**ABSTRAK**

***THE RELATIONSHIP OF FEAR OF MISSING OUT (FOMO) WITH THE MENTAL HEALTH OF ADOLESCENTS AT SMA X DENPASAR***

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*Fear of Missing Out is currently a phenomenon that is often found among teenagers. This phenomenon is increasingly widespread due to the use of social media which displays an ideal picture of life. Fear of Missing Out itself is a feeling of anxiety or fear of missing out on information, experiences or important moments felt by other people. This research aims to determine the relationship between Fear of Missing Out and the mental health of teenagers at SMA X Denpasar. This research is a quantitative research with observational methods and a cross sectional design. The sample was selected by stratified random sampling technique with a total of 201 respondents. The data collection instruments used were the Fear of Missing Out and SDQ questionnaires. Data analysis used the nonparametric rho spearman statistical test at a significance level of α 0.05. The results of the study found that most of the respondents were categorized as having a moderate level of Fear of Missing Out as many as 137 respondents (68.2%) and most of the respondents had mental health that was included in the normal category as many as 139 respondents (69.2%). The results of the spearman rho test obtained a p value of 0.013 < 0.05 (There is a correlation between FoMO and mental health in adolescents). This shows that there is a relationship between Fear of Missing Out and mental health in adolescents at SMA X Denpasar. Fear of Missing Out experienced by adolescents is a factor that is very related to the mental health condition of adolescents. The higher the Fear of Missing Out that adolescents have, the higher the risk of mental health disorders for adolescents.*

**Kata Kunci: *Fear of Missing Out*, *Mental Health, Adolescents***