

# Self Control and Peer Conformity on Fear of Missing Out: Study on Adolescent Tiktok Users in Jakarta

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**Abstract.** In the current technological era, TikTok is one of the dominant social media platforms among teenagers. It serves as a medium to overcome boredom and entertainment saturation. However, the high number of TikTok users has raised concerns about *Fear of Missing Out* (FoMO), which can be influenced by a lack of self-control and peer conformity. This study aims to examine the effect of self-control on FoMO, the effect of peer conformity on FoMO, and the combined effect of self-control and peer conformity on FoMO among 450 adolescents aged 12–21 years who use TikTok in Jakarta. A quantitative approach was used, employing a Likert-scale questionnaire consisting of a self-control scale, a peer conformity scale, and a FoMO scale. The study results highlight that self control has an effect of 20.1% on fear of missing out with a regression coefficient value of -0.643, peer conformity has an effect of 10.1% on fear of missing out with a regression coefficient value of 0.226, Self Control and Peer Conformity in this study have an effect of 30.3% on Fear of Missing Out. This research indicate that when individuals are able to adapt to groups in a healthy way and have the ability to control impulses, the tendency to experience FoMO can be suppressed.

**Keywords:** Fear of Missing Out , Peer Conformity, Self Control

## 1 Introduction

Recently, technology and information have progressed very significantly, this progress has made more and more social media in the form of applications that can make it easier for each individual to obtain the latest information, one of which is an application called TikTok [1]. TikTok is a social media application originating from China, launched in 2016 coinciding in September. The availability of features to add music, beautifying filters and effects to videos makes it easier for users to express themselves through the TikTok application.

TikTok users in Indonesia has increased greatly in just a few months. In January 2024 there were 126.83 million TikTok users in Indonesia while in July 2024 the number of TikTok users in Indonesia increased to 157.6 million users. In Jakarta, 22% of TikTok users, followed by East Java with 18%, West Java with 13%, North Sumatra with 8%, and Central Java with 7% [2]. With this data, it makes sense for researchers to use Jakarta as an area in this study. Tiktok users in Indonesia are dominated by teenagers with an age range of 14 to 24 years who come from big cities [3].

In the theory put forward by Santrock 940 individuals are said to be adolescents from the age range of 12 to 21 years. Adolescence is also a period that has many opportunities to socialize, with friendship groups so that they can broaden their horizons. Teenagers have great curiosity so they often do not hesitate to try new things because they are influenced by their surroundings.

This condition encourages teenagers to always follow the latest trends and try to get the best facilities in the current era [5].

The TikTok application has become one of the popular entertainment alternatives among teenagers, because TikTok helps overcome boredom. However, the use of TikTok also brings good and bad impacts that need to be considered by its users. The positive side is as a means of entertainment and creativity. As for the negative impact, teenagers ignore prayer, study time, are disrespectful to elders, and spend a lot of time with smartphones, making individuals undisciplined [6].

The difference between TikTok social media and Instagram social media can be seen from the algorithm. Currently the algorithm on Instagram is more randomized while the algorithm on TikTok is based on user interaction. Other differences can be seen from YouTube social media, there are several factors that make Gen Z prefer TikTok compared to YouTube, namely, the number of advertisements on YouTube, videos that are accessed are longer in duration so it is less practical. As with Facebook and Twitter social media, it can be seen that both social media tend to focus on providing information, news, and contact with people nearby [7].

Adolescents can change their behavior just because of TikTok social media, this behavior change can occur if adolescents experience social media addiction where they will be too focused on their activities on the application, so they can ignore other responsibilities [8]. Addiction due to excessive use of social media can result in individuals experiencing FoMO or Fear of Missing Out [9]. Fear of Missing Out is a feeling of worry related to missing out on the latest information, thus making individuals dependent on social media [10]. This phenomenon is increasingly prevalent among adolescents who are highly active on platforms such as TikTok. Many adolescents experience anxiety or discomfort when they cannot check or participate in online activities, especially those involving their peers. Individual dependence on using social media is caused by a lack of self-control over addictive behavior.

Self control is an important technique that each individual must have, especially adolescents. If an adolescent has good self-control techniques, he will be able to control all his behaviors and thoughts properly in accordance with existing norms. In addition, self control also teaches that there will be consequences for the actions chosen, so that individuals will learn how to be responsible, control emotions and behave better [11]. Adolescents who are able to control themselves well tend to be able to control all behaviors that can lead them in a negative direction. Therefore, self-control is needed by every individual, especially adolescents, so that adolescents can control behavior in their daily lives in accordance with the environment [12]

Lack of self-control can make adolescents not have self-limitation against an unfavorable environment. Apart from self-control, peer conformity is also an influence on the occurrence of negative behavior for adolescents [13]. In the phase of searching for self-identity, adolescents tend to spend more time with their peers [14]. So that adolescents will form peer groups and will break away from the adult environment such as their own parents [15].

Adolescents who are members of a peer group will feel left behind if they do not participate in certain activities. Fear of missing out is a problem that often occurs in a person's social life, so that the person will feel anxious, afraid and worried about something he does not [16]. An individual can fulfill their psychological needs by seeking pleasure for themselves, by following the latest trends from social media so that the individual will continue to connect with other people and their peers [17].

Adolescents who spend a lot of time with their peers have a tendency to want to be accepted in the peer group, thus making individuals to imitate the behavior in the group [18]. The pressure to imitate peers is usually very strong in adolescence. Conformity in this phase can have both good and bad effects on the individual himself [19]. Therefore, adolescents are described as individuals who really like to spend time with their peers and form groups that influence each other, so that a demand arises in the group as a form of cohesiveness and loyalty to the peer group [14].

Based on the description that has been submitted previously, the researcher concludes that Self-Control and Peer Conformity can affect the onset of feelings of Fear of Missing Out in adolescent TikTok social media users. So that makes the basis for researchers interested in researching about: Self Control and Peer Conformity on Fear of Missing Out: Study on Adolescent Tiktok Users in Jakarta. The hypothesis of this research is there is a significant influence between self control and peer conformity of Fear Missing Out (FoMO) in Adolescent TikTok user in Jakarta.

## **2 Literature Review**

Research that has been conducted by Putri [21] in this study emphasizes the importance of the ability to control oneself in social media so as not to experience discomfort caused by FoMO. Research from Sujarwo dan Maula [22] self-control has a very significant relationship with fear of missing out on social media users at Bina Warga 2 Palembang High School. The difference with this study is in the subject, place of research and the focus of social media.

As for further research related to Peer Conformity conducted by Azalika et al., [23] the results of his research show that there is a significant influence of Fear of Missing Out (FOMO) and the influence of peer conformity on impulse buying behavior among students in Semarang City. The research from Khoirullisa [24] also highlights the impact of peer conformity on consumptive behavior in adolescents. The results of this study indicate that there is a positive and significant influence between peer conformity and consumptive behavior in adolescents. However, the main difference in this study lies in one of the variables, the focus of social media, as well as in the subject and location to be studied.

Based on the literature search that has been conducted, no research has been found that discusses directly related to the Self Control and Peer Conformity on Fear of Missing Out: Study on Adolescent Tiktok Users in Jakarta. So this research will be different from previous research, and its authenticity can be accounted for.

## **3 Method**

This research uses a quantitative approach, which is an approach that produces numerical data [25]. A Likert scale was used in this study as the data collection instrument, using a Likert scale in the form of a self control scale, a peer conformity scale and a fear of missing out scale. The data were collected by google form, by 450 adolescent who is 12-21 years old TikTokers in Jakarta. The measurement tool applied has been modified to meet the specific needs of this study. Statistical methods are essential in analyzing quantitative research data. The quantitative approach itself produces data in numerical form (numbers). To evaluate the impact of this study,

researchers applied multiple regression analysis. In the data analysis process, the researcher used SPSS version 29 software.

## 4 Result

Subjects in this study were 450 adolescent subjects domiciled in Jakarta with an age range of 12 to 21 years, dominated by women with a percentage of 74% and men 26%. The subjects in this study were dominated by adolescents with an age range of 18-21 years with a percentage of 72.4%.

Table 1. Demographic Data Subject

No	Criteria	N	%
1	<b>Gender</b>		
	Female	333	74%
	Male	117	26%
2	<b>Age</b>		
	12-15 years	54	12%
	15-18 years	70	15,6%
	18-21 years	326	72,4%
3	<b>Domicile</b>		
	Jakarta	450	100%

The significance value resulting from the regression test of the effect of Self Control on Fear of Missing Out is  $<0.001$  this figure is  $<0.05$  and F count 112.822 is greater than F table 3.86. So it is said that there is an influence of Self Control on Fear of Missing Out. Based on the Rsquare value of 0.201 or 20.1%, it can be interpreted that the Self Control variable has an influence of 20.1% on Fear of Missing Out. The level of Self Control in adolescents in Jakarta is mostly at a moderate level, as many as 157 teenagers with a percentage of 34.9%.

Table 2. Regression Table

Variabel	Regression Coefficient	R Square	F	Sig
<i>Self Control</i>	-0,643	0,201	112,822	$<0,001$

Meanwhile, teenagers who have high Self Control are 138 teenagers, with a percentage of 30.7% who have high Self Control. These results prove that the Self Control possessed by adolescents who live in Jakarta is relatively moderate.

Table 3. Significance Table.

Categorization	Score Range	Frequency	Percentage
<b>Very Low</b>	$X \leq 22,12$	40	8,9%
<b>Low</b>	$22,12 < X \leq 28,04$	92	20,4%
<b>Medium</b>	$28,04 < X \leq 33,96$	157	34,9%
<b>High</b>	$33,96 < X \leq 39,88$	138	30,7%
<b>Very High</b>	$39,88 < X$	23	5,1%
Total		<b>450</b>	<b>100%</b>

Peer Conformity and Fear of Missing Out with a significance level of 5%, resulting in a significance value of  $<0.001$  the number  $<0.05$  and F count 50.595 greater than F table 3.86. So it is said that there is an influence of Peer Conformity on Fear of Missing Out. Based on the

Rsquare value of 0.101 or 10.1%, it can be interpreted that the Peer Conformity variable has an influence of 10.1% on Fear of Missing Out. In other words, 89.9% of Fear of Missing Out is influenced by other variables not examined by the researcher.

Table 4. Table Regression

Variabel	Regression Coefficient	R Square	F	Sig
<i>Peer Conformity</i>	0,226	0,101	50,595	<0,001

There are 138 adolescents with high levels of peer conformity in Jakarta, which is 30.7%. This figure is not much different from adolescents who are at a low level of peer conformity, which is 136 people or 30.2%. Judging from the results that have been obtained in this study, it proves that peer conformity owned by adolescents who live in Jakarta is relatively high.

Table 5. Multiple Regression

Categorization	Score Range	Frequency	Percentage
<b>Very Low</b>	$X \leq 33,16$	31	6,9%
<b>Low</b>	$33,16 < X \leq 45,14$	136	30,2%
<b>Medium</b>	$54,14 < X \leq 57,12$	128	28,4%
<b>High</b>	$57,12 < X \leq 69,1$	138	30,7%
<b>Very High</b>	$69,1 < X$	17	3,8%
Total		<b>450</b>	<b>100%</b>

Multiple regression tests were conducted to determine the effect of Self Control and Peer Conformity on Fear of Missing Out with a significance level of 5% resulting in a significance value of <0.001 where the value is <0.05 and F count 97.026 greater than F table 3.01. So that from the significance value and F count obtained in this regression test, it states that Self Control and Peer Conformity have an effect on Fear of Missing Out. In other words, hypothesis three is accepted.

Based on the Rsquare value from the results of this multiple reliability test, a value of 0.303 is generated or in other words 30.3%. The percentage of 30.3% shows that this figure is the amount of influence from Self Control and Peer Conformity on Fear of Missing Out. So it can be said that 69.7% of fear of missing out is influenced by other variables not examined by researchers.

Table 6. R Square table

X1	X2	Y	R Square	F	Sig
<i>Self Control</i>	<i>Peer Conformity</i>	<i>Fear of Missing Out</i>	0,303	97,026	<0,001

This study states that many teenagers who experience fear of missing out are at a moderate level, namely there are 203 teenagers or 45.1% in Jakarta. The results obtained indicate that teenagers in Jakarta still have self-control when using social media because the level of fear of missing out is in the moderate category. There may be some people who tend to have a fear of missing out because they are afraid of missing out on information on social media, but the feeling of fear and worry about being eliminated if their social group friends are getting stronger with the current popularity.

Table 7. Categorization

<b>Categorization</b>	<b>Score Range</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Very Low</b>	$X \leq 49,05$	14	3,1%
<b>Low</b>	$49,05 < X \leq 57,72$	127	28,2%
<b>Medium</b>	$57,72 < X \leq 66,21$	203	45,1%
<b>High</b>	$66,21 < X \leq 74,70$	56	12,4%
<b>Very High</b>	$74,70 < X$	50	11,1%
<b>Total</b>		<b>450</b>	<b>100%</b>

## 5 Discussion

Self Control according to Averill [26] is the ability that individuals have to change behavior, process information properly, and to determine actions or behavior in accordance with what is believed. Self-control is the individual's ability to regulate emotions, thoughts, and behaviors to achieve long-term goals. Adolescents with high self-control can manage impulses and resist the urge to constantly check social media. Conversely, those with low self-control struggle to limit their online activity, making them more prone to FoMO.

The Self Control variable has an influence of 20.1% on Fear of Missing Out, Self-control refers to the ability to regulate one's thoughts, emotions, and behaviors in order to resist short-term temptations and stay aligned with long-term goals. In the context of social media, self-control involves the capacity to limit the urge to constantly check notifications, scroll through content, or compare oneself with others online. From the results that have been obtained, it reveals that adolescents with an age range of 12-21 years have a moderate level of self-control that affects the fear of missing out using TikTok social media. The results of this study are in line with several previous studies, which state that the average teenager's self-control is in the low category [29]. The results of previous research are, self control with fear of missing out has a negative relationship and the relationship between self control and fear of missing out is included in the moderate group [28].

Taylor et al., [29] conformity is the behavior shown by individuals, which is caused by other people who show similar behavior. Peer Conformity has an influence of 10.1% on Fear of Missing Out. Peer conformity refers to the tendency of individuals, especially adolescents, to adjust their attitudes, behaviors, and opinions to align with the norms or expectations of their peer group. In social media contexts like TikTok, peer conformity manifests when users imitate trends, follow what friends are posting, or feel pressured to engage in popular online activities to gain social acceptance. The results that have been obtained in this study, it proves that peer conformity owned by adolescents who live in Jakarta is relatively high. Adolescents who have a high level of conformity tend to be less able to reduce the negative risks posed by fear of missing out. The findings of this study are in line with previous studies Iklimah [30] which show a significant positive correlation between conformity and FoMO in generation Z adolescents. The magnitude of this correlation is quite substantial, even researcher Cibro and Simbolon [31] noted a positive relationship of 15.7% between FoMO and conformity in adolescent TikTok users.

FoMO or fear of missing out is a feeling of anxiety that a person experiences when they feel they are not getting the latest information from others. This encourages individuals to always

be connected and continuously keep up to date with the latest developments on various matters [32]. Self Control and Peer Conformity have an effect of 30.3% on Fear of Missing Out. So it can be said that 69.7% of fear of missing out is influenced by other variables. From the results that have been obtained, it reveals that adolescents in Jakarta with an age range of 12-21 years have a moderate level of self-control and a high level of peer conformity, which affects the fear of missing out using TikTok social media. The results obtained indicate that adolescents in Jakarta still have self-control when using social media because the level of fear of missing out is in the moderate category. There may be some people who tend to have a fear of missing out because they are afraid of missing out on information on social media, but feelings of fear and worry about being eliminated if their social group friends are getting stronger with the current popularity. For TikTok users, FoMO manifests as the constant need to stay updated with trends, viral challenges, or friends' activities. Individuals with low self-control tend to have difficulty managing impulses related to social media use, making them more vulnerable to FoMO.

Based on the research that has been conducted, this study has several limitations, among others: It is hoped that further research will use a wider sample. This study tested variables that have little effect on the fear of missing out. So that further research needs to be developed to examine other variables that have a major effect on fear of missing out.

## 6 Conclusion

Based on the results of research and discussion regarding the influence of Self Control and Peer Conformity on Fear of Missing Out in adolescent TikTok social media users, as follows: There is an influence of Self Control on Fear of Missing Out. on teenage TikTok social media users in Jakarta. There is an influence of Peer Conformity on Fear of Missing Out. on teenage TikTok social media users in Jakarta. There is an influence of Self Control and Peer Conformity on Fear of Missing Out. on teenage TikTok social media users in Jakarta.

Practical suggestions for future research are as follows: Future researchers are expected to focus on what factors influence the high number of women accessing TikTok social media.

Further research needs to be done on the factors that influence adolescents aged 18-21 years to be the most users of TikTok in this study. Teenagers are expected to better control themselves and their environment, especially in friendships and group selection, especially in social media, namely in accessing TikTok social media. It is hoped that further research will use a wider sample.

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