

Relationship *Fear Of Missing Out* With Social Media Addiction High School-Aged Teens

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ABSTRACT

Fear of Missing Out (FOMO) can be known if a person has feelings of anxiety, worry, loss, discomfort and stress that arise when knowing others are doing something fun and we are not involved in it, this FOMO syndrome arises because of an addiction caused by a lack of control from the individual in accessing social media that causes a person to experience dependence. The purpose of this study is the known relationship of FOMO with social media addiction in high school age teenagers end of grade XI at SMKN 1 Bulukumba in Bulukumba Regency in 2020. This research uses with cross sectional research *methods*. This study sample of 52 with sampling techniques was done with *nonprobability sampling technique*, namely *purposive sampling*. The data analysis in this study uses a *chi-square* statistical test. The results of the analysis use *chi-square statistical tests*. with a level of trust ($=0.05$) based on the results of this test obtained the value of p is 0.002 thus $p < (0.002 < 0.05)$, H_0 is rejected and H_a is accepted. The conclusion of this study is that there is a link between FoMO and social media addiction in high school-aged teenagers in the end of grade XI at SMKN 1 Bulukumba in Bulukumba Regency in 2020. Researchers suggest that the results of this study can be used as a reference for application in the scope, especially teenagers in using social media and nursing services, especially on mental individuals who experience addiction.

Keywords: FOMO, Addiction, Social media

INTRODUCTION

Along with the development of the times and the increasing sophistication of technology that continues to innovate makes teenagers interested in keeping up with its development. One of the technologies that are now loved by many teenagers is social media. The number of applications provided by several internet and some *websites* that can be utilized by internet users in accessing the diversity of information, this is what can cause a person to be willing to linger in front of his computer or *smartphone* with many interesting features presented for example; *whatsapp, facebook, instagram, line, messenger, youtube, path, tweeter, tik-tok* and others. Internet use that has increased in the intensity of long usage times will cause various problems that exist among psychology known as internet addiction (*internet addiction*).

The Government of Indonesia through the Ministry of Communication and Informatics in collaboration with the United Nations agency UNICEF has conducted research in 2014 with the theme "security of the use of digital media in Indonesian children and adolescents" this research involves children and adolescents aged 10-19 years spread throughout indonesia, the results of research stated 30 million children in Indonesia are active internet users (Mulawarman ed, 2020). According to apjii survey data (Indonesian Internet Service Providers Association), internet users in Indonesia in 2018 have reached 171.17 million people with penetration of 64.8% of the total population of 264.16 million people. And in 2019-2020 internet usage penetration in Indonesia increased by 8.9% with the number of internet penetrations of 73.7%. ('APJII Internet Survey Report 2019 -2020).

As for the interview results of several students (i) SMN 1 Bulukumba revealed the same thing that he could not if not access social media because of his curiosity about what people around him did, not even a few students (i) who said he could spend all day just to access social media. These students explained how important the presence of social media in their lives, students (i) said that he could not afford to be far from a smartphone to immediately access social media, because if he did not check social media will feel anxious and worried about what *updates* have been missed with the duration of mobile phone use in accessing social media 5-8 hours / day.

The desire to always connect with social media continuously is due to the fear of losing the most important moment. Fear is what is now known as FoMO (*Fear Of Missing Out*). FoMO is usually characterized by the emergence of feelings of anxiety that usually occur in millennials, because every time individuals flock to present and try to be the first to find out the latest information and will feel uncomfortable if they miss the information. Based on the above, it is necessary to research how the use of social media in individuals that could cause users addicted to always access social media, and the impact of what happens if not accessing social media.

METHODS

In accordance with the problem of descriptive research correlation research methods used in this study are quantative research methods with cross *sectional* research design types (relationships and associations). Which is a type of study that emphasizes the time of measurement or observation of independent and dependent variable data only once at a time In this type of study, independent and dependent

variables are assessed simultaneously at some point, so there is no follow-up. Of course, not all research subjects must be observed on the same day or at the same time, but both independent variables and dependent variables are assessed only once (Nursalam, 2017).

The sampling technique used is *Nonprobability sampling: purposive sampling* is a technique of sampling by selecting samples among the population as desired by the researcher, so that the sample can represent the characteristics of a previously known population (Nursalam, 2017). The instruments used in this study were on independent variables using questionnaires with *the Likertscale*, while on dependent variables using questionnaires with *likert scales*.

RESULTS AND DISCUSSIONS

Table 1. Distribution of responde characteristics by age, gender and class

Characteristics of Respondents	Frequency	Percentage
Age		
16-year-old	5	9.6
17-year-old	23	44.2
18-year-old	20	38.5
19-year-old	4	7.7
Gender		
Woman	39	25.0
Man- man	13	75.0
Class XI		
BDP, AKL	6	11.5
TAV, OTKP	11	21.2
TB, NKP	19	36.5
TKJ,TKR	16	30.8
Total	52	100

Based on the table 1, with the number of respondents 52 people showed that most of the age of respondents were at the age of 17 years as many as 23 respondents (44.2%) compared to 19-year-olds as many as 4 respondents (7.7%), and large female respondents as many as 39 respondents (75.0) compared to male respondents as many as 13 respondents (25.0), with the number of class XI majors tb, NKP as many as 19

respondents (36.5%) more than the number of class XI majoring in BDP, AKL as many as 6 respondents (11.5%).

Table 2. Distribution of social media use

FOMO	Frequency	Percentage
Tall	10	19.2
Keep	33	63.5
Low	7	13.5
very low	2	3.8
Total	52	100.0

Table 2, shows that Remaja experienced FoMo mostly in the moderate category of 33 people (63.5%) compared to teenagers with very low categories of 2 people (3.8%).

Table 3. Character Distribution After Using *social media*

Addiction	Frequency	Percentage
Often	27	51.9
Infrequently	25	48,1
Total	52	100

Based on table 3, shows the large number of respondents who experience social media addiction with frequent use as many as 27 people (51.9%) compared to respondents who are addicted to social media who rarely use social media as many as 25 people (48.1%).

Table 4. *FOMO* relationships with Child Characters

Fomo	Social Media Addiction						P (Value)
	Often		Infrequently		Total		
	N	%	N	%	N	%	
Tall	10	19,2	0	0,0	10	19,2	0,002
Keep	16	59,3	17	68,0	33	63,5	
Low	1	3,7	6	24,0	7	13,5	
Very low	0	0,0	2	3,8	2	3,8	
Total	27	82,2	25	95,8	52	100	

Table 4 Shows that the higher FoMo the more respondents experience social media addicts with the number of 27 respondents with the intensity of social media use in the frequent category 10(19.2) more than the rare category 0 (0.0%). Conversely, the lower FoMo the fewer respondents experienced social media addicts with the number of 25 respondents with the intensity of social media use in the often category 0(0.0) less than

the rare category 2 (3.8%). This indicates a difference in proportion (percentage) between social media addiction and FoMO. Pearson *Chi-Square* test results obtained a value of $p = 0.002$, then it was concluded that there is a significant relationship between addiction and FoMO. Or in other words social media addiction affects FoMO.

DISCUSSION

Kolmogorof alternative *Chi-Square* test results were obtained $A = 0.002 < 0.05$ which means there is a significant proportion difference between respondents who experience FoMO and social media addiction in adolescents. The number of respondents who experienced fomo in the high category of 19.2% compared to the number of respondents who experienced fomo in the category was very low by 3.8%, this indicates that the higher the percentage of FoMO, the greater the number of respondents who experience addiction in the intensity of use is often higher, and vice versa, the very low the percentage of FoMO, the greater the number of respondents who experience addiction in the intensity of infrequent use the lower.

This is supported by research (Aisafitri and Yusriyah, 2021) which discusses the phenomenon of social media addiction (FoMO) in millennials, where researchers use a theory related to self-determination theory to find out the impact that occurs on millennials who experience social media addiction (FoMO) to produce concrete and accurate research. An important aspect of self-determination theory emphasizes the importance of individual freedom to act according to his choice, as well as the existence of intrinsic motivation in the individual, so that when the individual is extrinsically motivated and expects external rewards then the results obtained will be negative. If associated with the development of technology and the internet the impact is to become addicted to fomo social media where this brings millennials into having the need for social media.

The results of this study are also in line with the study (Fathadhika and Afriani, 2018) where the results of the study found as many as 98 (28.6) of 343 subjects experienced social media addiction. On the scale of social media addiction showed most had difficulty thinking about something if released from social media use, on the FoMO scale it was found that 36 (10.5) of the 343 subjects experienced high levels of FoMO. Based on the results of research found generally teenagers feel disappointed if they miss the opportunity to gather with their friends, especially if they are not invited in the

meeting, this syndrome develops along with the existence of addiction in internet use. FoMO.

(Fathadhika and Afriani, 2018) This study found that in adolescents in Banda Aceh, FoMO affects social media addiction, either directly or indirectly, namely through social media engagement mediators. A direct relationship was made by testing FoMO variables with social media addiction. The results showed that the direct link between FoMO and social media addiction was significant. FoMO can also cause direct media addiction because it continues to maintain its continuous involvement on social media, leading to social media addiction.

The assumption of researchers says that the use of social media that is carried out continuously with a long use time and the inability of the individual in controlling himself, this will give habits to its users so that the behavior will be repeated and have the impact of addiction due to self-habituation that is done so that there will be FoMO where an individual will be afraid of missing the trend, Better experiences felt by others and curiosity about what others are doing. FoMO in the very low category does not mean the individual does not experience addiction, (Hidayati, Syaf and Hartati, 2021) describes individuals have big five personalities where four of them affect the characteristics of the personality itself to maintain their habits. Some can survive with the character they had before by maintaining habits that were done long ago so as not to be affected by the growing trend in cyberspace.

CONCLUSION

The level of social media addiction in adolescents in SMKN 1 Bulukumba showed that the number of respondents who experienced social media addiction categories was often greater compared to respondents who did not experience social media addiction in the rare category. FoMO with social media addiction in smkn 1 bulukumba adolescents showed a difference in proportion (percentage) between FoMO and social media addiction. The *Chi-Square pearson* test found a *P* value smaller than, so it was concluded that there was a significant association between FoMO and addiction.

The suggestion It is expected to provide efforts to inform, knowledge, about the impact and effects of excessive social media use so as not to cause dependence on its users and increase positive activities that are diverted not to use social media continuously. In addition, it is expected that this study will not only conduct bivariate

analysis but up to multivariate to find out the dominant factors that affect Fear Of Missing Out (FOMO) and social media addiction.

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