



International Journal of Education and Literature



P-ISSN: 2829-6656
E-ISSN: 2829-6249

About the Journal <https://ijel.asia/index.php/ijel>

Copyright © International Journal of Education and Literature
Creative Commons License This work is licensed under a Creative Commons Attribution
ShareAlike 4.0 International License

1. **Journal Title** : International Journal of Education and Literature
2. **Initials** : ijel
3. **Frequency** : April, August and December
4. **Print ISSN** : 2829-6656
5. **Online ISSN** : 2829-6249
6. **Editor in Chief** : Dr. Muthaloo Subramaniam
7. **DOI** : 10.55606
8. **Publisher** : Lembaga Pengembangan Kinerja Dosen

International Journal of Education and Literature accommodates scientific research articles by lecturers, academic practitioners, teachers and students to improve the quality of education. This journal is SINTA 5 accredited (Decree of the Director General of Higher Education, Research and Technology Number [10/C/C3/DT.05.00/2025](#) dated March 21, 2025 concerning the Accreditation Rating of Scientific Journals for Period I of 2025) starting from Volume 1 Number 3 of 2022 to Volume 6 Number 2 of 2027. The scope of this journal is all research related to education. This journal is published 3 (three) times a year, namely the **April, August and December** editions.

Indexed by:



Journal Sponsors and Partners :



CURRENT ISSUE



International Journal of Education and Literature : ISSN: [2829-6656](#) (print), ISSN: [2829-6249](#) (Online) accommodates scientific research articles by lecturers, academic practitioners, teachers and students to improve the quality of education. The scope of this journal is all research related to education. This journal is published 3 (three) times a year, namely the **April, August, and December** editions

DOI: <https://doi.org/10.55606/ijel.v5i1>

PUBLISHED: 2026-02-11

Articles

The Relationship between Self-Regulation and Fear of Missing Out in the Use of Social Media TikTok among Students of University



Carla Olivia Kusuma, Tarumanagara University, Indonesia

Agoes Dariyo, Tarumanagara University, Indonesia

01-06



DOI : <https://doi.org/10.55606/ijel.v5i1.327>



PDF



Views: 860 times |



Download : 287 times

The Role of Social Comparison and Body Image in Forming Appearance Anxiety in Adolescent Girls



Jacqualyne Gavrilla Kumayas, Universitas Tarumanagara, Indonesia

Fransisca Iriani Roesmala Dewi, Universitas Tarumanagara, Indonesia

07-13



DOI : <https://doi.org/10.55606/ijel.v5i1.328>



PDF



Views: 1305 times |



Download : 257 times

From Faith-Based Giving to Development Impact: The Islamic Development Bank's Global Muslim Philantropy Fund for Children (IsDB's-GMPFC) and Educational Outcomes in Developing Countries



Muhammad Haizul Falah, Universitas PGRI Sumenep, Indonesia

Muhammad Kafi Adi Satria, Universitas Negeri Surabaya, Indonesia

14-24



DOI : <https://doi.org/10.55606/ijel.v5i1.333>



PDF



Views: 823 times



Download : 266 times

Implementation of the Al-Miftah Method to Improve Students' Ability to Read Turāth Books at Al-Masyad High School, Cijurai, Sukabumi



Jamaludin Ansori, Institut Madani Nusantara, Indonesia

Siti Qomariyah, Institut Madani Nusantara , Indonesia

Ridwan Ridwan, Institut Madani Nusantara , Indonesia

Opik Opik, Institut Madani Nusantara , Indonesia

Aang Purnawirawan, Institut Madani Nusantara , Indonesia

Arif Saipullah, Institut Madani Nusantara , Indonesia

25-32



DOI : <https://doi.org/10.55606/ijel.v5i1.335>



PDF



Views: 810 times



Download : 448 times

An Analysis of Translational Shifts in the Original Soundtrack Translation of the Film 'Rapunzel – Tangled



Anggita Salsabilla Lubis, Universitas Negeri Medan, Indonesia

Tanti Kurnia Sari, Universitas Negeri Medan, Indonesia

33-39



DOI : <https://doi.org/10.55606/ijel.v5i1.338>



PDF



Views: 652 times



Download : 78 times

Equivalence Analysis in the Translation of Deutsche Welle (DW) News Texts from German into Indonesian



Finka Anjar Meisya, Universitas Negeri Medan, Indonesia

Tanti Kurnia Sari, Universitas Negeri Medan, Indonesia

40-45



DOI : <https://doi.org/10.55606/ijel.v5i1.337>



PDF



Views: 641 times



Download : 192 times

Building Active Awareness About Waste Among Santri at Islamic Boarding School X in Malang



Rikat Kariono, Universitas Islam Negeri Maulana Malik Ibrahim Malang, Indonesia

Muhammad Nurullah Erfany, Universitas Islam Negeri Maulana Malik Ibrahim Malang, Indonesia

Muhammad Liza Ridwanda, Universitas Islam Negeri Maulana Malik Ibrahim Malang, Indonesia

Mohammad Mahpur, Universitas Islam Negeri Maulana Malik Ibrahim Malang, Indonesia

Yulia Sholichatun, Universitas Islam Negeri Maulana Malik Ibrahim Malang, Indonesia

46-55



DOI : <https://doi.org/10.55606/ijel.v5i1.341>



PDF



Views: 1046 times



Download : 162 times

The Development of a Pop-Up Book with the Theme 'Einkaufen' as a German Language Learning Medium for Grade XI Students at SMA Negeri 3 Binjai



Musthofawiyah Musthofawiyah, Universitas Negeri Medan, Indonesia

Tanti Kurnia Sari, Universitas Negeri Medan, Indonesia

56-60



DOI : <https://doi.org/10.55606/ijel.v5i1.320>



PDF



Views: 664 times



Download : 142 times

Voca Poly : Food Security Introduction through English Vocabulary for Blind and Physically Impaired Children at SLBN 1 Bantul



Nurachmah Sabina, Universitas Sultan Ageng Tirtayasa, Indonesia

Eneng Bai Muinah, Universitas Sultan Ageng Tirtayasa, Indonesia

Mutia Azzahra, Universitas Sultan Ageng Tirtayasa, Indonesia

Choirinnisa Ningtia, Universitas Sultan Ageng Tirtayasa, Indonesia

Dini Fitriyani, Universitas Sultan Ageng Tirtayasa, Indonesia

Gabriella Fernanda Sedubun, Universitas Sultan Ageng Tirtayasa, Indonesia

Sumiati Sumiati, Universitas Sultan Ageng Tirtayasa, Indonesia

Azka Hoiru Nisa, Universitas Sultan Ageng Tirtayasa, Indonesia

Reza Febri Abadi, Universitas Sultan Ageng Tirtayasa, Indonesia

61-68



DOI : <https://doi.org/10.55606/ijel.v5i1.340>



PDF



Views: 493 times



Download : 127 times

The Urgency of English Learning in Elementary Schools to Prepare Students for Global Competence: A Literature Study



Tiarnita Maria Sarjani Br Siregar, Universitas Negeri Medan, Indonesia

Nur Kholilah, Universitas Negeri Medan, Indonesia

Putri Maharani, Universitas Negeri Medan, Indonesia

Fatimah Az Zahra, Universitas Negeri Medan, Indonesia

Ramadani Ramadani, Universitas Negeri Medan, Indonesia

Sry Nurliani Br Tarigan, Universitas Negeri Medan, Indonesia

69-74



DOI : <https://doi.org/10.55606/ijel.v5i1.343>



PDF



Views: 646 times



Download : 160 times

Implementation of Artificial Intelligence-Based Learning Media and Its Implications for Student Learning Motivation in Islamic Religious Education (PAI) Subjects



Nur Fais Zalillah, Universitas Sunan Giri, Indonesia

75-83



DOI : <https://doi.org/10.55606/ijel.v5i1.345>



PDF



Views: 1069 times



Download : 179 times

Improving Students' Reading Comprehension of Narrative Text Through Storytelling Using Webtoon at First Grade of MA Daruttolibin Watumalang



Nur Imamul Muttaqien, Universitas Sains Al-Qu'an, Indonesia

Rochyani Lestiyawati, Universitas Sains Al-Qu'an, Indonesia

84-88



DOI : <https://doi.org/10.55606/ijel.v5i1.350>



PDF



Views: 465 times



Download : 75 times

Self-Regulated Learning and Time Discipline in Increasing Student Thesis Completion Productivity



Sindegi Afsana Oktaviani Ramadhan, Universitas Islam Negeri Palangka Raya, Indonesia

Al Fajar, Universitas Islam Negeri Palangka Raya, Indonesia

Erpin Wahyudin, Universitas Islam Negeri Palangka Raya, Indonesia

Surawan Surawan, Universitas Islam Negeri Palangka Raya, Indonesia

89-97



DOI : <https://doi.org/10.55606/ijel.v5i1.349>



PDF



Views: 545 times



Download : 152 times

Boosting English Vocabulary Acquisition through Daily Duolingo Practice: A Pre-Experimental Study on Pharmacy Students



Agung Budi Setyawan, Universitas Anwar Medika, Indonesia
Rony Kriswibowo, Universitas Anwar Medika, Indonesia
Rusina Widha Febriana, Universitas Anwar Medika, Indonesia

98-104



DOI : <https://doi.org/10.55606/ijel.v5i1.351>



PDF



Views: 681 times |



Download : 145 times

The Influence of Japanese Popular Culture on Children's Toys Trends in Indonesia 1980-2010



Aliya Rahmadani, Universitas Padjadjaran, Indonesia
Tanti Restiasih Skober, Universitas Padjadjaran, Indonesia

105-113



DOI : <https://doi.org/10.55606/ijel.v5i1.353>



PDF



Views: 393 times |



Download : 496 times

Unpacking Teacher Beliefs in Curriculum Reform: A Critical Reflection from Pre-Delphi Qualitative Data



Septia Wahyuni, Institut Agama Islam Negeri Takengon, Indonesia
Delfia Herwanis, Institut Agama Islam Negeri Takengon, Indonesia
Al Musanna, Institut Agama Islam Negeri Takengon, Indonesia
Suminah Suminah, Institut Agama Islam Negeri Takengon, Indonesia
Rahmanita Zakaria, Institut Agama Islam Negeri Takengon, Indonesia
Maulida Maulida, Institut Agama Islam Negeri Takengon, Indonesia

114-121



DOI : <https://doi.org/10.55606/ijel.v5i1.352>



PDF



Views: 702 times |



Download : 100 times

The Effectiveness of Role Play in Improving EFL Students' Speaking Ability: A Systematic Literature Review



Tiarnita Maria Sarjani Br.Siregar, Universitas Negeri Medan, Indonesia
Siti Afiqa Rahmah Manik, Universitas Negeri Medan, Indonesia
Habibah Rusly Elly, Universitas Negeri Medan, Indonesia
Anthony Chornelius Nadeak, Universitas Negeri Medan, Indonesia
Nazwi Haliza Purba, Universitas Negeri Medan, Indonesia
Natasya Ruth Putri Panjaitan, Universitas Negeri Medan, Indonesia

122-125

 DOI : <https://doi.org/10.55606/ijel.v5i1.355>

 PDF  Views: 850 times |  Download : 234 times

Integration of Religious Moderation Values in Islamic Religious Education Learning and its Impact on Religious Tolerance of Students at State Junior High Schools in Padangsidempuan City



Kholidah Hannum Hasibuan, Universitas Syekh Ali Ahmad Addary Padangsidempuan, Indonesia
Anhar Nasution, Universitas Syekh Ali Ahmad Addary Padangsidempuan, Indonesia
Putra Halomoan Hasibuan, Universitas Syekh Ali Ahmad Addary Padangsidempuan, Indonesia
 126-131

 DOI : <https://doi.org/10.55606/ijel.v5i1.360>

 PDF  Views: 573 times |  Download : 63 times

The Use of Storytelling to Enhance English Listening Skills among Elementary School Students



Tiarnita Maria Sarjani Br Siregar, Universitas Negeri Medan, Indonesia
Tetty Aprilya Rezeki Simatupang, Universitas Negeri Medan, Indonesia
Rani Natalia Purba, Universitas Negeri Medan, Indonesia
Niko Alriadi Sinaga, Universitas Negeri Medan, Indonesia
 132-143

 DOI : <https://doi.org/10.55606/ijel.v5i1.359>

 PDF  Views: 782 times |  Download : 99 times

Formation of Self-Discipline through Self-Regulation for Learning Achievement



Didit Darmawan, Universitas Sunan Giri Surabaya, Indonesia
Nadhira Shava Putri Ramadhan, Universitas Sunan Giri Surabaya, Indonesia
 144-162

 DOI : <https://doi.org/10.55606/ijel.v5i1.358>

 PDF  Views: 996 times |  Download : 167 times

Dynamics of Self-Awareness and Transcendental Experience in High School Students: A Phenomenological Study from the Perspective of the Psychology of Religion



Fadilla Neva Ariyana, Universitas Islam Negeri Palangka Raya, Indonesia
Siti Nurlaila, Universitas Islam Negeri Plangka Raya, Indonesia
Sindegi Afsana Oktaviani Ramadhan, Universitas Islam Negeri Plangka Raya, Indonesia

Miranda Miranda, Universitas Islam Negeri Plangka Raya, Indonesia
Surawan Surawan, Universitas Islam Negeri Plangka Raya, Indonesia
 163-170

 DOI : <https://doi.org/10.55606/ijel.v5i1.347>

 **PDF** |  **Views:** 624 times |  **Download** : 73 times

Multimodal Critical Discourse Analysis of Educational TikTok Content: Knowledge Representation in the Short Video Era



Salsah Br Nainggolan, Universitas Negeri Medan, Indonesia
Yosi Evelyn Tondang, Universitas Negeri Medan, Indonesia
Putri Naira, Universitas Negeri Medan, Indonesia
Joice Stefanie Ginting, Universitas Negeri Medan, Indonesia
Dinda Rahmadani, Universitas Negeri Medan, Indonesia
Muhammad Natsir, Universitas Negeri Medan, Indonesia

171-179

 DOI : <https://doi.org/10.55606/ijel.v5i1.361>

 **PDF** |  **Views:** 2469 times |  **Download** : 197 times

Critical Discourse Analysis of International Media Framing of the Iran–United States Conflict



Nabila Shaini Putri, Universitas Negeri Medan, Indonesia
Farid Rizaldi, Universitas Negeri Medan, Indonesia
Fitra Aulia Simatupang, Universitas Negeri Medan, Indonesia
Indi Azizah Nailah, Universitas Negeri Medan, Indonesia
Muhammad Natsir, Universitas Negeri Medan, Indonesia

180-188

 DOI : <https://doi.org/10.55606/ijel.v5i1.362>

 **PDF** |  **Views:** 1050 times |  **Download** : 197 times

Lexical Ambiguity in the Podcast Titled "Close the Door" by Deddy Corbuzier on Kompas.com



Oveh Aulia Putri, Universitas Islam Negeri Sultan Maulana Hasanuddin Banten, Indonesia
Farah Zulfa Az-Zahro, Universitas Islam Negeri Sultan Maulana Hasanuddin Banten, Indonesia
Tatu Siti Rohbiah, Universitas Islam Negeri Sultan Maulana Hasanuddin Banten, Indonesia

189-196

 DOI : <https://doi.org/10.55606/ijel.v5i1.364>

 **PDF** |  **Views:** 259 times |  **Download** : 54 times

Integration of Game-Based Learning in the National Curriculum to Improve Student Learning Motivation: A Literature Review



Nyimas Ayu Ramadhani, Sekolah Tinggi Ilmu Tarbiyah Yayasan Pendidikan Islam Lahat, Indonesia
Rendra Eka Syahputra, Sekolah Tinggi Ilmu Tarbiyah Yayasan Pendidikan Islam Lahat, Indonesia
M. Ridho, Sekolah Tinggi Ilmu Tarbiyah Yayasan Pendidikan Islam Lahat, Indonesia
Zahron Mukhlansyah, Sekolah Tinggi Ilmu Tarbiyah Yayasan Pendidikan Islam Lahat, Indonesia
Nera Julita, Sekolah Tinggi Ilmu Tarbiyah Yayasan Pendidikan Islam Lahat, Indonesia
Rizkiyah Fadhillah, Sekolah Tinggi Ilmu Tarbiyah Yayasan Pendidikan Islam Lahat, Indonesia
 197-203



DOI : <https://doi.org/10.55606/ijel.v5i1.365>



PDF



Views: 370 times |



Download : 56 times

The Development of Learning Medium for Vocabulary Learning at A2 Level on the Theme of Sports



Ester Winda Elsa Aritonang, Universitas Negeri Medan, Indonesia
Rina Evianty, Universitas Negeri Medan, Indonesia
 204-209



DOI : <https://doi.org/10.55606/ijel.v5i1.367>



PDF



Views: 243 times |



Download : 49 times

VIEW ALL ISSUES >

verify LOA APJI



ACCREDITATION CERTIFICATE



Kementerian Pendidikan Tinggi,
Sains, dan Teknologi

SERTIFIKAT

Akreditasi Jurnal



No. SK : 10/C/C3/DY.05.00/2025

Tanggal : 21 Maret 2025

Direktur Penelitian, dan Pengabdian kepada Masyarakat
dengan ini memberikan kepada

International Journal of Education and Literature (IJEL)

EISSN : 28296249

Publisher : Akademi Manajemen Informatika Veteran Purwokerto

Peringkat Akreditasi Jurnal Ilmiah Periode I 2025

Akreditasi Ulang di Peringkat 5 mulai
Volume 1 Nomor 3 Tahun 2022 sampai Volume 6 Nomor 2 Tahun 2027



Ketut Adnyana
NIP 196805151994031004

ACCREDITATION



E-ISSN .: 2829-6249 .:



P-ISSN .: 2829-6656 .:



Articles

[Current Issues](#)

[Previous Issues](#)

Submission

[Submission to ijel](#)

[Author Guidelines](#)

[Author Fees](#)

Policies & Procedures

[Editorial Team](#)

[Reviewer Team](#)

[Focus and Scope](#)

[Peer Review Process](#)

[Publication Ethics](#)

[Open Access Policy](#)

[Archive Policy](#)

[Open Access Statement](#)

[Policy of Plagiarism](#)

[Journal License](#)

[Repository Police](#)

[Indexing](#)

Information

[For Librarians](#)

For Author

For Readers

Template



Journal Template

Contact



Contact us

Click in here

Visitors

Visitors ijel

[See more](#)

	13,185		36		8		2
	3,370		32		8		2
	2,620		32		8		2
	1,976		31		7		2
	1,515		31		7		2
	413		27		7		2
	385		24		7		2
	312		24		7		2
	231		23		7		2
	194		21		6		2
	175		21		6		2
	158		20		6		2
	156		19		6		2
	153		18		6		2
	126		18		5		2
	110		18		5		2
	101		18		5		1
	94		17		5		1
	89		17		5		1
	89		16		4		1
	81		16		4		1
	79		16		4		1
	74		16		4		1
	70		14		4		1
	68		12		4		1
	68		12		4		1
	62		12		4		1
	61		12		3		1
	61		12		3		1
	59		10		3		1
	58		10		3		1
	55		10		3		1
	49		10		3		1
	49		10		3		1
	49		10		3		1
	49		9		3		1
	47		9		3		1
	45		9		3		1
	39		9		3		1
	36		8		3		1

Pageviews: 46,155

Pusat Riset dan Inovasi Nasional
Lembaga Pengembangan Kinerja Dosen

Address : Watunganten I No.1, Karangrawa, Batursari, Kec. Mranggen, Kabupaten Demak, Jawa
Tengah 59567
Email : info@lpkd.or.id



**International Journal
of Education and Literature**



P-ISSN: 2829-6656
E-ISSN: 2829-6249

HOME / Editorial Team

<https://ijel.asia/index.php/ijel>

Copyright © International Journal of Education and Literature
Creative Commons License This work is licensed under a Creative Commons Attribution
ShareAlike 4.0 International License



Editorial Team

Editor In chief / Ketua Dewan Redaksi

Dr. Muthaloo Subramaniam ; Asia Metropolitan University, Malaysia

Editorial Board / Anggota Dewan Redaksi

1. Professor Dr. Ghulam Mustafa Nukhba ; Shariah Faculty Kabul University Afghanistan
2. Dr. Habiburrahman Rizapoor Badakhshan
University Afghanistan
3. Dmytro Marieiev ; Oleksandr Dovzhenko Hlukhiv National Pedagogical University, Ukraine
4. Jaymar S. Dela Cruz, MA ; Manila Central University
5. Intan Dewi Savitri, S.S., M.Hum. ; Universitas Brawijaya, Indonesia
6. Yostiani Noor Asmi Harini, S.S., M.Hum. ; Universitas Pendidikan Indonesia
7. Dr. Garima Diwan ; ISBM University, Chhattisgarh, India
8. Reinaldis Masi, S.Pd., M.M ; Institut Keguruan dan Teknologi Larantuka, Indonesia [ID Sinta : 6770730] [[Google Scholar](#)]

verify LOA APJI



ACCREDITATION CERTIFICATE



ACCREDITATION



E-ISSN .: 2829-6249 .:



P-ISSN .: 2829-6656 .:



Articles

[Current Issues](#)

[Previous Issues](#)

Submission

[Submission to ijel](#)

[Author Guidelines](#)

[Author Fees](#)

Policies & Procedures

[Editorial Team](#)

[Reviewer Team](#)

[Focus and Scope](#)

[Peer Review Process](#)

[Publication Ethics](#)

[Open Access Policy](#)

[Archive Policy](#)

[Open Access Statement](#)

[Policy of Plagiarism](#)

[Journal License](#)

[Repository Police](#)

[Indexing](#)

Information

[For Librarians](#)

[For Author](#)

[For Readers](#)

Template

Contact

Visitors

Visitors ijel

See more▶

	13,185		36		8		2
	3,370		32		8		2
	2,620		32		8		2
	1,976		31		7		2
	1,515		31		7		2
	413		27		7		2
	385		24		7		2
	312		24		7		2
	231		23		7		2
	194		21		6		2
	175		21		6		2
	158		20		6		2
	156		19		6		2
	153		18		6		2
	126		18		5		2
	110		18		5		2
	101		18		5		1
	94		17		5		1
	89		17		5		1
	89		16		4		1
	81		16		4		1
	79		16		4		1
	74		16		4		1
	70		14		4		1
	68		12		4		1
	68		12		4		1
	62		12		4		1
	61		12		3		1
	61		12		3		1
	59		10		3		1
	58		10		3		1
	55		10		3		1
	49		10		3		1
	49		10		3		1
	49		10		3		1
	49		9		3		1
	47		9		3		1
	45		9		3		1
	39		9		3		1
	36		8		3		1

Pageviews: 46,155



Pusat Riset dan Inovasi Nasional

Lembaga Pengembangan Kinerja Dosen

Address : Watunganten I No.1, Karangrawa, Batursari, Kec. Mranggen, Kabupaten Demak, Jawa

Tengah 59567

Email : info@lpkd.or.id





Peer Reviewers

1. [Raveenthiran Vivekanantharasa](#) ; The Open University of Sri Lanka
2. [Fiona Bakas](#) ; Lusófona University, Portugal
3. [Muhsin Nor Paizin](#) ; Zakat Academy (AZKA), Malaysia,
4. [Krisnawati Setyaningrum Nugraheni, S.TP., M.M.](#) ; STIEPARI Semarang, Indonesia
5. [Mr. Moses Adeleke Adeoye](#) ; Al-Hikmah University Ilorin-Nigeria; [[Research Gate](#)] [[Orcid ID](#)] [[ID Scholar](#)]
6. [Dr. Mahyudin Ritonga, S.Pd.I, MA](#) ; Universitas Muhammadiyah Sumatera Barat, Indonesia
7. [Dr. Anita Purba, M.Hum](#) ; Universitas Simalungun, Indonesia
8. [Dr. Moh Ibnu Faruk Fauzi, M. Pd.I](#) ; STAI Sangatta, Indonesia; [[Sinta](#)] [[Google Scholar](#)]
9. [Paulinus Kanisius Ndoa, S.Ag., M.Pd](#) ; STP Dian Mandala Gunung Sitoli Nias Keuskupan Sibolga, Indonesia [ID Sinta : [6850557](#)] [[Google Scholar](#)]

verify LOA APJI



ACCREDITATION CERTIFICATE



Kementerian Pendidikan Tinggi,
Sains, dan Teknologi

SERTIFIKAT Akreditasi Jurnal



No. SK : 10/C/C3/DT.05.00/2025

Tanggal : 21 Maret 2025

Direktur Penelitian, dan Pengabdian kepada Masyarakat
dengan ini memberikan kepada

International Journal of Education and Literature (IJEL)

EISSN : 28296249

Publisher : Akademi Manajemen Informatika Veteran Purwokerto

Peringkat Akreditasi Jurnal Ilmiah Periode I 2025

Akreditasi Ulang di Peringkat 5 mulai
Volume 1 Nomor 3 Tahun 2022 sampai Volume 6 Nomor 2 Tahun 2027



Ketut Adnyana
NIP 196805151994031004

ACCREDITATION



E-ISSN .: 2829-6249 .:

ISSN 2829-6249



P-ISSN .: 2829-6656 .:



Articles

[Current Issues](#)

[Previous Issues](#)

Submission

[Submission to ijel](#)

[Author Guidelines](#)

[Author Fees](#)

Policies & Procedures

[Editorial Team](#)

[Reviewer Team](#)

[Focus and Scope](#)

[Peer Review Process](#)

[Publication Ethics](#)

[Open Access Policy](#)

[Archive Policy](#)

[Open Access Statement](#)

[Policy of Plagiarism](#)

[Journal License](#)

[Repository Police](#)

[Indexing](#)

Information

[For Librarians](#)

For Author

For Readers

Template



Journal Template

Contact



Contact us

Click in here

Visitors

Visitors ijel

See more▶

	13,185		36		8		2
	3,370		32		8		2
	2,620		32		8		2
	1,976		31		7		2
	1,515		31		7		2
	413		27		7		2
	385		24		7		2
	312		24		7		2
	231		23		7		2
	194		21		6		2
	175		21		6		2
	158		20		6		2
	156		19		6		2
	153		18		6		2
	126		18		5		2
	110		18		5		2
	101		18		5		1
	94		17		5		1
	89		17		5		1
	89		16		4		1
	81		16		4		1
	79		16		4		1
	74		16		4		1
	70		14		4		1
	68		12		4		1
	68		12		4		1
	62		12		4		1
	61		12		3		1
	61		12		3		1
	59		10		3		1
	58		10		3		1
	55		10		3		1
	49		10		3		1
	49		10		3		1
	49		10		3		1
	49		9		3		1
	47		9		3		1
	45		9		3		1
	39		9		3		1
	36		8		3		1

Pageviews: 46,155



Pusat Riset dan Inovasi Nasional
Lembaga Pengembangan Kinerja Dosen

Address : Watunganten I No.1, Karangrawa, Batursari, Kec. Mranggen, Kabupaten Demak, Jawa
Tengah 59567
Email : info@lpkd.or.id



Research Article

The Relationship between Self-Regulation Missing Out in the Use of Social Media Students of University X

Carla Olivia Kusuma^{1*}, Agoes Dariyo²

¹ Faculty of Psychology, Tarumanagara University, Indonesia, carlaolivia19@gmail.com

² Faculty of Psychology, Tarumanagara University, Indonesia, agoesd@fpsi.tarumanagara.ac.id

Correspondence Author: carlaolivia9188@gmail.com

Abstract. The phenomenon of Fear of Missing Out (FoMO) is increasing among university students along with the rising use of TikTok as a source of entertainment. The constantly changing flow of content often makes users feel they must keep up with developments so as not to be left behind. In this condition, self-regulation is an ability that can help reduce the tendency for FoMO to emerge. This study explores the relationship between self-regulation and FoMO among university students. 206 students participated by completing an online questionnaire titled Self-Regulation Questionnaire (SSRQ) and the Fear of Missing Out Scale (FoMO). The results showed that both variables were not normally distributed; therefore, the analysis used Spearman's correlation. The results showed a significant negative relationship between self-regulation and FoMO ($r = -0.370$; $p = 0.000$). These findings indicate that the better students regulate themselves, the lower their tendency to experience FoMO when using social media. This emphasizes that self-regulation has an important role in helping students manage their social media use and can serve as a basis for developing strategies for healthy social media use.

Keywords: Fear of Missing Out; Self-regulation; Social Media; TikTok

1. Introduction

The use of social media has become an inseparable part of life in the digital era. The ease of internet access makes digital activities both for communication, seeking information, learning, and entertainment develop very rapidly. The report of the Indonesian Internet Usage Survey (APJII) shows that the number of internet users in Indonesia is increasing, with young age groups, especially university students, being the most active. That university students today live in an environment that is highly influenced by social media has a major role in shaping their behavior, mindset, and social interactions. TikTok, as one of the largest social media platforms, has

Received: November 30, 2025

Revised: December 28, 2025

Accepted: January 17, 2026

Online available: January 24, 2026

Curr. Ver.: January 24, 2026