

ABSTRAK

Adimas Rama Yoga Harsatama. “*Fear of Missing Out* pada Pelari”. Skripsi. Program Studi Psikologi, Fakultas Psikologi, Hukum, dan Ilmu Sosial, Universitas Muhammadiyah Purworejo 2026.

Olahraga lari kini menjadi bagian dari gaya hidup dan identitas sosial, seiring berkembangnya komunitas lari, *event*, dan penggunaan media sosial. Kondisi ini memunculkan fenomena *Fear of Missing Out* (FOMO) pada pelari yang dapat menimbulkan tekanan psikologis seperti kecemasan dan perasaan tertinggal. Penelitian ini penting dilakukan untuk memahami secara mendalam bagaimana FOMO dialami dan dimaknai oleh pelari. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi deskriptif. Informan berjumlah tiga orang yang dipilih melalui *purposive sampling*, dengan kriteria usia 20-25 tahun, pernah mengikuti *event* lari minimal 4-5 kali setahun, dan memiliki skor FOMO sedang-tinggi berdasarkan kuesioner. Pengumpulan data dilakukan melalui wawancara semi-terstruktur serta triangulasi sumber dan metode, sedangkan analisis data menggunakan analisis fenomenologi deskriptif (Moustakas, 1994). Hasil penelitian menunjukkan FOMO pada pelari muncul akibat paparan media sosial, ajakan teman, dan keinginan mengikuti tren, ditandai dengan rasa takut tertinggal *event* serta perbandingan pencapaian dengan pelari lain. Meski dapat menimbulkan kecemasan, FOMO juga mendorong informan untuk mulai berolahraga, membangun relasi sosial, dan membentuk kebiasaan lari yang lebih sehat. Dengan demikian, FOMO pada pelari memiliki makna ganda, yaitu sebagai tekanan sosial sekaligus dorongan perubahan positif.

Katakunci: *Fear of Missing Out* (FOMO), pelari, *event* lari, fenomenologi deskriptif, media sosial, kesejahteraan psikologis.

ABSTRACT

Adimas Rama Yoga Harsatama. "Fear of Missing Out among Runners." Undergraduate Thesis. Psychology Study Program, Faculty of Psychology, Law, and Social Sciences, Universitas Muhammadiyah Purworejo, 2026.

Running has become part of a lifestyle and social identity, driven by growing running communities, events, and social media use. This has given rise to the "Fear of Missing Out" (FOMO) phenomenon among runners, which can cause psychological pressure such as anxiety and feelings of being left behind. This study is important to understand in depth how FOMO is experienced and interpreted by runners. This study employs a qualitative method with a descriptive phenomenological approach. Three informants were selected using purposive sampling, based on the criteria of being 20-25 years old, having participated in running events at least 4-5 times a year, and having a moderate to high FOMO score based on a questionnaire. Data were collected through semi-structured interviews and source method triangulation, while data analysis used descriptive phenomenological analysis (Moustakas, 1994). The results show that FOMO among runners arises from social media exposure, invitations from friends, and the desire to follow trends, characterized by a fear of missing out on events and comparisons of achievements with other runners. Although it can cause anxiety, FOMO also motivates informants to start exercising, build social connections, and cultivate healthier running habits. Thus, FOMO among runners carries a dual meaning, acting as both social pressure and a driver for positive change.

Keywords: *Fear of Missing Out (FOMO), runners, running events, descriptive phenomenology, social media, psychological well-being.*