

**QUR'ANIC STORIES IN THE AL-QUR'AN AND IT'S
RELEVANCE TO THE FEAR OF MISSING OUT
(FOMO)**



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1445-1446 H/2024-2025 M

**QUR'ANIC STORIES IN THE AL-QUR'AN AND IT'S RELEVANCE TO
THE FEAR OF MISSING OUT (FOMO)**

THESIS

Presented to:

**University of Darussalam Gontor
in Partial Fulfilment of Requirement
For a Bachelor's Degree
In Department of Al-Qur'an and Tafsir Studies**

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Abstrak

KISAH-KISAH QUR'ANI DALAM AL-QUR'AN DAN RELEVANSINYA TERHADAP FENOMENA FEAR OF MISSING OUT (FOMO)

Dimas Haryo Yudhanto
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FOMO merupakan rasa cemas yang muncul saat individu mengalami perasaan tertinggal dari informasi, pengalaman, hingga hubungan sosial yang dipandang bernilai oleh orang lain, dan biasanya disebabkan oleh pengaruh media sosial. Dalam sebuah penelitian disebutkan bahwa, jumlah pengguna media sosial di Indonesia akan meningkat menjadi 265 juta pengguna pada tahun 2025 dari sebelumnya 196,7 juta. Hal tersebut dapat berdampak pada kesehatan mental setiap orang, terlebih pada Gen Z. Adapun dari perspektif Al-Qur'an, fenomena ini semakin relevan dengan ayat yang menggambarkan sifat kecenderungan manusia pada aspek yang berkaitan dengan hal-hal duniawi. Selain itu Al-Qur'an juga pada dasarnya merupakan kitab pedoman bagi seluruh kehidupan manusia.

Studi ini bermaksud untuk mengkaji fenomena FOMO dalam perspektif penafsiran ulama terhadap Al-Qur'an melalui analisis istilah dan kisah-kisah Qurani yang relevan, serta menawarkan Solusi dari penafsiran Al-Qur'an untuk mengatasi permasalahan tersebut.

Metode yang digunakan adalah metode tafsir tematik Abu Hayyan Al-Farmawi, serta metode analisis isi untuk memahami keterkaitan antara ayat. Pendekatan penelitian ini bersifat kualitatif dengan metode deskriptif-analitis guna menggambarkan fenomena FOMO dalam penafsiran Al-Qur'an secara sistematis serta menganalisis makna ayat-ayat terkait secara mendalam. Studi ini bersifat kepustakaan dan bersumber dari kitab-kitab tafsir, serta penelitian terkait.

Penelitian ini menunjukkan bahwa beberapa kisah dalam penafsiran Al-Qur'an memiliki relevansi dengan fenomena FOMO, seperti kisah Habil dan Qabil serta kisah Nabi Yusuf. Dalam berbagai penafsiran, kisah tersebut mengandung tema kecemburuan sosial dan iri hati yang dapat berujung pada keputusan irasional. Adapun solusi yang ditawarkan dalam penafsiran Al-Qur'an untuk mengatasi FOMO meliputi praktik zikir, bertakwa dan bertawakal, berpuasa, menjadikan akhirat sebagai orientasi utama kehidupan, serta bersikap qana'ah guna menghindari perbandingan sosial.

Peneliti menyadari bahwa studi ini memiliki beberapa batasan berupa, fokus utama hanya pada beberapa kisah Qurani, padahal mungkin ada kisah lain yang juga memiliki relevansi yang sama. Oleh karena itu, diharapkan peneliti berikutnya dapat melengkapi dan menyempurnakan kekurangan yang ada.

Kata Kunci : *Fear of Missing Out, Tafsir Tematik, Kisah Qur'ani, Solusi dalam Penafsiran Al-Qur'an*

Abstract
**QUR'ANIC STORIES IN THE AL-QUR'AN AND IT'S RELEVANCE
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FOMO is a sense of anxiety that arises when an individual experiences left out of information, experiences, and social connections deemed important by others, influenced by social media. Another study shows that the quantity of social media users in Indonesia are expected increase to 265 million by 2025, from 196.7 million previously. This trend could impact the mental health of individuals, especially Gen Z. From the perspective of the Qur'an, this phenomenon aligns with verses that describe human tendencies toward worldly matters. Additionally, the Qur'an fundamentally serves as a guidebook for all aspects of human life.

This study aims to examine the phenomenon of FOMO from the perspective of scholars' interpretations of the Qur'an through an analysis of relevant Qur'anic terms and stories, as well as to offer solutions derived from Qur'anic exegesis to address this issue.

The method used is the thematic method of Abu Hayyan Al-Farmawi, along with content analysis to understand the interrelation between verses. This research adopts a qualitative approach with a descriptive-analytical method to systematically illustrate the phenomenon of FOMO in Qur'anic interpretation and to analyze the meanings of related verses in depth. This study is library Research and draws from tafsir books as well as relevant research.

This study reveals that several stories in Qur'anic interpretation are relevant to the phenomenon of FOMO, such as the stories of Habil and Qabil as well as Prophet Yusuf. Various interpretations indicate that these stories contain themes of social jealousy and envy, which can lead to irrational decisions. The solutions offered in Qur'anic interpretation to overcome FOMO include the practice of *dhikr*, maintaining piety and reliance on Allah (*tawakkul*), fasting, prioritizing the Hereafter as the ultimate life goal, and cultivating contentment (*qana'ah*) to avoid social comparison.

The researcher acknowledges that this study has several limitations, particularly in its primary focus on only a few Qur'anic stories, whereas other stories may also hold similar relevance. Therefore, it is hoped that future researchers can complement and refine these shortcomings.

Keywords: *Fear of Missing Out, Thematic Tafsir, Qur'anic Stories, Qur'anic Interpretation Solutions*

To Honorable,

Dean of Faculty of Ushuluddin

Univeristy of Darussalam Gontor-Ponorogo

Bismillāhirrahmānirrahīm

Assalāmu'alaikum Warahmatullahi Wabarakatuh.

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I request that the thesis be examined soon.

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13th Rajab 1446 H

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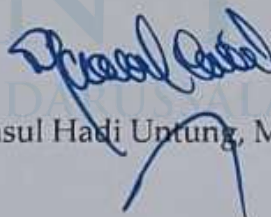
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The decision of Examiners Team The committee holds the thesis examination in partial fulfilment of the requirements for the degree of Licentiate in Department Al-Qur'an and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor on:

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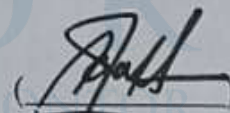


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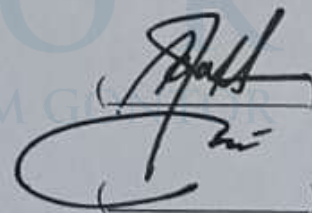


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Declaration

I here by,

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I declare sincerely that this thesis initially belongs to my work and does not belong to another researcher for a different degree. Furthermore, this thesis is not a work published before, except for some parts with their original references.

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MOTTOES

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تُلْهِكُمْ أَمْوَالُكُمْ وَلَا أَوْلَادُكُمْ عَنْ ذِكْرِ اللَّهِ وَمَنْ يَفْعَلْ

ذَلِكَ فَأُولَئِكَ هُمُ الْخَاسِرُونَ ﴿٩﴾

(سورة المنافقون: ٩)

“Excessive fear of the world is the source of all worries, free yourself from it and you will find peace.”

- Al-Imam Al-Ghozali -

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Dedication

I dedicate this thesis to:

My beloved parents, Father Sutyoso and Mother Harniti, with their love and support, countless sacrifices for my success, all the energy, and thousands of sweat and tears for my success, I can survive every time.

Also, to my very dear brothers and sisters, Haryo Adi Wibowo, Henita Aditya, Henitiya Widyastiti, and Henika Setya Ananda who always provide affection and full support, all lecturers and friends who have provided support to me, so that I can survive until the end of this academic journey. Also, with Allah's permission and strength, I can do this hard work.



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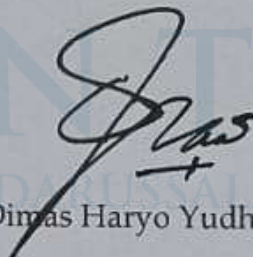
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May Allah reciprocate a proportionate reward and bless them and may this humble thesis be valuable and useful for the readers, especially the writer/researcher.

Ponorogo, 13th Januari 2025 M
13th Rajab 1446 H

Sincerely yours,



(Dimas Haryo Yudhanto)