

The Relationship Between Social Media Addiction and Fear Of Missing Out

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Abstract - The development of social media which is increasingly widespread and massive in all regions of the country and throughout the world community, including in Indonesia has penetrated various areas of life and can lead to higher social media addiction, which will also have an impact on the fear of missing out. Thus, this study aims to identify the relationship between social media addiction and the fear of missing out. The population in this study included men and women aged 18-40 years. With certain criteria set by the researcher. The sample in this study was 131 people. Validity test using an item discrimination test, and reliability test using Cronbach alpha. This research is quantitative, the method used is linear regression with the help of the Statistical Program for Social Science (SPSS) version 20 for Windows. The results of the analysis of social media addiction have a significant relationship to fear of missing out.

Keywords: Social Media Addiction, Social Media, Fear of missing out.

I. INTRODUCTION

Social media is currently part of social life based on a survey conducted by katadata.com (2022), as many as 78.6% of respondents admitted that the reason for using social media was primarily to assist in communicating and interacting in everyday life. Based on a survey conducted by (Mutia, 2022), 64.3% of respondents said that friends or people they know also use the same social media. Indonesian people using social media are dominated by reasons because it helps activities in communicating. The reason for using social media is also because the friends or acquaintances of the user in question also use the same social media. Social media can also be used to follow the activities of friends and some users use social media to find out information about the personal activities of someone who is also a user of social media. Being part of everyday life in society makes social media a factor that influences individuals. The tendency to be active on social media can turn into addictive behavior if done excessively. Based on the latest research conducted by the company We Are Social (2022), data shows that the total monthly active Instagram users in Indonesia reach 53 million. Respondents with student status can spend time accessing Instagram social media for 3-7 hours a day. In line with research conducted by Hartinah (2019) showed that out of 240 respondents, 173 (72.1%) experienced a moderate level of social media addiction.

According to (Mutia, 2022) as many as 19 or 35.84% of respondents were easily distracted from carrying out their daily activities because of the desire to access Instagram social media, 21 people, or 39.62% of respondents often accessed Instagram social media until late at night because it was too engrossed. 23 people or 43.39% of respondents often feel uncomfortable when they cannot access Instagram social media, 26 people or 49.05% of respondents try to reduce the time to access Instagram social media but fail, 24 people, or 45.28% of respondents often ignore various other activities such as reading, exercising, or doing assignments due to the use of Instagram social media, 26 people or 49.05% of respondents often use Instagram social media to escape the negative emotions they feel. In line with (Maheswari & Dwiutami, 2013) it showed that out of 39 participants, 7 people (18%) had scores in the high category, and as many as 32 participants had scores in the medium category. There were no participants who were included in the low score category of 0%. addiction to social media in the moderate category. Some of the activities in using social media that have been mentioned above psychologically lead to FOMO (Fear of Missing Out) conditions from members of the public who use social media. According to (Franchina et al., 2018), the use of social media can cause digital problems for its

users which is called Fear of Missing Out (FOMO). Fear of missing out is a kind of feeling that refers to the fear of missing the opportunity to know when other people share something valuable on social media. In line with previous research conducted by **Keyda, Andi, & Aisyah (2019)**, the sample in this study totaled 254 adolescents in the age range of 12-22 years. or worried that if they do not get involved in social activities with the people around them, individuals will tend to become more attached to their social media to the point of having negative consequences for themselves. Fear of missing out is a symptom that has also been observed and felt in Indonesian society. According to a social observer, as many as 68 percent of Indonesia's millennial generation are infected with the fear of missing out (Kurniawan, 2019).

Table 1. Summary of Observations on the Fear of Missing Out Phenomenon

Fear of Missing Out (FOMO) Symptoms				
Age	Occasionally check HP	Frequently check HP	Always check HP	Total
> 25	4	4	7	15
18-20	5	7	4	16
21-25	5	10	4	19
Total	14 (28%)	21 (42%)	15 (30%)	50 (100%)

Source: preliminary study survey results

Researchers conducted preliminary observations on 50 informants in several locations in Surabaya, Kediri, and Sidoarjo. The results show that the Fear of Missing Out (FOMO) tendency seems to be related to the habit of using a smartphone as well as social media on the smartphone. The researcher only explored the identity and number of social media that the interviewees participated in which only took less than half an hour for a group of young people in a location where the group hangout. The results in Table 1 show that more than half of the informants are active users of social media users. The preliminary study survey conducted by the researchers also showed that 74% of the informants were social media users who had more than 4 applications on smartphones that they always carried with them everywhere. As many as 21 people (42%) often focus on the smartphone screen and as many as 15 people (30%) seem to always check the smartphone they carry. These symptoms show a tendency to always use their respective smartphones. Most of the majority of informants have 4 different social media applications on their smartphones, this behavioral symptom can be related to their attachment to social media. Based on the results of a preliminary study survey conducted by the researchers above, these symptoms can be categorized as behavioral characteristics of fear of missing out, namely the desire to continue and be connected with other people and what these other people are doing (Przybylski et al., 2013).

The phenomenon of the tendency to fear missing out is following initial interviews conducted with several young people who were in cafes and campuses. Based on interviews conducted by researchers, informants tend to consistently check on their smartphones, with the desire to check their social media. Feeling afraid that someone will give news through their social media, feeling curious about updates on social media homepages, and using social media as a tool to find out the latest news, makes informants feel the need to always check their smartphones so that nothing is left behind. The above symptoms are reinforced by previous studies which show that fear of missing out consists of irritability, anxiety, and feelings of inadequacy, with feelings of irritability, anxiety, and inadequacy, which increase when viewing social media. Psychological characteristics, circumstances, and factors that are present when someone uses social media are the basic foundations in helping someone understand the fear of missing out. This is in line with the research results of (Rahardjo, L. K. D., Soetjningsih, 2022), showing that fear of missing out is known to be closely related to the level of social media addiction. This is in line with these results contained in the results of research conducted by (Shekar, 2023) where the fear of missing out is significantly influenced by the level of social media addiction. The emergence of social media and its use which is increasingly widespread and increasingly favored by the public has led to the emergence of social media addiction in society. Therefore, social media addiction

will also encourage the emergence of fear of missing out (FOMO) in people who are users of social media. The higher the level of addiction to social media, the higher the fear of missing out. In a society that has good self-regulation, the fear of missing out will decrease and conversely, in a society that has poor self-regulation, the fear of missing out will be even higher (see figure 1). So the purpose of this research is to identify the relationship between social media addiction and fear of missing out.

H1: There is a positive and significant relationship between social media addiction and fear of missing out.



Figure 1. Research Model

II. RESEARCH METHOD

The method used in this research is quantitative research. Analysis of the research data was carried out using linear regression analysis aimed at proving the research hypothesis, using the SPSS version 20 application. The population in this study were men and women aged 18-40 years who had smartphones in all areas of East Java and used Social media is active as one of their daily activities. The sample is determined through G-Power with an effect size of 0.3, an alpha error probability of 0.05, and a power of 0.8 resulting in a minimum sample of 131 people. The data analysis stage in this study consists of 3 stages including:

1. The first stage: test the validity and reliability of each item or variable. The validity test uses the item discrimination test, the scale of which items have a high discrimination index, meaning that the scale is a collection of items that have the same purpose and function as the scale. The criteria for determining an item are categorized as an item that meets the discriminatory power index if the correlation coefficient of the item with the corrected scale total score is equal to or greater than 0.300. If you cannot meet the coefficient of 0.300 it can be reduced to 0.250 (Azwar, 2012). Based on the results of the item discrimination test using the item discrimination index of 0.25, the results obtained were that 20 items were dropped and 10 items were valid. The item numbers that fell were numbers 1,2,3,5,6,7,8,9,10,11,17,18,20,21,23,24,27,28,29 and. The 10 valid items have item discrimination coefficients that range from 0.327 to 0.656. The reliability test in this study was carried out simultaneously with the item discrimination test and can be determined based on Cronbach's alpha value listed in each round of analysis. The results of the reliability test on the self-determination scale using SPSS version 20 for Windows with Cronbach's alpha method showed 0.732 in the first round with 30 scale items tested. The second round of analysis with 15 valid items showed a Cronbach's Alpha value of 0.784. Furthermore, in the third round of analysis with 12 valid items, Cronbach's Alpha value was 0.814. The fourth analysis round with 11 valid items showed a Cronbach's Alpha value of 0.825 and the fifth analysis round with 10 valid items showed a Cronbach's Alpha value of 0.842. This means that the social media addiction scale is proven to be reliable.
2. The second stage: testing the classical assumptions as an initial condition for conducting multiple regression analysis. assumption test which consists of a distribution normality test, the benchmark used to test normality is $p > 0.05$ which means the data distribution is normal and vice versa $p < 0.05$ means the variable data distribution is not normal (Sugiyono, 2015); relationship linearity test, the rule of relationship linearity test if the deviation from linearity is significant or $p > 0.05$; multicollinearity test, a regression model that is free from multicollinearity is the result of an analysis with a tolerance score greater than 0.10 and a VIF limit below or smaller than 10; and heteroscedasticity test, a regression model is declared not to have an element of heteroscedasticity if the variable significance value is > 0.05 and is declared to have an element of heteroscedasticity if the variable's significance value is < 0.05 .

3. The third stage: is the final stage in this study, namely testing the hypothesis using linear regression analysis. Regression analysis is used to measure the influence between the independent variables and the dependent variable.

III. RESULTS AND DISCUSSION

Result

Assumption Test

1. A normality test: This test was carried out on the Fear of Missing Out variable to find out that the distribution of the variable data is normally distributed. The results of the calculations show that the Kolmogorov Smirnov z coefficient = 0.057 at $p = 0.200$ ($p > 0.05$) so that the distribution of fear of missing out variable data scores is normally distributed.
2. Linearity Test of Relationship: The results of the linearity test between social media addiction and fear of missing out showed a p of 0.540 with an F of 0.959, which stated that social media addiction and p fear of missing out had a linear relationship.
3. Multicollinearity Test: The multicollinearity test results for social media addiction and self-regulation show a tolerance value = $1 > 0.10$ and a VIF value = $1 < 10.00$. This means that there is no multicollinearity or intercorrelation between social media addiction variables.
4. Heteroscedasticity Test: The results of the heteroscedasticity test on the variables Social Media Addiction and Self-Regulation using the Spearman's Rho correlation obtained significance = 0.720 ($p > 0.05$) on the social media addiction variable. This means that there is no heteroscedasticity in the media addiction variable.

Data Description

Data descriptions are used to get an overview of the answers of the subjects participating in this study including minimum scores, maximum scores, average values, standard deviations and other statistics deemed necessary (Azwar, 2012).

Table 2. Descriptive Statistics

	<i>Mean</i>	<i>Std Deviation</i>
Social media addiction	21,31	5,670
<i>Fear of Missing out</i>	41,33	9,856

Source: SPSS output version 20

Table 2 shows: The mean value of the social media addiction variable is known to be 21.31; while the minimum value is 13 and the maximum value is 50, with a standard deviation of 5.670. The mean value of the fear of missing out variable is 41.33; while the minimum value is 19 and the maximum value is 72, the standard deviation is 9.856.

Hypothesis testing

The results of hypothesis testing are based on a significance level of 5% or 0.05. If the significance level obtained is less than 0.05 then it is said that there is a significant relationship between the independent variables and the dependent variable, whereas if the significance level obtained is more than 0.05 then it is said that there is no significant relationship between the independent variables and the dependent variable. The results of the partial correlation statistical test can be seen in the following table:

Table 3. Table of Partial Correlation Statistics

Model	<i>t</i>	<i>p</i>
Social media addiction with <i>Fear of missing out</i>	2,105	0,037

Source: SPSS output version 20

Based on the partial correlation statistics table above, it can be seen that the correlation score of social media addiction with fear of missing out is 2.105 and a significance of 0.037. A significance value of 0.000 < 0.05 means that the hypothesis of the relationship between social media addiction and fear of missing out is accepted. This means that social media addiction has a relationship with the fear of missing out. Based on the results of the data analysis, it can also be seen that the independent variables have an effective contribution to the dependent variable. The calculation of the effective contribution (SE) for each variable follows the following formula:

$$SE(X)\% = (\beta X \cdot \text{Cross product } X \cdot R^2 / \text{Regresi}) \times 100\%$$

The effective contribution of the social media addiction variable (X) to the fear of missing out (Y) is as follows:

$$SE(X) = (\beta X \cdot \text{Cross product } X \cdot R^2 / \text{Regresi}) \times 100\%$$

$$= (0,332 \times 781,870 \times 0,066) / 827,500 \times 100\%$$

$$= (17,13234 / 827,500) \times 100\%$$

$$= 0,020704 \times 100\%$$

$$= 2,07 \%$$

Table 4. Table of the Effective Contribution of Variable X to Variable Y

Variable	SE	R ²
Social media addiction	2,0703	

Source: SPSS output version 20

Based on the results of the calculation of the effective contribution of each variable X to variable Y above, it can be seen that the score of the contribution of social media addiction to the fear of missing out is 2.0703 or 2.07%, while the score for the contribution of self-regulation to the fear of missing out is 0.00453 or 4.53%.

Discussion

The proof of the first hypothesis in this thesis research shows that the first hypothesis has a positive and significant relationship between social media addiction and fear of missing out. Supports previous research, which states that one of the factors that influence the fear of missing out is social media addiction (Ariyati & Halimah, 2021; Huwaida, 2021; Shekhar, 2021; Anastasya et al., 2022; Muhtarom, 2022). Research conducted on the people of East Java showed that the social media addiction variable contributed greatly to the fear of missing out variable. This means that when someone uses social media continuously it will result in a loss of social interaction with those closest to them. If all social activities are neglected, the person will feel afraid when they are not connected to other people through their social media. The occurrence of things like this is common among the general public nowadays, where they are more focused on their social media than interacting with the environment around them. Individuals who are included in the social media addiction category can be sure to ignore work or tasks in order to access social media, because when that person does not access social media, feelings of worry arise when they do not have more opportunities to interact with other people on their social media.

The duration of using social media is increasingly showing a significant increase. The higher the social media addiction that occurs in individuals, the higher the fear of missing out. Following the research of (Anastasya et al., 2022) Anastasya, Prize, Amalia & Suzanna (2022), states that social media addiction has a large contribution to the fear of missing out, namely 52.8%. This means that social media addiction has a relationship with the occurrence of fear of missing out in individuals. As is well known, in this study the majority of respondents were female as many as 102 people (78%) with a vulnerable age of 24-29 years as many

as 57 people (43.5%). According to (Erikson, 1968) this age can be categorized as early adulthood. Women tend to use social media more often because they perceive social media as a solution to solving problems and use social media to reduce negative behaviors such as boredom and stress. The high duration of use of the internet or social media among early adults tends to be used for various activities to meet their social needs online, such as searching for information, communicating, or building relationships quickly and broadly virtually. (Erikson, 1968), said that early adulthood is in the crisis stage of intimacy vs isolation. At this time several developmental tasks must be passed, when individuals succeed in carrying out developmental tasks in early adulthood, the individual will have an intimate relationship with someone or establish a good relationship with a community. The Belongingness Hypothesis explains that humans as social beings have an innate psychological urge to be part of a group and take part in meaningful social (Baumeister & Vohs, 2007). Individuals need to have frequent and moderately pleasurable interactions with a significant other and interactions between relationship partners must occur within a framework of steady and persistent concern for one another. This has interesting implications for the increasing use of social media to establish and maintain social relationships.

This is in line with research conducted by (Ariyati & Halimah, 2021) regarding the effect of fomo (fear of missing out) on Instagram social media addiction, which explains that many students perceive social media as a solution to negative behavior which will make them feel less effective in interacting with the environment. Of course, this behavior does not reflect the need to train abilities and seek optimal challenges. This will create a feeling of not being free to integrate actions that are carried out by oneself without being bound or getting control from others. Social media in today's digital era has a very close relationship in everyday life. Humans have an innate urge to seek information (Gazzaley & Rosen, 2016). Like animals looking for food, humans are constantly looking for information – especially regarding their relationships with other people. Social media responds to this important need by providing access to information about other people that satisfies the instinctive need for information about relationships. (Gazzaley & Rosen, 2016) stated that individuals will experience boredom and anxiety, how people will distract them by using the internet and social media. This combination of boredom and anxiety encourages individuals to keep looking for new information supported by technological sophistication that always provides new content series. This means that apart from providing positive things social media can also provide negative things if done repeatedly, one of which is social media addiction behavior.

This thesis research also shows that the majority of respondents are students with a total of 50 people (38.2%) and who live in the city of Surabaya as many as 32 people (25%). Shows that individuals who use social media excessively certainly experience fear of missing out, so these individuals will be able to stay connected continuously with their friends through social media. Social media also allows individuals to present themselves, interact, work together, and communicate with other individuals. This can become anxiety if individuals always have the desire to check their social media accounts and cannot stop monitoring what activities or activities are being carried out by other individuals on social media. Such a situation is a form of social media addiction. Excessive and addictive use of social media also has a bad effect on individuals, namely making individuals addicted to social media, especially when individuals are unable to control themselves to continue exploring the features that exist when using social media. So that it can be said that the higher the social media addiction that occurs in society, the higher the fear of missing out that people experience.

IV. CONCLUSION

Based on the results of data analysis and discussion that has been carried out regarding the relationship between social media addiction and self-regulation with the fear of missing out using multiple regression analysis techniques with a total of 131 subjects, it can be concluded that the first hypothesis has a positive relationship between social media addiction and fear of missing out. This means that the two variables have a significant relationship so that the first hypothesis is accepted. The next researcher, it is necessary to hold a consensus regarding the fear of missing out in the community due to the social media addiction factor which can affect the fear of missing out. This is because previous research has previously examined social media addiction that can cause disruption in people's daily activities. It is necessary to hold coping training both for social media addiction and fear of missing out to reduce the impact of both on society so that they have good self-regulation.

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