

## **ABSTRACT**

### ***The Effect of Fear of Missing Out on Social Media Toward Smartphone Addiction in Early Adulthood Women***

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*Early adult women are in a transitional period where it is difficult to establish relationships with other people directly, so the convenience of technology through smartphones was chosen. Smartphone applications such as social media were also chosen to meet these needs. However, this condition makes early adult women vulnerable to feel anxious and afraid if they are left behind from what is on social media. This condition will make early adult women inseparable from social media and can eventually affect smartphone use, and causing smartphone addiction. This study aims to determine the effect of fear of missing out on social media toward smartphone addiction in early adult women. The data collection process was carried out using two measuring tools, namely fear of missing out scale (FoMOS) and smartphone addiction scale (SAS) which is distributed online via social media. This study used non-experimental quantitative methods and data were analyzed using logistic regression. The results of the logistic regression test show that fear of missing out on social media has a positive and significant effect on smartphone addiction in early adult women.*

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