

Fear of Missing Out (FoMO) and Psychological Well-Being of Late Adolescents Using Social Media

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ABSTRACT

This study aims to determine the relationship of Fear of Missing Out (FoMO) with psychological well-being in late adolescents using social media. Participants in this study were 104 adolescents with characteristics aged 17-22 years. Data was collected from March to April 2020. The results of the data analysis showed that there was a negative relationship between Fear of Missing Out (FoMO) and Psychological Well-Being in the late adolescents of social media users ($r = -0.295, p < 0.05$). Further analysis using the six Psychological Well-Being dimensions showed that the autonomy dimension ($r = -0.198, p < 0.05$), self acceptance ($r = -0.223, p < 0.05$), environmental mastery ($r = -0.382, p < 0.05$) and positive relations with others ($r = -0.225, p < 0.05$) have a negative relationship with Fear of Missing Out (FoMO), but the dimensions of personal growth ($r = -0.142, p > 0.05$) and purpose in life ($r = -0.128, p > 0.05$) has no relationship with Fear of Missing Out (FoMO).

Keywords: *Fear of missing out (FoMO), psychological well-being, late adolescents, social media*

1. INTRODUCTION

In Indonesia, internet users are increasing from year to year, according to Pusat Kajian Komunikasi Universitas Indonesia (PUSKAKOM) in collaboration with the Asosiasi Penyelenggara Jasa Internet Indonesia (APIJI), in 2013 internet users in Indonesia were 71.9 million users, whereas in 2014 there was a significant increase of 81 million users. Whereas in 2015, there was an increase of 7 million users to 88 million users. In 2016, there were 132.7 users [1]. In 2017, it increased again to 143.3 while in 2018 it was 171.17 [2].

According to Sugiharto [3] found that almost 97.4% of internet users are social media users. Active social media users in Indonesia reached 160 million or 59% of Indonesia's total population, of which 88% were Youtube users, 84% were Whatsapp users, 82% were Facebook users, 79% were Instagram users and 59% were Twitter users [4]. Generation Z (Born in 1998-2010) in Indonesia is the generation that uses the most social media [5].

The use of social media can have positive and negative impacts. The positive impact that is given is helping individuals in the process of adapting, socializing with many people, expanding friendships and can also be useful for finding new information [6]. While the negative impact given is disrupting the welfare and psychological function in children, adolescents and parents [7]. Someone who

cannot control the use of social media in such a way can be addictive so that it can interfere with someone in carrying out their daily activities [8].

Social media addictions that occur cause the phenomenon of Fear of Missing Out. Fear of Missing Out is described as fear of losing information about activities carried out by others [9]. The phenomenon of Fear of Missing Out in adolescents in Indonesia has begun to be high, this can be seen from several studies on Fear of Missing Out, that the need for relationships to be a positive predictor of 19.7% of the emergence of Fear of Missing Out in adolescents in Indonesia [10]. Research conducted by Marlina [1] on subjects aged 18-25 years in Indonesia found that excessive internet use can affect the Fear of Missing Out in individuals. Research conducted by Sianipar and Kaloeti [11] found a result that self-regulation affects the Fear of Missing Out in late adolescents.

According to Abel, Buff and Burr [12] individuals can be said to experience high FoMO if they tend to experience the urge to continue checking social media in various situations or all the time, making decisions based on input from their friends on social media and individuals often make decisions that are wrong because of fear of missing an opportunity. Beyens, Frison and Eggermont [13] added that individuals who have high FoMO scores often skip meals or eat quickly and go past sleep so they can always be connected with their friends.

Individuals who experience Fear of Missing Out have an increased attachment to social media, triggering a decrease in one's mood and having a low life satisfaction in real life [14]. The negative impact that can be caused by FoMO is feelings of jealousy, feelings of alienation, loneliness and problems of self-identity in individuals [15]. FoMO has an influence on psychological health and well-being [14]. Beyens et al. [13] added that the impact that will arise in adolescents is a change in behavior, well-being and health.

Ryff argues that psychological well-being is a concept that connects individual feelings in carrying out daily activities and how individuals express their feelings as a result of experiences in their lives [16]. Psychological well-being consists of six dimensions, is autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance [17].

Research conducted by Alt on late adolescents in Israel obtained a result that an increase in FoMO experienced by an individual can make that individual have negative emotions, low environmental mastery and also cannot build positive relationships with others [18]. Research conducted by Przybylski et al. [14] found a result that individuals who have a low level of satisfaction with psychological needs such as competence, autonomy and relatedness have the possibility to have a high Fear of Missing Out on the use of social media. While research conducted by Hetz, Dawson & Cullen [19] in late adolescents in Europe, found a result that the Fear of Missing Out does not affect personal growth in adolescents.

Based on the explanation of the results above it was found that there are differences in research results between Alt and Przybylski with Hetz so that makes the writer interested in examining the Fear of Missing Out in late adolescents. Thus, the authors intend to review, is there a relationship between Fear of Missing Out (FoMO) with psychological well-being in the late adolescents of social media users, especially in terms of each sub-dimension.

2. THEORETICAL STUDY

2.1. Fear of Missing Out

Fear of Missing Out (FoMO) is defined as fear or worry about losing a precious moment with friends, where the individual cannot be physically present at the activities or activities that his friends do and is characterized by a desire to stay connected with others [14].

Przybylski et al. [14] states that Fear of Missing Out can cause feelings of loss, stress and feeling distant if the individual is not aware of important events experienced by others. Alwisol in Adriansyah et al. [20], Fear of Missing Out is a condition of fear and anxiety, where fear or anxiety arises because the need to connect with others is

not fulfilled, this is marked by the emergence of an attitude to always be connected to the internet network all the time.

According to Przybylski et al. [14] there are three indicators that arrange the Fear of Missing Out, namely: fears, a condition that arises when an individual feels threatened by an event or conversation with another party; worries, a condition that can arise if the individual feels that other people are experiencing fun activities or activities and the individual cannot be present in them; and anxieties is a person's response to an event or conversation with another people.

2.2. Psychological Well-Being

Psychological well-being does not only lead to negative mental health but also leads to how individuals can develop their potential and abilities in a better direction and how individuals can function optimally, as individuals who are physically and physically intact., emotional and psychological [21], [22].

Ryff argues that psychological well-being is a dimensional construct that is formed on the basis of a person's attitude towards his life [23]. The attitude in question is the attitude to feel satisfied, good, positive and happy about his life [16].

According to Shek in Hutapea, psychological well-being is a condition where a person is mentally healthy and has a number of positive mental health qualities such as being able to adapt to the surrounding environment [24]. Psychological well-being can also be interpreted as a form of satisfaction with aspects that exist in him and the achievement of feelings of peace and feelings of happiness [25].

According to Ryff, there are six dimensions that make up psychological well-being, namely (a) autonomy, the ability possessed by individuals to be able to be independent and solve their own problems; (b) personal growth, the ability to be able to develop the potential possessed in a better direction; (c) purpose in life, the ability to be able to set goals, visions and missions in his life; (d) self-acceptance, the ability to be positive about themselves; (e) environmental mastery, the ability to be able to take advantage of every opportunity in the environment; and (f) positive relations with others, the ability to be able to build warm relationships with others [16].

3. RESEARCH METHODS

The participants of this study were a late adolescent aged 17-22 years, playing social media, both male and female and living in the Greater Jakarta area.

Data collection for this study was carried out by distributing questionnaires online in the Greater Jakarta

area. The distribution of questionnaires online was distributed via google-form getting 104 participants.

In this study there were two questionnaires used, namely the Fear of Missing Out scale (FoMOs) developed by Przybylski, Murayama, DeHaan & Gladwell [14] which consisted of 10 items and the Psychological Well-Being Scale (PWBS) developed by Ryff [26] consisting of 31 items.

4. RESULTS AND DISCUSSION

Table 1 Correlation Test between Fear of Missing Out and Psychological Well-Being

		<i>Psychological Well-Being</i>		Explanation
<i>Fear Of Missing Out</i>	r		-0.295**	Significant
	P		0.002	Have a relationship

Based on the results of the Pearson Correlation test, a result was obtained that the autonomy dimension showed that there was a negative relationship between Fear of Missing Out (FoMO) and autonomy ($r(104) = -0.198, p < 0.05$). The self-acceptance dimension shows that there is a negative relationship between Fear of Missing Out (FoMO) and self-acceptance ($r(104) = -0.223, p < 0.05$). The environmental mastery dimension shows that there is a negative relationship between Fear of Missing Out (FoMO) and environmental mastery ($r(104) = -0.382, p < 0.05$). On the dimensions of positive relations with others shows that there is a negative relationship between Fear of

4.1. Results

The study was conducted on 104 adolescents, 82 women (78.8%) and 22 men (21.2%) who were in the age range of 17-22 years in the Greater Jakarta area. Based on the Pearson Correlation test results obtained a result that there is a negative relationship between Fear of Missing Out (FoMO) with Psychological Well-Being ($r(104) = -0.295, p < 0.05$). So the higher the Fear of Missing Out in individuals, the Psychological Well-Being will be lower. While, the lower the Fear of Missing Out in individuals, the higher the Psychological Well-Being.

Missing Out (FoMO) and positive relations with others ($r(104) = -0.225, p < 0.05$). The personal growth dimension shows that there is don't have relationship between Fear of Missing Out (FoMO) and personal growth ($r(104) = -0.142, p > 0.05$). The purpose in life dimension shows that there is don't have relationship between Fear of Missing Out (FoMO) and purpose in life ($r(104) = -0.128, p > 0.05$).

Table 2 Correlation Test between Fear of Missing Out and Psychological Well-Being dimensions

	<i>Fear of Missing Out</i>		Explanation
	r	P	
<i>Autonomy</i>	-0.198*	0.044	Have a relationship
<i>Purpose in Life</i>	-0.128	0.194	Don't have relationship
<i>Positive Relation with Others</i>	-0.225*	0.022	Have a relationship
<i>Environmental Mastery</i>	-0.382**	0.000	Have a relationship
<i>Self-Acceptance</i>	-0.223*	0.023	Have a relationship
<i>Personal Growth</i>	-0.142	0.150	Don't have relationship

4.2 Discussion

The results of this study indicate that there is a negative relationship between Fear of Missing Out (FoMO) and autonomy in line with research conducted by Elhai, Levine, Dvorak, and Hall [27] who say that Fear of Missing Out (FoMO) affects autonomy in adolescents because excessive use of the internet or social media has a close relationship with low satisfaction with autonomy,

competence and relatedness. Low satisfaction with autonomy, competence and relatedness can be influenced by the ability of emotional regulation or the ability to regulate bad behavior. Individuals who have a low level of autonomy have the possibility to be unable to cope with social pressure, unable to overcome their own problems, unable to make their own decisions and also unable to behave in accordance with the rules / norms in the surrounding environment. They also said that excessive use of the internet and social media can interfere with individuals in carrying out fun activities, disrupt

individuals in carrying out daily activities and also interfere with individuals in carrying out social activities or interactions thereby reducing behavioral activation and subsequently increasing anxiety.

The results showed that there was a negative relationship between Fear of Missing Out (FoMO) and self-acceptance in line with research conducted by Wolniewicz, Tihamiyu, Weeks, and Elhai [28] who said that the Fear of Missing Out (FoMO) affect self-acceptance in adolescents because they are afraid to receive positive and negative evaluations of themselves and also worry about losing useful and valuable experiences so that they tend to use excessive smartphones to overcome Fear of Missing Out. Social media and the internet can be used as a place for identity formation, adolescents can represent themselves accurately not ideally or not because of the influence of the external environment so that the individual will experience unconditional positive acceptance and accept him for who he is [29]. Individuals who have low self-acceptance, cannot be positive about themselves, are unable to accept every aspect of themselves and also unable to be positive about their past.

The results of the study show that there is a negative relationship between Fear of Missing Out (FoMO) and environmental mastery and positive relations with others in line with research conducted by Alt [18] which says that Fear of Missing Out (FoMO) affects environmental mastery and positive relations with others in adolescents due to excessive teenage concerns over financial or socio-economic support from parents, inability to be able to build warm relationships with others, inability to be able to take advantage of every opportunity around them, and the influence of local culture that holds the view that interests extended family is far more important than self-interest. Giving rise to a condition where individuals must always be connected with others and cause feelings of envy with the lives of others and also assume that the lives of others are far better and happier than his.

The results showed that there was don't have relationship between Fear of Missing Out (FoMO) and personal growth in line with research conducted by Hetz et al. [19] which says that Fear of Missing Out (FoMO) does not affect personal growth in late adolescents because they use social media only as a means to help adapt to new environments, drive out boredom, find new information about places to be visited such as information about culture or norms in that environment. As well as a means of communicating to stay connected with family or friends. They also say that when they see photos or posts about other people's activities on Instagram and they can't be physically present in the experiences that other people do, they don't feel lost in a moment and don't feel anxious or jealous about the post the. This is because they feel that the activities they do are far better and more valuable than what other people do and feel that the activities they do will gain new experiences that others may not necessarily feel. The new experience that they feel can make them realize their own potential and reflect on that experience in

themselves as a start to be able to develop their potential or abilities towards a better.

The results showed that there was don't have relationship between Fear of Missing Out (FoMO) and purpose in life in line with research conducted by Casale et al. [30], which says that Fear of Missing Out (FoMO) does not affect the purpose in life in adolescents because they have a definite purpose in using social media as a means to stay connected with others, as a means to find out about what is happening in the surrounding environment and as a means to share stories or experiences experienced. They also said that the ability to control cognitive aspects is good, namely by building confidence or belief in him that excessive use of social media can have a negative impact on their emotions and thoughts. And excessive use of social media can manipulate their own identities. By building trust and confidence in themselves, they succeeded in finding goals, visions and missions as well as the meaning of life about what they want to do in the future.

This study has several limitations, namely the number of respondents taken was only 104 participants, the majority of whom were women. Although the analysis shows that there is a negative relationship between Fear of Missing Out (FoMO) and Psychological Well Being in the late teens of social media users, but with 104 respondents consisting of 82 women and 22 men and the majority are domiciled in Jakarta so data cannot be generalized. And can not compare the results obtained between women and men.

5. CONCLUSIONS

Based on the results of data analysis that has been done regarding the relationship of Fear of Missing Out (FoMO) with Psychological Well Being in adolescent end users of social media, it can be concluded that there is a negative relationship between Fear of Missing Out (FoMO) with Psychological Well Being in adolescents end user of social media. When examined further by examining the six-dimensional relationship of Psychological Well Being, the dimensions of autonomy, self-acceptance, environmental mastery and positive relations with others have a negative relationship with Fear of Missing Out (FoMO). While the dimensions of personal growth and purpose in life do not have a relationship with Fear of Missing Out (FoMO).

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