

The Effect of Self-Control on Fear of Missing Out (FoMO) among Female Adolescent TikTok Users

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Abstrak

Fear of Missing Out (FoMO) merupakan kondisi ketika individu merasa takut tertinggal dari pengalaman atau aktivitas yang dilakukan orang lain, yang dapat berkaitan dengan rendahnya kontrol diri dalam penggunaan media sosial. Penelitian ini bertujuan menganalisis pengaruh kontrol diri terhadap *Fear of Missing Out (FoMO)* pada remaja perempuan pengguna media sosial TikTok di SMA Widya Manggala. Penelitian ini menggunakan pendekatan kuantitatif dengan analisis regresi linear sederhana. Subjek penelitian berjumlah 121 peserta didik perempuan pengguna TikTok. Pengumpulan data dilakukan melalui observasi, kuesioner, dan dokumentasi. Hasil analisis deskriptif menunjukkan bahwa variabel kontrol diri memiliki nilai rata-rata sebesar 59.23 dan berada pada kategori tinggi, sedangkan *Fear of Missing Out (FoMO)* memiliki nilai rata-rata sebesar 30.69 dan berada pada kategori sedang. Hasil analisis regresi linear sederhana menghasilkan persamaan $Y = 41.735 - 0.118X$, yang menunjukkan bahwa peningkatan kontrol diri diikuti dengan penurunan tingkat FoMO. Hasil uji hipotesis menunjukkan nilai t hitung sebesar 9.532 lebih besar daripada t tabel sebesar 0.65776, sehingga terdapat pengaruh kontrol diri terhadap FoMO. Nilai R Square sebesar 0.433 menunjukkan bahwa kontrol diri memberikan kontribusi sebesar 43.3% terhadap FoMO, sedangkan 56.7% sisanya dipengaruhi oleh faktor lain yang tidak diteliti. Hasil penelitian menunjukkan bahwa semakin tinggi kontrol diri, semakin rendah tingkat FoMO pada remaja perempuan pengguna TikTok di SMA Widya Manggala.

Kata Kunci: Kontrol Diri; Fear of Missing Out; Tiktok

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Abstract

Fear of Missing Out (FoMO) refers to the apprehension that one may be excluded from or miss rewarding experiences and activities experienced by others, a condition that may be associated with limited self-control in social media use. This study aimed to examine the effect of self-control on FoMO among female adolescent TikTok users at SMA Widya Manggala. A quantitative approach with simple linear regression analysis was employed. The participants were 121 female students who actively used TikTok. Data were collected through observation, questionnaires, and documentation. Descriptive analysis showed that self-control had a mean score of 59.23 and was categorized as high, whereas FoMO had a mean score of 30.69 and was categorized as moderate. Simple linear regression yielded the equation $Y = 41.735 - 0.118X$, indicating that higher self-control was associated with lower FoMO. The hypothesis test produced a t -value of 9.532, which was greater than the t -table value of 1.65776, indicating a significant effect of self-control on FoMO. The R Square value of 0.433 showed that self-control accounted for 43.3% of the variance in FoMO, while the remaining 56.7% was attributable to factors outside the scope of this study. These findings indicate that greater self-control is associated with lower levels of FoMO among female adolescent TikTok users at SMA Widya Manggala.

Keywords: Self-Control; Fear of Missing Out; TikTok



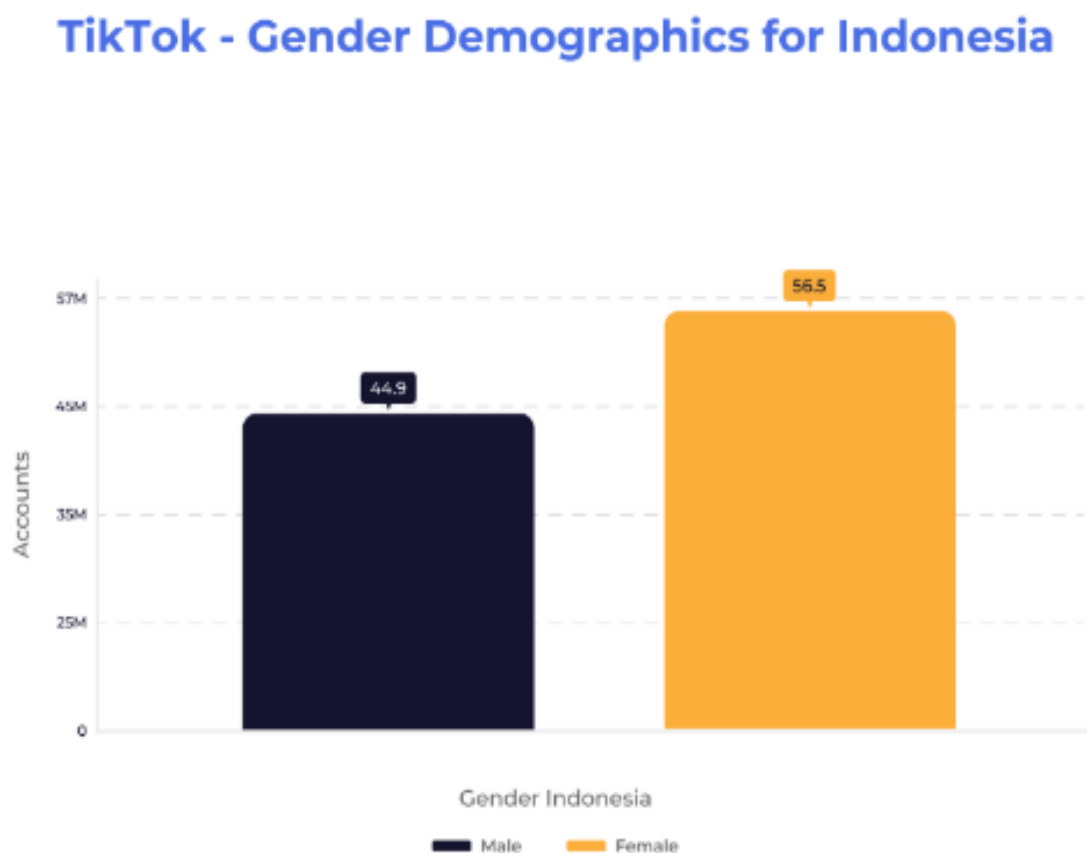
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INTRODUCTION

In the digital era, TikTok has approximately 1.9-2.0 billion active users worldwide (Research, 2026). In October 2025, the number of TikTok users aged 18 years and above in Indonesia reached 180 million, with women accounting for 56.3% of users (Kemp, 2025). TikTok's algorithm-driven For You Page (FYP) provides interactive content tailored to users' interests and needs; however, this mechanism may encourage excessive use and potentially contribute to addictive behavior. A survey in Indonesia reported that 6.4% of TikTok users were at risk of addiction (Septiani, 2023). Users who develop problematic TikTok use may experience adverse consequences in daily life, including difficulty disengaging from smartphones and a persistent urge to access TikTok.

Problematic TikTok use is often associated with the phenomenon of Fear of Missing Out (FoMO). FoMO can be understood as a fear of being left behind or becoming out of date, characterized by a strong desire to remain connected with others and to stay continuously informed about what other people are doing. According to JWT Intelligence (2012), FoMO is influenced by several factors, including a strong drive to obtain information. The phenomenon is closely associated with psychological problems such as reduced sleep quality, emotional dysfunction, and decreased academic productivity. Female adolescents may be particularly vulnerable to FoMO because of the dynamics of identity development (Sriati et al., 2020) and a tendency to engage in social comparison through visual content on social media.

Gender differences in FoMO have been reported, with women showing higher FoMO levels than men (Kusnadi & Suhartanto, 2022). The distribution of TikTok users in Indonesia by gender is presented in Figure 1. The figure indicates that women constitute the larger proportion of users, at 56.3%, compared with 43.7% men (Kemp, 2025). Figure 1. Gender Distribution of TikTok Users in Indonesia



Source: Socialinsider.com

The figure shows that the number of female TikTok users exceeds that of male users, suggesting that women are comparatively more active on this social media platform. Female

adolescents who actively use TikTok may feel compelled to keep up with current developments in order to avoid being perceived as outdated. The dynamic and highly visual content presented on TikTok can create an illusion of an idealized life. Such exposure may stimulate social comparison and envy, which in turn may increase dissatisfaction and FoMO.

Individuals who are unable to regulate themselves effectively may be more vulnerable to impulses that trigger stress and feelings of helplessness, particularly when they repeatedly compare their lives with the apparently more comfortable lives of others on social media. Self-control is therefore an important psychological resource for reducing such feelings and problematic patterns of use. Self-control refers to an individual's capacity to regulate, direct, and manage behavior in accordance with prevailing values and norms (Firdausi, 2020). Individuals with adequate self-control are expected to manage the time they spend on social media, resist the urge to follow every trend, and regulate the desire to obtain the latest information.

In contrast, individuals with low self-control often find it difficult to limit social media use. Poor self-regulation can be detrimental because individuals may act without adequately considering the consequences. Accordingly, the capacity for effective self-regulation is important for adaptive functioning.

Preliminary observations conducted at SMA Widya Manggala indicated signs of FoMO among some female students who used TikTok. Several students reported anxiety when they were unable to follow emerging TikTok trends and expressed a desire to own popular products or visit currently popular places in order to keep up with developments and remain accepted within their peer groups. These observations suggest that TikTok use may be associated with a continuing drive to follow information, trends, and activities within one's social environment. Adolescence is a period of identity formation in which individuals may still engage in unrealistic thinking. It is a transitional stage toward adulthood, during which adolescents may experience uncertainty about choosing beneficial activities and display considerable curiosity toward new experiences (Sriati et al., 2020).

In this context, self-control is particularly relevant because the ability to manage impulses, regulate behavior, and consider the consequences of social media use may reduce the tendency to continuously follow online developments. Although FoMO and social media use have been widely studied, previous research has more frequently examined FoMO in relation to self-regulation, the intensity of social media use, or general user characteristics. Studies specifically testing the effect of self-control on FoMO among female adolescent TikTok users remain relatively limited, particularly among secondary-school students. Therefore, this study extends the literature on psychological factors associated with FoMO and provides empirical evidence regarding the role of self-control among female adolescents who actively use TikTok. Based on this rationale, the study aimed to describe levels of self-control and FoMO and to examine the effect of self-control on FoMO among female adolescent TikTok users at SMA Widya Manggala.

METHODS

This study employed a quantitative approach with a simple linear regression design to examine the effect of self-control as the independent variable (X) on Fear of Missing Out (FoMO) as the dependent variable (Y). The study was conducted at SMA Widya Manggala, East Jakarta. The population comprised female students who met the study criteria: being female, aged 16-18 years, actively using TikTok for more than 5 hours per day, and willing to participate. Based on the available data, 121 students met all inclusion criteria. All eligible students were included using non-probability saturated sampling (total sampling).

Data were collected using questionnaires with a four-point Likert response format. The self-control instrument was developed based on Averill's three dimensions of self-control: behavioral control, cognitive control, and decisional control (Averill, 1973). The scale consisted of 14 items, comprising seven favorable and seven unfavorable items. The FoMO instrument consisted of 25 items, including 13 favorable and 12 unfavorable items. The item blueprint was based on dimensions adapted from Przybylski et al. (2013) and Reagle (2015), including the need for

relatedness, need for self, comparison with friends, being left out, missed experiences, and compulsion.

The instruments were pilot-tested with 30 respondents. Item validity was examined using Pearson Product-Moment correlation, with items considered valid when the calculated r-value exceeded the critical r-value. At a 10% significance level, the critical r-value was 0.361. The results indicated that all 14 self-control items and all 25 FoMO items were valid. Reliability was assessed using Cronbach's alpha with a minimum criterion of 0.60. Cronbach's alpha was 0.956 for the self-control scale and 0.956 for the FoMO scale, indicating that both instruments were reliable.

Data were analyzed using IBM SPSS Statistics version 26.0. Descriptive statistics were used to obtain the mean, median, mode, standard deviation, and score range for each variable. Assumption testing included normality and linearity tests. Normality was assessed using the Kolmogorov-Smirnov test, while linearity was examined using deviation from linearity. The effect of self-control on FoMO was tested using simple linear regression. The coefficient of determination (R^2) was used to estimate the proportion of variance in FoMO explained by self-control, and the hypothesis was evaluated using a t-test.

RESULTS AND DISCUSSION

Results

Analysis of the 121 respondents showed that self-control had a mean score of 71.64, a median of 71, a mode of 82, and a standard deviation of 10.274. Self-control scores ranged from 40 to 100, with the highest frequency occurring in the 65-75 interval. FoMO had a mean score of 33.25, a median of 33, a mode of 33, and a standard deviation of 3.297. FoMO scores ranged from 23 to 43, with the highest frequency occurring in the 33-35 interval. The distribution of self-control scores was predominantly within the moderate-to-high categories, suggesting that most respondents had a reasonably good capacity to regulate their thoughts, emotions, and behavior. FoMO scores were predominantly moderate, indicating that respondents experienced a noticeable but generally manageable tendency toward FoMO.

Table 1. Descriptive Statistics of the Study Variables

Variable	Mean	Median	Mode	SD
Self-Control	71.64	71	82	10.274
FoMO	33.25	33	33	3.297

Source: Data processed using SPSS 26.0

The normality test yielded a significance value of $0.200 > 0.05$, indicating that the residuals were normally distributed. The linearity test showed a deviation-from-linearity significance value of $0.344 > 0.05$, indicating a linear relationship between self-control and FoMO. Thus, the assumptions for simple linear regression were satisfied.

Simple linear regression produced the equation $Y = 41.735 - 0.118X$. The constant of 41.735 indicates that when self-control is equal to 0, the predicted FoMO score is 41.735. The regression coefficient of -0.118 indicates that each one-unit increase in self-control is associated with a 0.118-unit decrease in FoMO. The negative coefficient indicates an inverse relationship: higher self-control is associated with lower FoMO. The ANOVA test produced an F-value of 90.975 with a significance value of $0.000 < 0.05$. Therefore, the simple linear regression model was statistically significant, and self-control significantly predicted FoMO.

The Model Summary reported an R value of 0.658 and an R Square value of 0.433. This indicates that self-control accounted for 43.3% of the variance in FoMO, while 56.7% of the variance was outside the study model and may be associated with other unmeasured factors.

Table 2. Coefficient of Determination (R Square)

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.658	.433	.429	4.043

Predictor: (Constant), Self-Control. Source: Data processed by the authors (2026).

Hypothesis testing was conducted at a significance level of $\alpha = 0.05$ using a two-tailed test with degrees of freedom (df) = $n - 2 = 119$. The calculated t-value was 9.532, while the critical t-value was 1.65776. Accordingly, the null hypothesis was rejected and the alternative hypothesis was accepted. These results indicate a statistically significant effect of self-control on FoMO among female adolescent TikTok users at SMA Widya Manggala.

Discussion

Most respondents demonstrated a reasonably good ability to regulate thoughts, emotions, and behavior while using TikTok. This finding is consistent with Averill's (1973) conceptualization of self-control, which emphasizes behavioral control, cognitive control, and decisional control as central components of personal regulation. The finding is also supported by Maza and Aprianty (2022), who reported that adolescents with good self-control are generally better able to regulate their desire to remain continuously involved in social media activities and are therefore less likely to experience anxiety when they are not constantly connected. Similarly, Putra et al. (2025) found that self-control helps individuals regulate time spent on social media, select useful information, and reduce excessive social media access. Individuals with high self-control are better able to redirect their attention toward more productive activities, thereby keeping social media use under control.

The moderate level of FoMO indicates that respondents still tended to follow information, activities, and experiences shared by others on social media, although the tendency had not reached an excessive level. This finding is consistent with the conceptualization of FoMO proposed by Przybylski et al. (2013), namely, a condition in which individuals worry that they may miss rewarding experiences enjoyed by others and consequently feel a desire to remain continuously connected through social media. Greater intensity of social media use may increase the likelihood of FoMO. Khuluqiyah and Satwika (2024) similarly reported that adolescents who actively use social media tend to experience FoMO because they want to remain informed about peers' activities and developments on social media. This condition may encourage repeated checking of social media to avoid feeling left behind.

The principal finding of this study was that self-control had a negative and significant effect on FoMO. The negative regression coefficient indicates that increases in self-control are associated with decreases in FoMO. This finding is consistent with Maza and Aprianty (2022), who reported a very strong negative relationship between self-control and FoMO among female adolescents, and with Adelfia et al. (2024), who found a negative relationship among university students who used Instagram. The 43.3% contribution of self-control indicates that self-control is an important factor, but not the only factor associated with FoMO. The remaining 56.7% of variance lies outside the current model and may be related to the need for social acceptance, intensity of social media use, self-esteem, social anxiety, loneliness, and peer pressure, suggesting that FoMO may be influenced by cognitive, psychological, and social factors (Arrafi, 2024). These factors were not directly measured in this study and therefore cannot be claimed as findings of the present research. Humaira (2022) likewise described FoMO as a form of anxiety arising from concern about being unable to participate in enjoyable experiences encountered by others. Individuals with high FoMO tend to check social media more frequently, feel uneasy when disconnected from the internet, and compare their lives with those of others more often.

The simple linear regression analysis showed that self-control accounted for 43.3% of the variance in FoMO, indicating that self-control is one factor involved in the emergence of FoMO among female adolescents. This finding is supported by Firdausi (2020), who reported a negative association between self-control and FoMO among university students who used social media,

with $r = -0.470$ and an effective contribution of 22.1%. Ledy (2024) also found a significant negative relationship between self-control and FoMO among housewives who used Facebook, with $r = -0.563$ and a contribution of 31.6%. Although these studies involved different age groups, they consistently indicate that self-control remains an important factor associated with FoMO across different social media user populations.

Chika and Fahmawati (2024) further showed that self-control negatively affected social media addiction, whereas FoMO positively affected social media addiction. These findings suggest that self-control is not only associated with FoMO but may also help suppress addictive patterns of social media use. Thus, individuals with stronger self-control tend to have lower levels of both FoMO and social media addiction. Islami (2020) also reported that FoMO and self-control significantly affected social media addiction among university students. Specifically, greater FoMO and lower self-control were associated with greater tendencies toward social media addiction. These findings reinforce the role of self-control in reducing adverse consequences of social media use, including FoMO.

The findings have practical relevance for Guidance and Counseling services. School counselors may use the results as one consideration when designing services related to the development of self-control and healthy social media use. Information services, group guidance, and individual counseling may be directed toward helping students regulate the time they spend on social media, control impulses to follow trends, critically evaluate information, and make decisions consistent with personal goals. However, because this study used a non-experimental design, the findings cannot be interpreted as evidence that an intervention aimed at improving self-control would directly cause a reduction in FoMO. The study was also conducted in a single setting, involving 121 female students from SMA Widya Manggala. Because the sample included only female adolescents from one school, the findings may not be generalizable to male adolescents, other age groups such as young adults or children, or female adolescents from schools and regions outside Jakarta with different social and cultural backgrounds.

CONCLUSION

Based on the findings among female adolescent TikTok users at SMA Widya Manggala, self-control had a negative and statistically significant effect on Fear of Missing Out (FoMO). Adolescents with stronger self-control tended to report lower FoMO. Descriptively, respondents' self-control tended to fall within the moderate-to-high range, whereas FoMO tended to be moderate. These findings indicate that most respondents had a reasonably good capacity to regulate thoughts, emotions, and behavior while using TikTok, although they still showed some tendency to follow information, activities, and experiences shared by others on social media. Thus, self-control is one psychological factor associated with FoMO among female adolescent TikTok users. Nevertheless, other factors outside the self-control variable may also be associated with FoMO and were not examined in the present study.

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