

## **ABSTRACT**

### ***The Effect of Emotional Intelligence on Fear of Missing Out in Emerging Adulthood Instagram Users***

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*This study was conducted with the aim of knowing the effect of emotional intelligence on Fear of Missing Out in emerging adulthood Instagram users. This study involved 394 respondents who are Instagram social media users and aged 18-25 years. The measuring instrument used in this study is the Fear of Missing Out Scale (FoMOs) to determine the level of tendency of the Fear of Missing Out Scale and using the Trait Emotional Intelligence Questionnaire Short Form (TEIQue-SF) measuring instrument to measure emotional intelligence. The research method used is quantitative method. This study conducted a linear regression test to determine whether there is an influence on the independent variable on the dependent variable, and to determine the magnitude of the influence that occurs. The results of this study indicate that there is a significant influence on emotional intelligence on Fear of Missing Out in emerging adulthood Instagram users with a negative direction of the effect. The effect that occurs is included in the low category.*

**Keywords:** *Emerging Adulthood, Emotional intelligence, Fear of Missing Out, Instagram Users*

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