The Phenomenon of Fear of Missing Out (FoMO) in West Sumatra PTKIN Students

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Abstract: The digital era that makes it easier for humans to do activities and communicate makes every day use smartphones. Students use the internet as a way to find information, besides that it also provides an opportunity for each student to see other people's activities which are considered more valuable than their own experiences, causing anxiety and fear for themselves when not involved in social media called FoMO (Fear of Missing Out). This study aims to determine the condition of FoMO in students living in Ma'had Al-Jami'ah PTKIN West Sumatra, using a mix method by combining quantitative and qualitative methods to understand research problems The sampling technique in this study was total sampling with a total sample of 80 people living in Ma'had. The measuring instrument used in this study is the scale of the adaptation of the FoMO scala by Przybyski, et al (2013). The results of this study indicate that in general they are in the high category, which means that students are less able to control feelings of anxiety, fear, worry about losing precious moments without their involvement in the media.

Abstrak: *Era digital yang memudahkan manusia dalam beraktivitas dan berkomunikasi menjadikan setiap hari menggunakan smartphone. Siswa memanfaatkan internet sebagai salah satu cara untuk mencari informasi, selain itu juga memberikan kesempatan kepada setiap siswa untuk melihat aktivitas orang lain yang dianggap lebih berharga dari pengalamannya sendiri sehingga menimbulkan rasa cemas dan takut pada dirinya sendiri ketika tidak terlibat dalam media sosial yang disebut FoMO. (Takut Ketinggalan). Penelitian ini bertujuan untuk mengetahui kondisi FoMO pada mahasiswa yang tinggal di Ma'had Al-Jami'ah PTKIN Sumatera Barat, dengan menggunakan metode mix method dengan menggabungkan metode kuantitatif dan kualitatif untuk memahami permasalahan penelitian. Teknik pengambilan sampel pada penelitian ini adalah total sampling dengan jumlah sampel sebanyak 80 orang yang tinggal di Ma'had. Alat ukur yang digunakan dalam penelitian ini adalah skala adaptasi skala FoMO oleh Przybyski, dkk (2013). Hasil penelitian ini menunjukkan bahwa secara umum berada pada kategori tinggi yang berarti siswa kurang mampu mengendalikan perasaan cemas, takut, khawatir kehilangan momen berharga tanpa keterlibatannya dalam media.*

INTRODUCTION

Humans in this era are destined to live a life with an abundance of information and a very high dependence on digital technology. Therefore, it is not an exaggeration to call this era the digital era, an era characterized by the proliferation of digital technology.

The digital era, dominated by the powerful power of digital media technology, has "forced" humanity on this earth to immediately enter a new lifestyle that is highly dependent on digital devices. Whether we like it or not, humans in this era are forced to live in an all-digital environment. The unstoppable and uncontrollable proliferation of digital technology media is constantly trying to anesthetize and attract the attention of many people. It is no wonder, therefore, that a number of studies from around the world have shown a significant increase in digital media users of all ages in recent years.

The latest report from We Are Social and social media management platform Hootsuite, for example, states that by the third quarter of 2022 more than half (67%) of the world's total population will now access the internet through some form of smartphones. This means that of the 7.98 billion people who inhabit planet Earth as of July 2022, there are at least 5.34 billion people who use cell phones. Including Indonesia, with a total population of 277.7 million, at least 204.7 million people are internet users (wearesocial.com, 2022).

The increasing trend of using the internet and digital media technology in recent years will clearly give birth to new lifestyles and behaviors, both positive and negative. Therefore, recent research trends are more directed towards studying the negative impact of internet use on changes in human behavior and psychological atmosphere (eg: Ahn, 2011; Elhai, Dvorak, Levine, & Hall, 2017; Elhai, Levine, Dvorak, & Hall, 2017; Goodman-Deane et al., 2016; Pittman & Reich, 2016; Turkle, 2011, Cataldo et al., 2021).

From a number of research themes related to the negative impact of using the internet and smartphones, FOMO (fear of missing out) seems to be the theme that attracts the most interest from researchers. This is because FOMO is a new behavioral phenomenon that has emerged along with the widespread use of the internet. Research conducted in a number of countries has confirmed that FOMO is more than just a new behavior, but has developed into a psychiatric disease that causes a decrease in a person's psychological well-being (Przybylski, Murayama, DeHaan, and Gladwell, 2013).

Research in a number of countries also confirms that the population groups most vulnerable to the FoMO phenomenon are students and college students (Qutishat, and Sharour, 2019). This is understandable, because students are the most dominant group of internet and smartphone users. Especially with the online learning policy due to the Covid pandemic, almost all students have smartphones and are connected online. However, in addition to academic purposes, students spend more time with their smartphones for non-academic purposes, such as social connections, searching for information, playing games and entertainment. Excessive use of smartphones for non-academic purposes, such as social media and playing games, will clearly have a negative impact on students. As shown by research in several European countries, the amount of time students spend on social media is positively correlated with FoMO and FoMO is associated with low motivation (Alt, 2015). A number of other studies related to smartphone and social media use have linked FoMO to poor sleep (Adams et al., 2017), alcohol-related dangerous behavior (Elhai et al., 2021), anxiety and depression. FoMO has even been linked to low academic achievement (Qutishat & Sharour, 2019; Taylor et al., 2014).

Given the growing trend of FoMO, especially among these students, researchers

are interested in studying whether the FoMO phenomenon also plagues students, especially those in three Islamic state universities in West Sumatra, namely UIN Imam Bonjol Padang, UIN Mahmud Yunus Batusangkar and UIN Sjech M. Djamil Djambek Bukittinggi.

METHOD

This research method uses a mix method, which is a research procedure that combines quantitative and qualitative methods in a study to understand research problems (Cresswell, 2003). This study uses a sequential mixed method technique by combining data found from one method with other methods and carried out sequentially at different times on Fear of Missing Out (FoMO) behavior in PTKIN students in West Sumatra.

Population is a generalization area of a group of individuals who have the same characteristics, while the sample is a subgroup or part of the population with the aim of generalizing about the research target population.

The sample in this study was taken is a quota sample by taking representatives from each PTKIN in West Sumatra with the following data:

Table 1 Research sample

Name of PTKIN	Total Students
UIN Imam Bonjol Padang	25 people
UIN Batusangkar	25 people
UIN Bukittinggi	30 people
Total	80 people

The research data collection techniques used in this study are (1) Interview or interview conversation with a specific purpose conducted by two parties, namely the interviewer and the interviewee who

provides answers to questions with the intention of constructing people, events, organizations, feelings, motivations, demands, concerns and others (Moleong, 1991). (2) Questionnaire, the questionnaire was prepared to reveal the behavior / attitude of students following the Ma'had al- Jami'ah program, using a Likert scale consisting of very positive to very negative statements, for positive statements and vice versa for negative statements. Answers to statements on a Likert scale are categorized by the answers Always (SL), Often (SR), Sometimes (KD), Rarely (JR), Never (TP).

This mix method research data analysis uses several steps, namely; concurrent mixed analysis, namely analysis of quantitative and qualitative data, gradual qualitative-quantitative analysis, namely by analyzing qualitative data followed by quantitative data collection and analysis as confirmation, gradual quantitative-qualitative analysis, namely by analyzing quantitative data followed by qualitative data collection using formulas:

$$TCR = \frac{skor\ rata-rata}{skor\ maksimum} \times 100\%$$

Meanwhile, the categorization of respondents' achievement scores used Sudjana's classification (2009: 78)

Table 2
Categorization of Respondents' Achievement Level

No	Classification	Category
1.	90-100%	Very good
2.	80-89%	Good
3.	65-79%	Simply
4.	55-64%	Not good
5.	0-54%	Not good

RESULTS AND DISCUSSION
Results

The research data were obtained from distributing questionnaires and observations

to students who lived / participated in Ma'had activities and interviews with Ma'had organizers at PTKIN West Sumatra. Time Spent in Smartphone Use

Table 3

Time Spent in Smartphone Use

Smartphone usage time/day	Frekuensi	%
More than 7 hours	53	66,25%
5 – 6 hours	22	27,5%
3 – 4 hours	3	3,75%
1 – 2 hours	2	2,5%
Total	80	100%

Based on the table above, it can be seen that the highest percentage (66.25%) of smartphone usage time is for more than 7 hours/day. A total of 22 people (27.5%) admitted to spending 5-6 hours / day in using smartphones. Meanwhile, students who spend 3-4 hours / day on smartphones are only 3 people (3.75%), and 2 people (2.25%) who spend 1 - 2 hours / day.

Overview of FOMO level of UIN West Sumatera Students

Table 4

Overview of FOMO level of UIN West Sumatera Students

Category	Gender		F.	%
	Women	Man		
Very High	6	5	11	12%
High	19	11	30	44%
Medium	12	7	19	24%
Low	7	4	11	12%
Very Low	5	4	9	8%
Total	15	10	80	100%

Taking into account the data outlined in table 4 above, it can be seen that in general, UIN students in West Sumatra also experience FOMO, which is 44% in the high category, and the remaining 12% in the very high category, 24% experience FOMO in the medium category, 12% in the low category and 8% experience FOMO in the very low category.

Discussion

FOMO is one of the few internet acronyms to enter the realm of psychological studies. As a psychological concept FOMO tends to be associated with a new 21st century "disease" that can be deadly. "***FOMO is one of the most popular syndromes of the 21st century – the fear of missing out***", so write Safarova (2018) in his article on Chanty Blog. In relation to this FOMO concept, Gupta & Sharma (2021) write:

Fear of missing out is a relatively new construct that needs the attention of the clinical community due to its diagnostic implications in treatment processes. It is associated to problematic social media usage and can be experienced as a range of negative emotions and feelings related to the need to belong).

As a new construct in the field of psychology, FOMO tends to be used to describe a range of negative emotions and feelings or anxiety over missed opportunities. Feelings of FOMO are usually accompanied by the idea that other people (friends, family, or coworkers) are taking part in the opportunity you are missing. This suggests that FOMO is a concept used to describe a social situation or social anxiety phenomenon that is exacerbated by the unstoppable use of the internet and social media. Therefore, as mentioned by Elhai et al (2021), since its inception FOMO has been characterized as an anxiety-inducing construct in popular media.

As a new construct there is still no expert agreement on the concept of FOMO (Weideinger et al., 2021). Thompson (2012)

defines FOMO as *"the uneasy and sometimes all-consuming feeling that you're missing out—that your peers are doing, in the know about or in possession of more or something better than you."*

In the definition provided by JWT above, FOMO is described as the uncomfortable feeling of missing out, missing out on important events or not experiencing valuable events as experienced by one's peers.

Meanwhile, Przybylski et al., (2013) formulated the definition of FOMO as follows: *"FOMO is a pervasive apprehension that others might behaving rewarding experiences from which one is absent, FoMO is characterized by the desire to stay continually connected with what others are doing".*

Another definition of FOMO was proposed by Scott (2022), namely: *"The fear of missing out refers to the feeling or perception that others are having more fun, living better lives, or experiencing better things than you are. It involves a deep sense of envy and affects self-esteem. It is often exacerbated by social media sites like Instagram and Facebook."*

Brush (2019), in Whatis.com, defines *"The fear of missing out (FOMO) is an emotional response to the belief that other people are living better, more satisfying lives or that important opportunities are being missed. FOMO often leads to feelings of unease, dissatisfaction, depression and stress. The rise of social media has increased the prevalence of FOMO throughout recent years."*

From some of the definitions above, it can be understood that FOMO is the anxiety experienced by individuals when they know other people are having valuable experiences, while the individual does not participate or is not involved in the experience. In other words, FOMO is a feeling of worry that one does not know or misses information, events, experiences, or decisions that can make his or her life happy.

FOMO is also associated with the fear of regret, which can lead to worries that one might miss out on opportunities for social interactions, new experiences, memorable events, or profitable investments, thus triggering the desire to stay connected to what others are doing. In other words, as explained by Hetz et al., (2015), FoMO is the fear that others have something that the individual does not have, or that others are experiencing what the individual wants to experience.

FOMO is mainly felt by social media users when they want to be part of a group, event, or even a moment posted by others. FoMO arises from feelings of social exclusion, isolation, or anxiety, resulting in a desire to stay connected to what others are doing, and even to forgo important activities in favor of joining or spending brief moments on social media. Therefore, as mentioned in JWT Intelligence (2013), FoMO is a new form of social anxiety development that has emerged along with the development of social media use. In short, as mentioned by Elhai, (2021), the essence of FOMO is the need that a person feels to be constantly connected to social networks, thus encouraging him to use social networks (SNS) and messaging services more frequently and even excessively. Elhai, (2021) further writes: *"FoMO is not a unitary phenomenon, but rather a more complex construct that could reflect a certain personal predisposition and maintained by rewarding experiences that results from people's desire for interpersonal attachments."*

Thus, FOMO is not a stand-alone phenomenon, but rather a highly complex construct that can reflect certain personal tendencies and is maintained by valuing experiences that result from people's desire for interpersonal attachment.

As a new globalized fanomena, FoMO has also infected students, including UIN students in West Sumatra. From the quantitative data and the results of interviews conducted by the author, it is found that most

UIN students in West Sumatra experience FoMO, especially related to their involvement in the use of the internet and smartphones. Because of the anxiety of missing information from their friends, they often check their cellphones and see posts from friends. Therefore, based on the data obtained, they spend no less than 7 hours a day surfing the internet. In fact, according to a number of respondents the author interviewed, they sometimes open their cellphones while riding a motorcycle, check their cellphones before and when they wake up in order to get the latest information posted by their friends. More than that, many of the respondents admitted that they often open their cellphones when lecturers give lectures and when gathering with friends in cafes.

Related to research on how FoMO affects a person's behavior, several studies have been conducted that try to see how FoMO is related to social media addiction in adolescents who state that excessive gadget use makes adolescents' social behavior uncontrollable as well as research conducted by Novianti Kartika Dewi, et al. trying to analyze the relationship between the intensity of social media use and a person's behavior, as a result there is a change in behavior that causes a person to cause excessive anxiety and worry and so on and several other studies related to how social media can affect the younger generation and will result in FoMO were also conducted by Lira Aisyah that social media greatly affects a person's social condition and a person's psychological condition which results in the emergence of FoMO.

Based on the research of Przybylski et al (2013), researchers get three indicators of Fear of Missing Out (FoMO). These indicators are based on a summary of popular writings and industry surveys by Przybylski et al on Fear of Missing Out (FoMO) (JWT, 2012; Morford, 2010; Wortham, 2011). The indicators are (1) Fear, which is defined as an emotional state that arises in a person who feels threatened when a person is connected or not connected to an event or experience or conversation with another party. (2) Worry, which is defined as a feeling that arises when a person discovers that others are experiencing pleasant events without him and feels that he has lost the opportunity to meet others. (3) Anxiety, which is defined as one's response to something unpleasant when one is connected or disconnected to an event, experience, and conversation with the other party.

Przyblyski et al, (2013) state that there are at least two important components that become basic human psychological needs, which if not fulfilled will trigger the onset of FOMO. The two basic psychological needs are: (1) Self, this psychological need is related to competence and autonomy. Competence is an individual's belief to perform actions effectively and efficiently, while autonomy means an individual's ability to make decisions. If the psychological need for self is not met, then individuals tend to channel through the internet to get various kinds of information and connect with other people. (2) Relatedness, is the need for someone to always feel connected, incorporated, together with other individuals. When relatedness needs cannot be met, a person will feel a sense of worry and try to find out the experiences and activities carried out by others such as through the internet.

By referring to the definition of FOMO proposed by Przybylski et al (2013) Reagle, (2015) then developed four components of FOMO, namely: (1) *Comparison with friends,* is the emergence of negative feelings due to comparisons with friends and other people. (2) *Being left out,* negative feelings about not being included in an activity or conversation (3) *Missed experiences,* negative feelings of not being able to engage in an activity. (4) *Compulsion,* the behavior of repeatedly checking on the activities of others in order to avoid feeling left out of the latest news.

In contrast to Przybylski et al and Reagle, Neumann (2020), more broadly

describes two components underlying the occurrence of FOMO, namely: (i) affective component and (ii) cognitive component. The affective component relates to a person's emotional reactions, which largely describe the emotional experiences that individuals go through. These affective experiences are largely negative and driven by anxiety, fear, regret, envy and other negative emotions.

The fear that labels the FOMO construct is an affective component that a number of researchers have described as a state of anxiety, dread, restlessness (e.g., Przybylski et al., 2013), feelings of unease (e.g., JWT, 2012), feelings of regret (e.g Milyavskaya et al., 2018) and feelings of social envy (e.g., Reagle, 2015).

For example, individuals who choose to stay at home rather than go out with friends may face an initial fear reaction of perceived social exclusion from not being part of social activities and therefore experience social exclusion. As a result, individuals may then experience prolonged anxiety by imagining that others may have more fun or be more engaged than themselves. They may worry about losing their social status for not being part of the group, feel uncomfortable for possibly not having fun, and realize that their lives are less fun and joyful than their friends' lives.

As such, FOMO is based on feelings of uncertainty about possible future negative outcomes that are closely linked to anticipatory regret. In other words, individuals feel that they may have made, are making, or will make a wrong choice that will possibly lead to a suboptimal outcome and anticipate regret later on. Therefore, the haunting feeling that the chosen alternative will be less pleasant than the unchosen alternative is experienced before, during, and after the decision is made. Furthermore, not only is the unchosen alternative perceived to be superior to the chosen alternative, but the additional experiences that others have are perceived to be superior to the chosen activity. This is where it appears that FOMO

is not only closely associated with feelings of regret, but also with feelings of social envy.

The cognitive component of FOMO includes internal thought processes, which include two subcomponents, namely social comparison and counterfactual thinking. According to Neumann, (2020), FOMO is a highly social construct that is considered a specific form of jealousy, regret, or rumination based largely on social information With regard to how individuals compare their situation with that of others, they engage in social comparison, which is important for individuals to establish a valid reference point for their self-assessment. In other words, people compare themselves, their situation, and their lives with others to evaluate their situation in the context of a group or society.

When individuals compare their current situation with a situation they might experience, they engage in counterfactual thinking. Usually, this process of generating counterfactual thinking occurs after a decision has been made and becomes a kind of feedback to the chosen alternative is accepted. Counterfactual thinking, may occur right when the decision is made. People who experience FOMO, find the current activity less enjoyable and the event they are missing more enjoyable. This is particularly true for alternative events that are social in nature. Research by Rifkin et al. (2015), shows that individuals who experience FOMO consider other people's activities and lives to be more fun and exciting than their own.

CONCLUSION

Based on the results of the research that has been described, it can be concluded that the description of the FoMO phenomenon experienced by PTKIN West Sumatra students in general is in the high category, namely 44% in the high category, and the remaining 12% in the very high category, 24% experience in the medium category, 12% in the low category and 8% experience in the very low category with a long time

using smartphones more than 7 hours per day.

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