

**FEAR OF MISSING OUT (FoMO) CAUSE ANXIETY IN TEENAGERS****Ayong Lianawati\*, Tri Prasetyowati, Rizkah Intana Rahmah, Nur Syamsiyah,  
Mohammad Fajar Urifan, Laily Dzihni Kharisma**Program Studi Bimbingan dan Konseling, Fakultas Pedagogi dan Psikologi Universitas PGRI Adi  
Buana Surabaya

\*Corresponding author, e-mail: ayong@unipasby.ac.id

**Abstract:** Fear of Missing Out (FoMO) is the fear of being left behind by new and interesting things that exist. Fear of Missing Out (FoMO) is not dangerous, but if handled properly, it can make individuals feel anxious and dissatisfied with their lives, thus triggering stress and anxiety, which can interfere with mental health. The research method used is quantitative, while the data collection method is done by distributing questionnaires to correspondents. Subjects or samples in this study amounted to 37 (thirty-seven) teenagers in Surabaya. The sampling technique used in this research is simple random sampling. This study uses a descriptive analysis method to determine the level of FoMO in adolescents. The questionnaire showed that adolescents who experienced FoMO were 8% of the total number of correspondents because they did not believe in their abilities and always saw others as better than themselves.

**Keywords:** Teens, FoMO, Anxiety

**INTRODUCTION**

In a study by Nadzirah S, Fitriani W, and Yeni P (2022), the FoMo syndrome is very concerning among adolescents. In the Oxford dictionary, FoMO is anxiety about an interesting event or something happening elsewhere, resulting in anxiety stimulated by a post on someone's social media. Alt's research (2015) says that the phenomenon where individuals feel afraid when other people have pleasant experiences but are not directly involved causes individuals to try always to be connected to what other people are doing through social media. Simply put, FoMO is defined as fear, anxiety, anxiety of missing interesting things out there, and fear of being considered not current.

FoMO (Fear of Missing Out) is defined as poor self-regulation in a person due to prolonged unfulfilled psychological needs (Przybylski et al., 2013). According to Przybylski et al. (in Dossey, 2014), FoMO is the driving force behind internet and social media use. Early adolescents and early adults experience the highest level of FoMO. Alt (2015) further explained that FoMO is a situation where a person feels afraid because other people have pleasant experiences but are not directly involved, causing individuals to try to stay connected with what other people do through the media and the internet. FoMO can be interpreted as a

fear of missing interesting things out there or of being considered non-existent and up to date. Christina (2019) argues that FoMO is an individual need always to be connected or connected with activities carried out by other individuals. This behavior appears because it is preceded by a certain motivation or encouragement so that it can appear as an action.

FoMO is the emergence of a feeling of worry experienced by someone that other people are doing activities that are more fun than or without him, where this feeling is triggered by updating other people's activities through social media (Przybylski, Murayama, DeHaan & Gladwell, 2013). As is well known, the use of social media has now penetrated all parts of human life, even the most private domains. Social media is one of the main factors for someone to get the opportunity to give and receive information easily, in this case, about daily activities (Abel, Cheryl & Sarah, 2016). Therefore, the opportunity to get information is much more than before, allowing users to know the information they should not know. This is why social media has played a role in the emergence of FoMO. In essence, FoMO is an individual need always to be connected with the social activities of others. This behavior is carried out with a certain motivation or encouragement to appear as an action (Christina et al., 2019).

As a result of the development of technology and the internet, this FoMO syndrome has brought humans to a position of determination towards the need for telecommunications. People who suffer from social anxiety disorder experience feelings of inferiority and depression because they fear being judged by others. The results of a study conducted in February-May 2017 by the RSPH (Royal Society of Public Health), stated that the survey stated that around 40% of social media users had FoMO disease. FoMO has been studied in depth and published in *Computers in Human Behavior* in 2013. The research results at that time showed that samples of objects under the age of 30 had the highest tendency to experience FoMO. In addition, uniquely, women are said to experience more FoMO than men.

The results of the FoMO Survey conducted by the Australian Psychological Society (Australian Psychological Society) or abbreviated APS show that teenagers average 2.7 hours per day. The prevalence of FoMO in adolescents is 50%, while in the adult group, it is 25%. This study also found that adolescents were significantly more likely to experience the FoMO phenomenon than adults. That is, social media is very influential on adolescents in the formation of self-identity. Furthermore, research from (Suhertina et al., 2022) says that FoMO in adolescents is in the moderate category, namely with a value of 61.39%. Individuals who experience FoMO show no difference from both men and women. Their worries cause them not to be separated from social media, which is used at least 6 hours per day. Komala Kintan, Rafiyah Imas, and Witdiawati (2021) added that the majority of respondents experienced FoMO at a moderate level (67.8%), a few at a low level (16.9%), and at a high level (15.3%). The results of this study also show that the level of FoMO in Indonesia belongs to the medium category and further proves the hyperpersonal theory because it indicates more external encouragement that influences the FoMO experience (Cahyanabilla Aesha, 2021).

Przybylski, Murayama, DeHaan, and Gladwell (2013) stated that those who experience FoMO on social media experience lower need satisfaction, moods, and life satisfaction in real life. Attachment to certain social media to the point of causing the FoMO phenomenon becomes very dangerous because individuals can behave irrationally to overcome FoMO, for example, by continuing to monitor social media while driving a vehicle obsessively. Individuals like this feel inseparable from their smartphones and social media targets and

anxious if they do not know the latest news or when friends ask why they do not know the latest news. The negative consequences of FoMO for adolescents are problems of self-identity, loneliness, negative self-image, feelings of inadequacy, feelings of being marginalized, and jealousy. Social media sites have been a major contributing factor to the FoMO hype. People develop negative feelings and emotions from social media sites because they are jealous of other people's posts and lives (Akbar et al., 2018). FoMO is a fear and anxiety of a person who feels that there will be an interesting and fun event that will occur somewhere, causing a compulsive desire for someone to require himself to be in a location and experience the event there so he is not motivated by what is going to happen. They have obtained what will be missed from the surrounding environment (Carolina & Mahestu, 2020).

According to Chaudry (2015), the impact caused by high levels of FoMO on individuals includes a communication breakdown caused by a lack of attention during communication, increased frequency and interest in smartphones (Collins, 2013; Hato, 2013), low level of life satisfaction and well-being (Jood, 2017; Przybylski et al., 2013), as well as indications of adverse social conditions such as often feeling bored and lonely as a result of using social media (Burke, Marlow, & Lento, 2015; Kross et al., 2013). (Wallace, 2014) adds that these things happen because individuals feel separated from others (disconnectedness), eventually leading to social anxiety.

Anxiety is a part of life, meaning that anxiety is present in everyone. Anxiety is a source of motivation to act towards progress and success in life, and if anxiety is in normal conditions (normal anxiety) but high anxiety exceeds normal limits (neurotic anxiety), it will disturb self-stability and life balance (Hayat, 2017).

Anxiety is an emotional state without a specific object. Anxiety is triggered by the unknown and accompanies all new experiences, such as going to school, starting a new job, or having a child. This characteristic of anxiety is what distinguishes it from fear. Anxiety is a subjective feeling of mental tension that makes a person feel anxious as a general reaction to the inability to solve a problem or a lack of security. These uncertain feelings are generally unpleasant, which will later cause physiological and psychological changes (Anita, 2018).

Anxiety is a state of shock because of a threat to health. Individuals classified as normal sometimes experience visible anxiety, which can be witnessed in appearances in the form of physical and mental symptoms. These symptoms are more pronounced in individuals with mental disorders. This is even more evident for individuals with severe mental illness (Tobergte & Curtis, 2013).

## METHOD

This study uses a quantitative approach. According to Sugiyono (2017), quantitative research is defined as research based on the philosophy of positivism, which is used to examine certain populations and samples. This research was carried out according to field conditions. This research was conducted to determine the effect of FoMO on adolescent anxiety. This research took place in Surabaya, precisely in Surabaya Square. The research time starts from the submission of the proposal to the completion of the proposal preparation.

The data collection technique in this study used a questionnaire. The statements in this questionnaire cover aspect of FoMO itself, which consist of cognitive, affective, behavioral,

and social aspects. The questionnaire/questionnaire had 51 items divided into cognitive aspects, 19 items, affective aspects, and 15 items, behavioral aspects, 11 items, and six social aspects. The questionnaire in this study was measured using a Likert scale.

The subjects of this research are teenagers. Researchers took as many as 37 teenagers in Surabaya as research subjects in the preparation of this study. The population is a generalization area consisting of objects or subjects with certain quantities and characteristics determined by the researcher to be studied and then conclusions drawn. In this study, the researcher determined that the population's characteristics were adolescents in the school environment because, in Indonesia, there had been cases of students jumping from buildings because they followed the TikTok trend. Therefore, the characteristics of the population taken by the researchers were high school adolescents who were still in school and had Instagram, TikTok, and other social media accounts, and these children actively used them. The population was taken from the target results, which led to the final phase of adolescents aged 18-21 years, totaling 37 people, who were taken from 1 class of 4 classes at SMA Surabaya. Researchers took 37 samples to study because the four classes 1 class taken the active class in social media. The sample is part or representative of the population being represented. According to the research objectives, this researcher uses the target population, all individuals in the area, region, and time allocation.

The data collection technique in this study used a questionnaire/questionnaire. This technique is carried out by giving several statements given to the subject. The statements contained in this questionnaire cover aspects of FoMO itself.

The questionnaire trial uses validity and reliability tests, which will be explained in detail as follows:

- a. Validity test. Based on the validity test that has been carried out, there are ten invalid statement items, namely at question numbers: 8, 9, 10, 16, 32, 34, 37.40, 44, 48, 49, 51 because  $r_{count} < r_{table}$  (0.325). Therefore, the 12 invalid questionnaire items were discarded, so out of the 51 statement items used in the valid study, there were 39 statement items. The following table contains 39 items that have been tested for validity.
- b. Reliability test

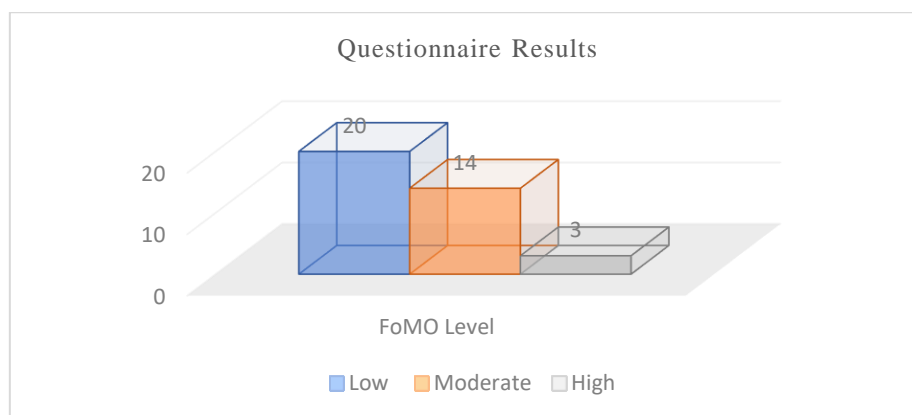
Likewise for the reliability test on SPSS in the following table:

<b>Reliability Statistics</b>	
<b>Cronbach's Alpha</b>	<b>N of Items</b>
<b>0,946</b>	<b>39</b>

The results of the reliability test above can be seen from the output of the Reliability Statistics. According to Prayitno (2010: 98) says, "Reliability of less than 0.6 is not good, 0.7 is acceptable and above 0.8 is good. From the reliability test results, obtaining a Cronbach's Alpha value of 0.946 because  $> 0.60$ , it can be concluded that the measuring instrument in this study is reliable.

## RESULT AND DISCUSSION

The results of the questionnaires distributed to adolescents have various answers. If seen as a whole, of the 37 teenagers who filled out the questionnaire, 8% or 3-5 of these youth experienced FoMO. After analysis using descriptive analysis techniques, it was found that as many as 20 adolescents were in a low category experiencing FoMO, and as many as 14 people were in the moderate category. As many as three people were in the high category and tended to experience FoMO. It can be seen from the following graph:



Picture 1. Questionnaire Results Graphic

In fact, in real life, FoMO on social media experience lower need satisfaction, mood, and life satisfaction. Attachment to certain social media to the point of causing the FoMO phenomenon becomes very dangerous because individuals can behave irrationally to overcome their FoMO, for example, by continuing to monitor social media while driving a vehicle obsessively. From the results obtained, with them having a higher sense of gratitude than being afraid of being left behind by new trends will keep them away from FoMO, which can harm them. However, some teenagers still doubt their abilities and try to follow trends that suit them.

In Indonesia, FoMO has become an increasingly common phenomenon, especially with the increased use of social media. Through platforms like Instagram, Facebook, Twitter, and TikTok, people can easily see what their friends, celebrities, or influencers they follow are up to. Through the content they share, such as great vacation photos, cool events, or other social moments, someone can feel left out and need to be in on it. FOMO can affect a person's mental well-being. When a person is constantly exposed to activities they are missing out on, they may feel anxious, depressed, worthless, or feel dissatisfied with their own lives. Sometimes, FOMO can also lead a person to constantly compare themselves to others, undermining self-esteem and damaging personal happiness.

As a result of the anxiety that the teenagers who studied had, they were worried about their relationships with other people and forced themselves to always be active on social media. According to Przybylksi (2013), there are several characteristics of FoMO from a high level in individuals, namely, 1) The desire to always be in touch with other people. Individuals cannot be separated from social media. Individuals who experience FoMO will generally always check other people's social media. Individuals will always need to be updated with what is being done, what is being talked about, and what is being published by others. They

will feel excessive fear and anxiety if they are not updated with the latest trends; 2) Individuals who force themselves to participate in all activities. Individuals who experience FoMO will try to attend an event or activity to increase their self-esteem. This is done because the individual wants excessive praise just because he wants to be recognized and different from others; 3) Individuals trying to make their stage show. Individuals who experience FoMO will create their stage in front-stage (online) and back-stage (offline).

## CONCLUSION

From the research, it can be concluded that adolescents who experience three adolescents have a FoMO tendency but are still at the harmless or low limit. Regarding anxiety, teenagers are worried about the lives of other people who are better than themselves, they also judge themselves through social media, so it is possible that when teenagers access social media and meet other people who are much better than themselves, it will cause anxiety. Therefore, today's youth are more likely to follow trends on social media, so trends do not leave them behind. Thus, adolescents can be more grateful for their condition and always assume that they must have differences from other people, so they cannot force themselves to be the same as other people and take advantage of the time for positive activities such as participating in extra or channeling their hobbies. For further research, it can be done to observe how the condition of FoMO over time and whether this FoMO trigger remains the same or something else triggers it. Further research can also be done on how individuals can avoid or get out of FoMO.

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