

**THE IMPACT OF SOCIAL MEDIA USAGE AND FEAR OF MISSING
OUT (FOMO) ON STUDENTS' SPEAKING COMPETENCE**

THESIS

Submitted to Teacher Training and Education Faculty
as Partial Fulfillment of the Requirements for the Attainment of the Bachelor
Degree in English Education Department



by:

DWI YOFILATUL IKHSAN

NIM. 22332084

**ENGLISH EDUCATION DEPARTMENT
TEACHER TRAINING AND EDUCATION FACULTY
MUHAMMADIYAH UNIVERSITY OF PONOROGO**

2026

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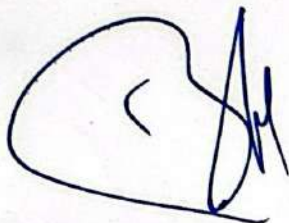
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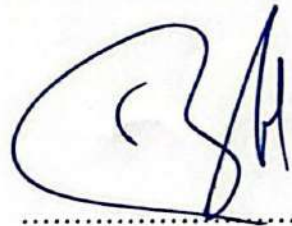
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ABSTRACT

Dwi Yofilatul Ikhsan. The Impact of Social Media Usage and Fear of Missing Out (FOMO) on Students' Speaking Competence. Thesis. English Education Department, Muhammadiyah University of Ponorogo. Advisors: (1) Dr. Bambang Harmanto, S.Pd., M.Pd, (2) Muhammad Lukman Syafii, S.Pd, M.Pd.

This study aimed to analyze the impact of Social Media Usage and Fear of Missing Out (FOMO) on students' speaking competence. Specifically, it examined whether Social Media Usage and Fear of Missing Out (FOMO) significantly influence students' speaking competence among English Education students at Muhammadiyah University of Ponorogo. The study employed a quantitative research method using a questionnaire distributed to 70 respondents selected through purposive sampling. The collected data were analyzed using Statistical Package for the Social Sciences (SPSS), including validity and reliability tests, classical assumption tests, multiple linear regression analysis, coefficient of determination (R^2), t-test, and F-test.

The results of the study showed that Social Media Usage was significantly and positively associated with students' self-perceived speaking competence, as indicated by a significance value of 0.040, which is lower than 0.05. This finding suggests that students who actively use social media tend to improve their speaking competence through exposure to English-language content, communication activities, and language learning resources available on social media platforms. On the other hand, FOMO was not significantly associated with students' self-perceived speaking competence, as indicated by a significance value of 0.384, which is greater than 0.05. Furthermore, the simultaneous test revealed that Social Media Usage and Fear of Missing Out (FOMO) together significantly influence students' speaking competence, with a significance value of 0.017.

The study concludes that Social Media Usage was positively associated with students' self-perceived speaking competence, while Fear of Missing Out (FOMO) does not significantly affect students' speaking competence individually. However, both variables simultaneously have a significant influence on students' speaking competence. Therefore, students are encouraged to use social media wisely and productively to support the development of their English-speaking skills.

Keywords: Social Media Usage, Fear of Missing Out (FOMO), Speaking Competence

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8. All respondents who participated in this research.

May Allah bless them all. The writer realizes that this thesis is not perfect yet; therefore, the writer still needs criticism and suggestions for the improvement of this thesis. Hopefully, this thesis will be useful for the readers and future researchers.

Ponorogo, July 2026



Dwi Yofilatul Ikhsan

THESIS STATEMENT

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Ponorogo, 7th July 2026

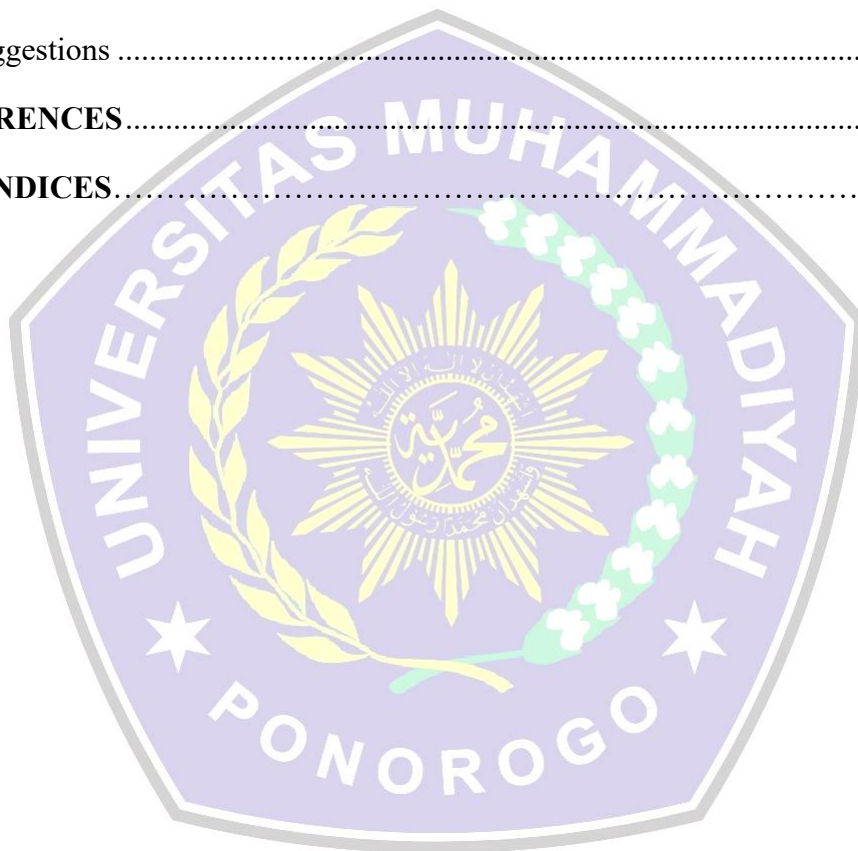


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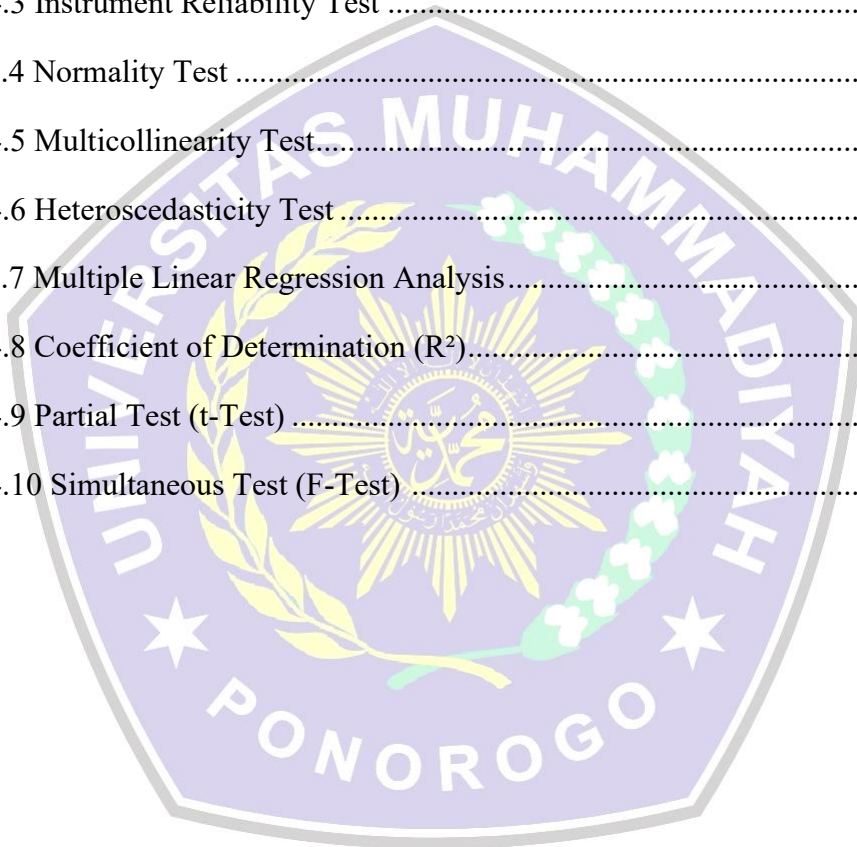
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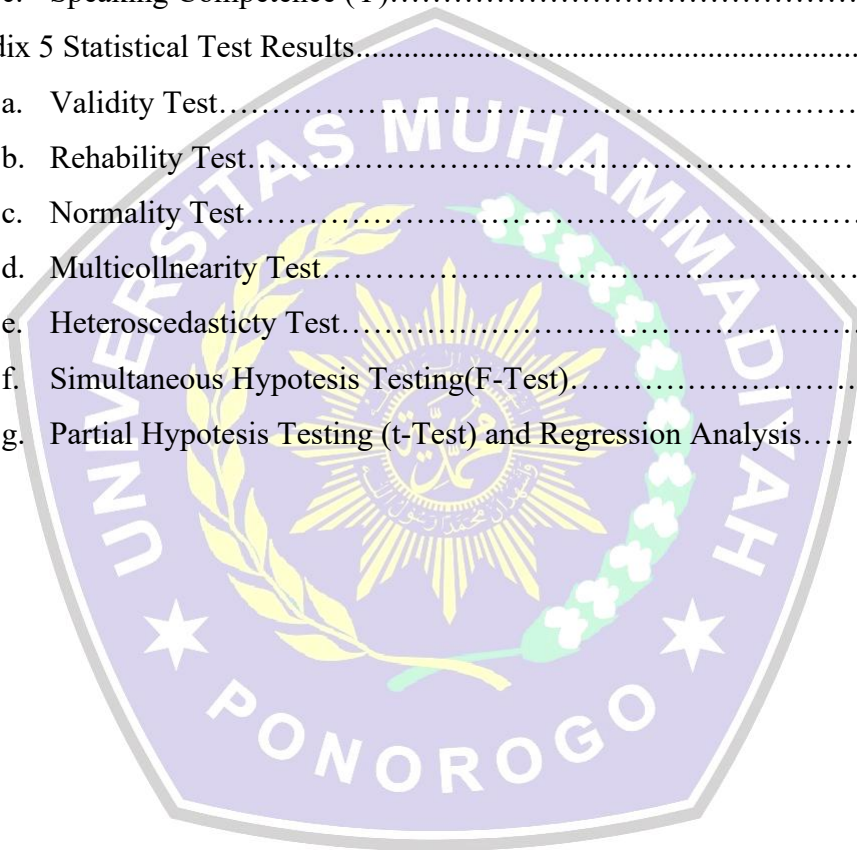
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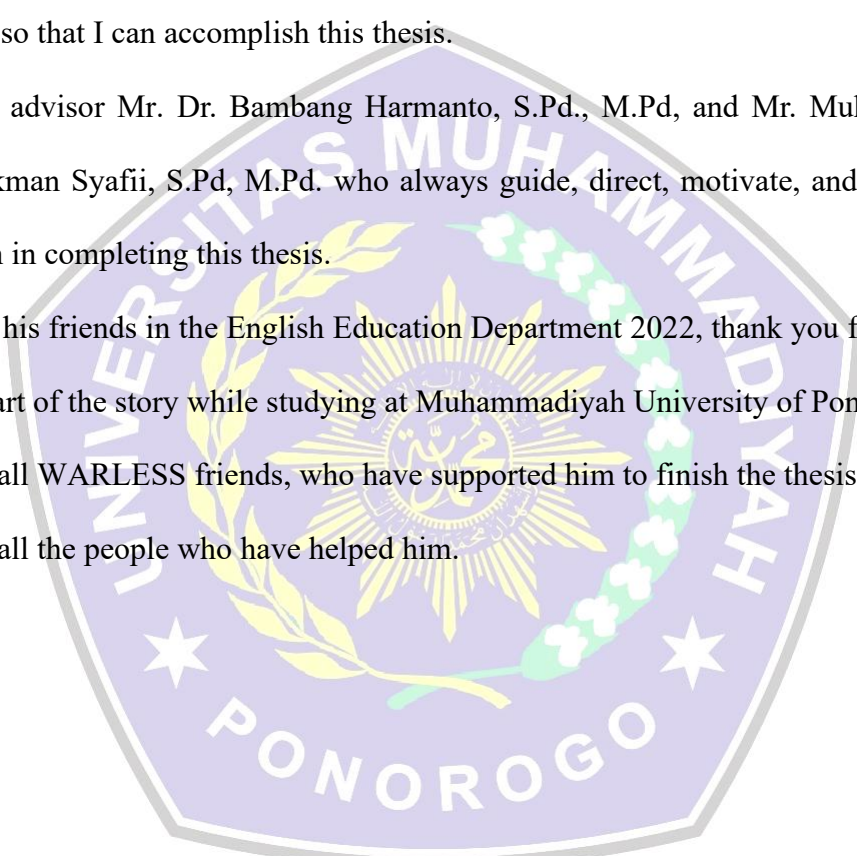
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DEDICATION

This thesis is special dedicated to:

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MOTTO

"Allah tidak membebani seseorang melainkan sesuai dengan kesanggupannya."

(Q.S. Al-Baqarah: 286).

"Sungguh, Kami benar-benar telah menciptakan manusia dalam bentuk yang
sebaik-baiknya."

(QS. At-Tin ayat 4)

“Karena masa depan sungguh ada, dan harapanmu tidak akan hilang”.

(Amsal 23:18)

“Tetapi kamu ini, kuatkanlah hatimu, jangan lemah semangatmu, karena ada upah
bagi usahamu!”.

(2 Tawarikh 15:7)

“Dan apa saja yang kamu minta dalam doa dengan penuh kepercayaan, kamu akan
menerima”.

(Matius 21:2)

