



## The Effect of Group Counseling with Thought Stopping Techniques in reducing Students' Social Media FoMO at SMAN 2 Gunung Talang

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### ABSTRACT

The main problem in this research is that there are students who have high social media FoMO behavior. The main problem is the high level of FoMO behavior on social media, one technique that can be used to reduce it is through thought stopping technique group counseling. The aim of this research is to determine the effect of group counseling using thought stopping techniques in reducing social media FoMO in students. The sample in this study consisted of 11 students for the experimental group based on the characteristics of students who have social media FoMO behavior. The data analysis technique used is the statistical t-test. The design used is a pre-experimental design with a one group pre-test – post-test design type because at the implementation stage of this design a pre-test is given first before new actions are given followed by a post-test. The results of this research show that group counseling using the thought stopping technique in reducing social media FoMO in students has a significant effect with the results obtained with a value of ( $t_{hit} = 10.5$ ) > " $t$ " ( $t_{table} 2.22$ ) at a significant level of 5%

**Keywords:** *group counseling thought stopping techniques, Social Media FoMO*

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## INTRODUCTION

In Indonesia today, technology has developed in recent times which has had a huge influence on individual attitudes, behavior and interactions. The technological development that we really feel at the moment is social media which makes it easier for us in our daily lives, such as easily getting information that occurs through social media. The existence of social media can provide benefits that make it easier for each

individual to search for and obtain important information needed, whether it is knowledge or news or information.

According to the views of Andreas Kaplan and Michael Haenlein, social media is defined as belonging to a group of digital applications connected to the internet and developed based on ideology and technology that can envision the exchange of user-generated content (Durachman et al., 2021). Apart from that, Michael Cross (2013) also states that social media is a term that describes various technologies used to facilitate collaboration, information sharing and interaction between users through web-based news content. As the Internet develops, various technologies and features are also available to users. As the Internet develops, various technologies and features also become available to users (Awaliyah et al., 2021). Social media also has a negative impact on its users, such as dependence on social media so they don't want to interact with their surroundings because they feel addicted to using social media and feel afraid of missing out on information on social media and don't follow it or what is called social media FoMO (Istiani & Islamy, 2020).

FoMO stands for "Fear Of Missing Out" (Yusuf et al., 2023) . Przybylski, Murayama, DeHaan, dan Gladwell (2013) also said that FoMO is a fear of missing out on valuable moments for other individuals or groups because the individual cannot be present at those moments. (Pasaribu et al., 2022). Apart from that, according to Abel, Buff & Burr, someone who has a FoMO tendency experiences various symptoms, namely, difficulty detaching themselves from smartphones, feeling restless and anxious when they don't check social media, communicating with friends in cyberspace is more important than with friends in the real world, they enthusiastic about other people's posts or status on social media, always wants to present himself by sharing photos or videos of his activities and feels anxious and even depressed if only a few people see his posts (Utami & Aviani, 2021). Furthermore Putri & Syukur, (2019) also explained that FoMO is a form of anxiety which is characterized by the desire to constantly know what other people are doing, especially through social media, such as feelings of fear, worry and anxiety. Social media allows users to easily access various information regarding events, happenings, breaking news and conversations through social media, thus allowing users to experience FoMO. Przybylski dkk, (in Nagari et al., 2023) states that Fear of Missing Out (FoMO) is a fear felt by individuals or groups that they will miss or miss a moment experienced by someone else because they were not present at that event or moment so they have the desire to remain aware of other people's activities through virtual media. Wegmann et al., (2017) explains that there are two components of FoMO, namely trait FoMO and state FoMO. The FoMO trait is defined as an innate trait of the process of self-awareness on the internet, which produces certain feelings such as fear, anxiety and worry when information or communication with other people is left behind. Meanwhile, the FoMO state refers to the state of discomfort or anxiety that individuals feel when they feel that there is an important experience or activity taking place somewhere else and they cannot take part in the experience even though they want to take part.

Przybylski, dkk (2013) said that FoMO is a sign that a person's psychological well-being tends to be negative. It is said that because the feelings of fear, anxiety and worry that result from FoMO make individuals unable to control the environment, establish positive relationships with other people, and have low self-acceptance, so that the impact that arises is related to the inability to regulate their behavior and emotions. (Savitri & Psikologi, 2019). Factors influencing FoMO according to JWT Intelligence, 2012 (in Muhammad & Madura, 2024) yaitu openness of social media information, age, social one-upmanship, events spread through the hashtag feature, conditions of relative deprivation, and the amount of encouragement to find out information.

In implementing group counseling, one of the techniques that can be used to reduce FoMO is the thought stopping technique, which is one of the techniques in the CBT approach. Implementing this technique can help to reduce social media FoMO in individuals so that they can improve their thinking patterns which will later impact their behavior so they think more positively. This corresponds to according to Sa'adah & Rahman, 2015 i.e. in the context of FoMO, CBT can be used as a tool to help individuals identify and overcome thoughts and feelings related to the fear of missing out as well as develop healthier strategies for interacting with technology and social media (Amelia et al., 2024). Wilding & Milne, 2013 (in Amelia et al., 2024) also said CBT centers on the idea that certain people are able to change their cognition, and changing the impact of thinking on emotional well-being.

This social media FoMO can be reduced through thought stopping techniques as per the results of research conducted by Relita et al., (2023) namely the application of individual counseling with thought stopping techniques in overcoming K-Pop addiction, which is a type of FoMO found in individuals such as clients who always follow the style of their K-Pop idols, which is their own desire because they see their idols being beautiful/handsome. good fashion, dancing skills, good voice and unique from other idols. With this thought stopping technique, you can help clients overcome anxiety, overcome negative thoughts that often arise and overcome obsessive thoughts. This is so that the client gains awareness of the client's behavior in total so that thoughts, feelings and behavior must be balanced in dealing with the existing situation.

Group counseling services are one of the services in guidance and counseling, this service intends to help counselees in resolving personal problems they face in group situations that involve the function of mutual trust in each other (Rasimin & Muhamad, 2018). Thought stopping is a technique used to heal self-destructive negative thoughts by saying "STOP" and replacing negative thoughts with positive ones (Agustya et al., 2022). Nursalim also defines the thought stopping technique as a technique that aims to reduce a person's inability to control their thoughts and self-image by suppressing or eliminating negative thoughts. Thought stopping techniques are often used for obsessions and phobic thoughts, including sexual preoccupation, hypochondriasis, thoughts of failure, thoughts of sexual inadequacy, and obsessive memories (Rahma et al., 2023). Thought stopping also often occurs in clients who are too focused on past events that cannot be changed, regret events that should not have happened, or are

trapped in negative thoughts that are constantly repetitive, and very unproductive. They are afraid of repetitive images and constantly blame themselves, making it difficult for clients to fall asleep, resulting in very poor sleep quality (Muttaqien et al., 2022).

Based on the explanation above, the thought stopping technique can reduce social media FoMO in students. The choice of this technique is to be able to improve students' negative thinking patterns into positive ones which will later have an impact on student behavior so that they have changes in feelings and actions related to FoMO behavior in students. In general, this research aims to determine the effect of group counseling using thought stopping techniques in reducing social media FoMO in students. It is hoped that this research will be used as reference material in the development of group counseling in the future regarding how group counseling uses thought stopping techniques to reduce social media FoMO in students.

## **RESEARCH METHODOLOGY**

The type of research used in this research is quantitative research with experimental methods. (Kasiram, 2010) says that experimental research is a research method in which the researcher regulates a particular stimulus or condition, then observes the impact of changes in that stimulus or condition on the object that is the subject of research. The design used is a pre-experimental design with a one group pre-test – post-test design type because in this design a pre-test is given first before action is given. According to Siyoto & Sodik, (2015) The experimental method is a research method that aims to explain the cause-and-effect relationship (causality) between one variable and another variable (variable X and variable Y). To explain this causality, researchers must control and accurately measure the research variables. The sampling technique in this research was purposive sampling. According to (Sugiyono, 2013), It is said that purposive sampling is a technique for determining samples with certain considerations. The population in this study was 30 students in class XII F3 at SMAN 2 Gunung Talang, while the sample was 11 students, namely as an experimental group taken based on the characteristics of having high social media FoMO behavior. The instruments used are documentation and the social media FoMO scale. The social media FoMO scale was then tested for validity and reliability with the help of the SPSS program. Hypothesis testing to test  $H_a$  in this research uses statistical t-test analysis techniques.

## **RESULT AND DISCUSSION**

The total number of students in class XII F3 at SMAN 2 Gunung Talang is 30 students who represent the image of social media FoMO. The sample in this study was taken using a purposive sampling technique by providing a social media FoMO scale. Several stages were carried out in this research, namely the first stage, pretest (initial test) to look for students whose characteristics have social media FoMO behavior in the population. The second stage, treatment is given after determining the experimental group from the population, namely the thought stopping technique group counseling

service. The third stage is giving the same posttest (final test) to the experimental group which was carried out in 6 meetings.

Social media FoMO conditions are classified using the criteria of very high, high, medium, low and very low. These five categories are explained as follows.

**Table 1. Range of Social Media FoMO Scores**

<b>Score</b>	<b>Category</b>
137-162	Very High
110-136	Tall
85-110	Currently
59-84	Low
32-58	Very Low

Based on the data that researchers obtained, the results of this research can be described through pretest and posttest. In accordance with the purpose of conducting the pretest, namely to determine the condition of social media FoMO behavior before being treated with the thought stopping technique. Meanwhile, the posttest was given to see the average score after being given treatment. To see the comparison of pretest and posttest scores, see table 2 below.

**Table 2. Comparison of Pretest and Posttest Social Media FoMO Scores**

<b>NO</b>	<b>Initials Respondent</b>	<b>Pretest</b>		<b>Posttest</b>		<b>Difference</b>
		<b>Score</b>	<b>Category</b>	<b>Score</b>	<b>Category</b>	
1	ARS	124	Tall	91	Currently	33
2	ASA	125	Tall	90	Currently	35
3	DD	123	Tall	90	Currently	33
4	HA	117	Tall	86	Currently	31
5	M	120	Tall	92	Currently	28
6	NAP	113	Tall	100	Currently	13
7	ROY	113	Tall	86	Currently	27
8	SN	109	Tall	87	Currently	22
9	TRW	115	Tall	101	Currently	14
10	WR	110	Tall	94	Currently	16
11	YS	112	Tall	88	Currently	24
<b>Amount</b>		<b>1281</b>		<b>1005</b>		
<b>Average</b>		<b>116,5</b>		<b>91,4</b>		<b>276</b>

Based on table 2 above, 11 students as research samples experienced a decrease in scores from the pretest with a total score of 1281 to the posttest with a total score of 1005 after being treated with group counseling using the thought stopping technique.

To test the effect of group counseling using thought stopping techniques in reducing students' social media FoMO, researchers developed a hypothesis using a statistical t-test.

In the t-test analysis, namely looking for the critical value "t" listed in the "t" value table with an effect on the df or db that has been obtained, both at the 0.5% significance level with  $df = N-1$ ,  $11-1 = 10$  The critical value "t" obtained at tt with a significance level of 0.5% is 2.228. It can be concluded by comparing the magnitude of t obtained  $t_0 (10.546) > t_t (2.228)$  at  $db = 10$  at a significance level of 0.5%. Thus, the alternative hypothesis ( $H_a$ ) is accepted and the null hypothesis ( $H_0$ ) is rejected at a significance level of 0.5% with df or db 10. In the sense that group counseling using thought stopping techniques has a significant effect on reducing social media FoMO for class XII students. F 3 at SMAN 2 Gunung Talang.

The thought stopping technique is a technique used during the counseling process to overcome negative thoughts that can cause problems by changing them to neutral, positive and firm thoughts (Badriyah et al., 2020). The initial condition of social media FoMO behavior among students is in the high category so it can be reduced to the medium category by providing group counseling using the thought stopping technique for 6 meetings. The aim of the thought stopping technique is to change the client's irrational attitudes, perceptions, way of thinking, beliefs and views to become rational and logical, so that clients can develop themselves and their potential optimally through effective and positive cognitive behavior (Marisa et al., 2023). On POP BK SMA, (2016) There are three stages in the implementation of group counseling, namely the initial stage, transition stage, work stage and termination stage. The thought stopping technique will be carried out at the work stage in group counseling with the steps as explained by Widya Asmara et al., (2023) namely: a) Delivering words, b) Stopping thoughts by the counselor's direction, c) Stopping thoughts by the counselee's direction, d) Changing to neutral, positive and firm thoughts, e) Homework and follow-up and ending stages.

Implementation of group counseling using thought stopping techniques which are carried out to regulate negative thoughts or eliminate thoughts that disturb oneself. The students who were sampled in the research were students who experienced social media FoMO as indicated by the characteristics as described by przybylski dkk, 2013 (in Abdulloh, 2021) namely: (1) Individuals will constantly check other people's social media to see what other people are doing and get the latest information, (2) Individuals force themselves to always take part in many activities. This is done so that people who experience FoMO can show their activities and gain a presence on social media. (3) Individuals create their own performance stage which can be online or offline. Individuals who experience FoMO consider social media as a performance stage which makes them feel like they have to be better than other people, (4) Individuals will always feel lacking, this is because someone who experiences FoMO feels isolated in the real world and turns to the virtual world to get recognition.

Researchers can observe changes from each evaluation given by the researcher at each counseling session. Starting from the social media FoMO research instrument, continued by providing treatment, namely thought stopping technique group counseling



to students (experimental group members) then given another instrument to determine changes or decreases in social media FoMO behavior in students.

## CONCLUSION

Based on the results of research on the effect of group counseling using the thought stopping technique in reducing students' social media FoMO, it can be concluded that there was a change in social media FoMO behavior scores after being given thought stopping technique group counseling with a pretest score of 1281 and posttest. From these results, there was a decrease of 276. This means that there is a significant influence of group counseling with thought stopping techniques in reducing students' social media FoMO.

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