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PSYCHOEDUCATION AS SERVICE PARENT HELPER IN HANDLE FEAR
OF MISSING OUT PHENOMENON IN CIRCLES TEENAGER

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ABSTRACT

Fear Of Missing Out is A frequently seen phenomenon in glasses general. Fear Of Missing Out is A where are the symptoms ? a addicted will media social with pretext Afraid left behind If No interact with cyberspace. Impact from Fear Of Missing Out is also varied, starting impact psychological like worried until visible impact in a way physique like health problems. Study This aim For know How psychoeducation become service parent 's helper in dealing with Fear Of Missing Out in teenagers. Research methods used is method qualitative studies References in study This. Researcher do analysis and reading related literature with psychoeducation as service parent 's helper in Overcoming the Fear Of Missing Out. Guidance and Counseling Teacher role important For handle case This. Especially phenomenon This the more widespread among teenager. Giving education form psychoeducation can help How method children or teenager wise in use social media. So that they No fell into especially until feel symptom or impact negative like Fear of Missing Out.

Keywords : Fear of Missing Out, Psychoeducation, Guidance and Counseling

Psychoeducation as a parent support service in Handling the Phenomenon of Fear Of Missing Out among Teenagers

INTRODUCTION

Gadgets are almost things that cannot be separated. How to use activity daily supported by several of these gadgets like, cell phone smart, laptop, computer, and some other objects. In gadgets or electronic objects there is a number of applications or often called as a medium. This media some are offline and online based, often online based media mentioned as online media. Online media or often greeted as social media increasingly widespread along walking time. In ancient times there was no internet known so online media such as Facebook, Tiktok, Twitter, WhatsApp not yet known in his time. These media growing very rapidly in Indonesia around 2000 's. At that time beginning initially, it was a cellular telephone appear with use system credit and SMS or message short for exchange message. As it goes time applications supporter socialize often appear. Impact use social media This is also varied from impact positive things that make things easier connection between distant individuals become close and so on. However, there are also some impact frequent negative popping up along use of social media This. Impact negative the among them is addiction, stress even anxiety, misuse of social media and so on. Frequent phenomenon discussed or currently trending This is FOMO or abbreviation from Fear Of Missing Out. FOMO is an incident where individual bound with social media activity and having encouragement for keep going use (Rahardjo & Soetjningsih, 2022) .

phenomena that can be seen in life everyday, how? No teenager even child age school basic too often addicted and playing cell phone. When cell phone separated children or teenager the often anxiety, anger, tantrums and so on. That matter as if cell phone is half life from them. (Rasanti, 2023) If you look at it more in wrongdoer guanaan based on lacking parents look after and educate use cell phone as well as social media to children they. Impact use cell phone or gadgets directly too much can be done influence health especially in health eye. Disturbance pattern sleep often too experienced by some people who are addicted will play cell phone the. Abuse cell phone If seen from one application share video like tiktok, often lots child under age that follows adult content and acting like adults. (Tamri et al., 2023) Even a number of between they someone uses it clothes or even makeup like an adult. So from there the role of parents in conditioning children as well as teenagers are very important in use of social media. Especially on the phenomenon that will be discussed regarding FOMO or Fear Of Missing Out on this gadget. Psychoeducation chosen be one of them the right method for helping parents in prevent happen phenomenon This.

RESEARCH METHOD

Researchers used qualitative literature study methods in preparing this article. The library study method is a process of searching, reading, understanding and analyzing various literature. The research results that are assessed are related to the research to be conducted. Data collection is carried out by searching for sources and establishing similarities and differences from several sources used in books or scientific journals. It is hoped that the library materials taken by researchers from references after carrying out critical and in-depth analysis can support the research carried out.

**Psychoeducation as a parent support service
in Handling the Phenomenon of Fear Of Missing Out among Teenagers**

Table 1. Related articles that support research

No.	Research findings	Research Source
1	Psychoeducation can overcome FOMO among teenagers	Text data, scientific article by: Ahmad Ridfah, 2023, with the title "Psychoeducation in Efforts to Prevent Fear Of Missing Out (FOMO) for High School X Students"
2	The role of parents in overcoming FOMO in teenagers	Text data, scientific article by: Pratini, 2022, with the title "The Relationship between Family Functioning and Fear of Missing Out (FoMO) with Internet Addiction in Teenagers"
3	Psychoeducation in overcoming cell phone addiction which causes FOMO	Text data, scientific article by: Kinanrhi, 2022, with the title "Psychoeducation to prevent cell phone addiction among teenagers around RPTTRA Mardani Asri Cempaka Putih, Central Jakarta"
4	Application of STOIC in overcoming individual uncertainty	Text data, scientific article by: Arif, 2024, with the title "Application of Stoic in the Era 4.0 in the Creation of Works of Painting"

RESULTS AND DISCUSSION

Results

Based on results research carried out, is known that *Fear of Missing Out* (FoMO) often experienced in adolescents. FoMO Alone is A afraid will lost moment valuable in individual, which is where individual the No Can present or join in it. Effect from FoMO will cause somebody feel lonely, jealous heartbroken, anxious, depressed, and annoyed when they not updated with news latest. Psychoeducation Can become realm prevention and cure problem from problem FoMO in individuals

Psychoeducation provided will combined with using parents as the closest person Result of identification showing that parents proven bound with behavior FoMO in individuals. getting older the do giving information to individual, then the more low problem FoMO will do appear. Psychoeducation become A therapy for moderate individual or will experience problem FoMO. With presence of parents, individuals will feel the people closest to you from individual the give A advice.

Discussion

Psychoeducation

Psychoeducation is common intervention done in realm psychology. Psychoeducation Can used in the clinical world nor health. Psychoeducation must notice problems that occur in the field. Psychoeducation used For means give educational information for the environment social. Approach used in psychoeducation is psychological positive, that is approach This focused to potency or the powers that exist in humans and how man Can useful in public. (Moningka & Soewastika, 2022)

Psychoeducation is form education or training to somebody with disturbance purposeful psychiatry For treatment and rehabilitation process. Target from psychoeducation is develop and improve reception patient to problems experienced, improve participation patient in participation, and development coping mechanism techniques when patient face problem the. (Habsara, 2023)

Psychoeducation is an intervention that can be carried out on individuals, families and groups that focuses on educating participants about significant challenges in life, helping participants develop sources of support and social support in facing these challenges and even developing coping skills to face these

Psychoeducation as a parent support service in Handling the Phenomenon of Fear Of Missing Out among Teenagers

challenges. Based on this understanding, it can be concluded that the focus of psychoeducation is: (a) Educating participants about challenges in life, (b) Helping participants develop sources of support and social support in facing life's challenges, (c) Developing coping skills to face life's challenges. (d) Develop emotional support, (e) Reduce sense of stigma from participants. (f) Changing participants' attitudes and beliefs towards a disorder. (Buana, 2021)

Psychoeducation is A method educational purpose For give information and training to individuals or groups in changing mental or psychic. Psychoeducation is also useful For give knowledge or understanding as well as useful trapping strategies For increase quality life individual. (Alexander & Ridfah, 2023) Psychoeducation is form from intervention psychology provided to individual or group with objective No only give rehabilitation to client but also form prevention when get same problem. (Nursalim, 2019)

Fear of Missing Out

Fear of missing out is A phenomenon only recently This appear. Fear of missing out is A feeling Afraid will left behind not enough his participation in activity or feeling certain as well as feeling anxious and afraid will skip matter new like news and trends, feelings Afraid This related with other people's views more happy, attractive, and successful Because own more life Good. (Wolkowicz, 2016) In another sense, fear of missing out is also A condition fear that arises in a way psychological moment connection somebody No fulfilled with appearance worry about What will He miss it on social media when He No own time nor enough money, or Because other limitations that make it No Can connected to the internet throughout time (Pratiwi & Fazriani, 2020) . The fear of missing out also has behavior a number of symptom among them is (1) to be addiction in accessing social media, (2) having activities that focus on social media, (3) less interaction in society (Jannah & Rosyidiyani, 2022) . A number of other behaviors also accompany it phenomenon This like (1) reluctant release yourself on your cell phone, (2) feel worried if left behind A information from social media, (3) individuals more like communicate past social media, (4) obsessed with the person's status and wishes seen more exist, (5) feel that the lives of people far away more good and happy (Yusra & Napitupulu, 2022) .

FoMO Can is known with a number of indications that appear in individuals. Individual will always inspect information latest, fine That from gadgets or from other media. Individual will easy feel stress due to his wish For know other people. Someone who has trend FoMO will dissatisfaction Keep going wish know what 's trending. Habit FoMO will too make somebody have characteristic high consumption For fulfil his needs in look after him No outdated. (Taswiyah, 2022)

How to Deal FoMO in Adolescents

From several symptom on parents should role in the process of maturation children especially in teenagers. Neither do we want to children We go the wrong way or even the wrong Qibla to existing phenomenon. There are some way that can be implemented by parents, guidance and counseling teachers as well give education How proper handling For handle phenomenon here, some thing that can be done is as following :

Psychoeducation as a parent support service in Handling the Phenomenon of Fear Of Missing Out among Teenagers

1. Education towards parents

First thing you can do is give guidance education towards parents. Through guidance and counseling teachers will give a number of understanding special For guard children from cell phone. Give limitation use as well as give supervision on use cell phone the. (Khoirunnissa, 2023)

2. Application of posters will be danger FoMO

One of research that provides psychoeducation towards FoMO on a study with title " Psychoeducation in Efforts to Prevent Fear of Missing Out (FoMO) in High School X Students " written by (Alexander & Ridfah, 2023) give A description use of posters for give psychoeducation to danger FoMO and things the produce satisfactory impact, with no cost too expensive even impressed cheap only capital material, edit, and paper print.

3. Educate danger FoMO to children

last thing that can be done is educate children or teenager in a way direct For wise in playing social media. Avoid inviting activities addiction and exaggeration self For do activity positive to avoid from behavior negative. This matter can implemented by the BK teacher at the time guidance classics in schools. (Rasyal, 2023)

CONCLUSION

From this data proven that psychoeducation capable For handle behavior FoMO in adolescents. The role of parents also becomes key psychoeducation Can applied to individual. Individuals who experience behavior FoMO usually will anxious, jealous heartbroken, and annoyed when No capable follow existing trends. Psychoeducation role as rehabilitation and prevention psychological from individual, psychoeducation give method How individual Can or capable For overcome problem Experienced FoMO.

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**Psychoeducation as a parent support service
in Handling the Phenomenon of Fear Of Missing Out among Teenagers**

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