, so it can be said that there is a significant influence of the intensity of tiktok use (X2) on self-control (Y).
- c. Referring to the results of Table 3.5, a significant value was obtained on the simultaneous influence of X1 and X2 on Y found $0.000 \leq 0.005$ and the F value calculated $113.1 \geq 3.11$, then it can be concluded that the F test is acceptable, which means that there is a significant influence of FoMO (X1) and the intensity of Tiktok use (X2) on self-control (Y).

Based on Table 3.5, it is influenced by the value of the R coefficient of 0.85.7 or 85.7%, so it can be concluded that the magnitude of the influence of the Fomo variable and the intensity of Tiktok use on self-control is 85.7%.

3.1. The Relationship between Fear of Missing Out (FoMO) and Self-control

Influence Fear of Missing Out (FoMO) to adolescent self-control where adolescents have anxiety when they feel left behind Update-on social media and are afraid of losing their followers on social media then they are also worried if their followers do not like the uploaded content. So, they lose self-control because they always feel dissatisfied when left behind. Fear of Missing Out This is a form of concern that individuals feel when they are carrying out more exciting and memorable activities without their presence, where the feelings experienced are triggered by the renewal of other people's activities through social media (Astuti, 2021). Six driving factors affect the occurrence of FoMO, namely: information disclosure on social media, age, social one-upmanship, events disseminated through hashtags, relative deprivation conditions, and many stimuli for obtaining information (Anwar et al., 2020). The behaviour of fear of missing out on other individuals is a deviation of self-control. Self-control is essential to be free from these fears. Self-control is the ability of individuals to adapt their behaviour to what they think will be socially acceptable by society (Papalia et al., 2007).

Referring to various influence analyses, Fear of Missing Out (FoMO) results were obtained that had a significant effect—judging from the value of sig. The impact of X1 on Y is $0.000 \leq 0.005$, and the calculated t value is $3.340 \geq t$ table 1.989. So, it can be concluded that this study has a high influence. This means that H1 is accepted, which shows that there is an influence of Fear of Missing Out (FoMO) (X1) against self-control (Y). In this study, the results were obtained that adolescents in the Sungai Penuh sub-district tend to be afraid of

missing out on viral trends, which makes, making it difficult for adolescents in the Sungai Penuh sub-district to control themselves and not follow or imitate them. This is to the research conducted previously by (Sujarwo & Maula Rosada, 2023). The result is that there is an influence between Fear of Missing Out (FoMO) and self-control. This means that the higher the Fear of Missing Out, the lower the self-control in using social networks, and vice versa: the lower the Fear of Missing Out, the lower the self-control ability in adolescents. One of the factors that causes the fear of missing out is the amount of stimulation to gather information (Wulandari & Netrawati, 2020). This can make individuals want to know about the development of available information at all times. The information in question is obtained from social networks, which can have a positive or negative impact if individuals do not have autonomy in managing time and limit the information obtained from social networks (Sujarwo & Maula Rosada, 2023). April (2022) explain that a person with high self-control will use the internet in a healthy and according to their needs so as not to become addicted. Adolescents who have self-control will limit their behaviour so that they are not excessive and comply with the rules, including in the use of social networks. In this case, adolescents will use social networks reasonably because they have control over themselves.

3.2. The Relationship between the Intensity of TikTok Use and Self-control

According to (Ajzen & Fishbein, 2021) Intensity is the amount of effort a person puts into taking an action. Meanwhile, the intensity of Tiktok use is how often individuals access Tiktok, which ends with a response or behaviour resulting from the Tiktok. The high intensity of Tiktok use is caused by low self-control, which means that if teenagers are unable to control themselves, high-intensity use of Tiktok will occur in teenagers. This can affect adolescent behaviour in a negative direction and adversely affect the health or psyche of adolescents and adolescents who are too lazy to do teenage activities (Afreli & Khairat, 2022).

Referring to the results of various analyses on the variable influence of TikTok use intensity on self-control, we got negative results, meaning they were significantly affected. The significance value (sig.) on the effect of the intensity of tiktok use (X2) on self-control (Y) obtained a result of $0.000 < 0.05$ and a t-value of $8.427 > 1.989$. This means that we can see that the alternative hypothesis (H2) is accepted because the value of the t calculation is greater than that of the t-table.

Based on the results obtained in this study, adolescents in the Sungai Penuh sub-district tend to use the Tiktok application for longer than the standard limit; this significantly affects teenager's self-control and interferes with their daily activities and obligations. This is by the results of research that has been carried out by (R Dewi, Yulianti, 2023) and research from (Zahra, 2019) which got significant results and found a positive correlation on the intensity of TikTok use against self-control. According to (Faridah, 2015) (Zelfia, 2018) Teenagers are addicted to social media, which can be seen in their daily activities. Hence, teenagers forget about time, tasks, and other obligations, and adolescents will feel discomfort and stress when their behaviour is stopped or postponed. Studies conducted (Sariyani, 2017) It shows a negative relationship between the intensity of social media use and adolescents' ability to socialize. The higher the intensity of social media, the lower the social skills in adolescents.

The intensity of adolescent tiktok use exceeds normal limits, so teenagers will find it difficult to control themselves and are easily exposed to news or things that change their behaviour. The high intensity of tiktok use is due to low self-control, which means that if teenagers are unable to identify themselves, it can affect their behaviour of teenagers in a negative direction and hurt the health or soul of adolescents and teenagers are lazy to carry out activities as they should (Afreli & Khairat, 2022).

3.3. The Relationship between FoMO and the Intensity of Tiktok Use on Self-control in Adolescents

Based on the analysis of various studies, the effects of Fear of Missing Out And the intensity of TikTok use on adolescent self-control have a significant influence. Through the results of SPSS, a determination coefficient based on the R-value of 0.85.7 was obtained, in the sense that there was a simultaneous influence between variables X1 and X2 on Y of 85.7%. Many new trends emerging on social media, especially on the platform Tiktok, have many adverse effects on teenagers in Sungai Penuh village, who find it difficult to control themselves against the newness on TikTok so that teenagers in Sungai Penuh village feel afraid and anxious if they miss the existing trends. A teenager will continue to create as much content as possible to get appreciation in the form of likes or something like that from others. Of course, by creating a lot of content, one must often access social media. Both are in the process of finding trends, creating content, and sharing and commenting on each other to get the attention of different social media users (Zahra, 2019).

The teenagers of Sungai Penuh Village enjoy spending their time playing social media. They are often negligent in many ways due to playing social media for hours and being unable to control time limits. It has an impact on life, even on the surrounding environment, causing difficulties in completing schoolwork and

homework and even a harmful effect on test scores (Ahdianti, 2021). This is in accordance with the previous study stating Fear of Missing Out (FoMO) become Predictor for Procrastination Academic to Student (2022) Inspired by the Song of the Year (2022). Therefore, the teenagers of Sungai Penuh village who have experienced FoMO tend to worry and fear them. Individuals who experience FoMO very often monitor their social media due to their worry and fear of seeing their friends' achievements.

According to (Gianpar & Carole, 2019) Fear Of Missing Out (FoMO) is also defined by the loneliness and boredom a person feels when living their daily life. Unhappy feelings will arise for someone who is indicated as having a fear of missing out (FoMO) caused by the unfulfilled psychological needs of the individual. The existence of the digital world is the primary stimulus that distracts individuals from social media activities, indicating fear of missing out (FoMO), so teenagers lose the way to control themselves using TikTok.

4. Conclusion

The level of FOMO (Fear of Missing Out) significantly affects the self-control of adolescents in Sungai Penuh village. Based on the test results, a calculated T value of 3.340 with a significance of 0.001 was obtained. This means that FoMO (Fear of Missing Out) towards new trends can influence teenagers in making decisions because of the magnitude of risks and future thinking in following the latest trends. The intensity of TikTok use also had a significant impact on the self-control of adolescents in the village, with a T value of 8.427 and a significance of 0.000. The higher the duration of TikTok use, the greater the risk faced, so that it can have negative impacts such as decreased academic achievement, decreased social interaction and can cause mental and emotional disorders for teenagers in the future. Overall, FoMO and the intensity of TikTok use had a significant effect on adolescent self-control in Sungai Penuh Village.

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