

The Relationship Between Loneliness and Fear of Missing Out in Generation Z Teenager Who Use TikTok Application

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Abstract

Teenagers have developmental task, one of them is social independence aspect. If the task could not be completed, it will cause the teenagers unhappiness for individual as well as the difficulties in solving the next developmental tasks. Teens that do not have social independence will always be dependent on parents or other adults so that when the teenagers growing up would have difficulty in completing development tasks. This research is a correlational design. Subjects in this study were 215 generation Z teenagers who use TikTok application. To collect samples in this study, researchers distributed online questionnaires through several social media platforms. Data analysis technique uses the partial correlation parametric statistical test. The findings of this study are there are significant positive correlation between fear of missing out and loneliness in generation Z teenagers who use TikTok application, and this study thus highlights that generation Z teenagers who use TikTok application has probability high levels of fear of missing out if they are feeling lonely and feeling have dissimilar interests and ideas with others, that feelings can describe the difference in the levels of fear of missing about more than equal to 25% of the variance. Based on the findings above, it can be concluded that loneliness can affect the generation Z teenagers who use TikTok application on the levels of fear of missing out.

Keywords: Fear of Missing Out, Loneliness, Generation Z, Teenager, TikTok