Al-Ihath: Jurnal Bimbingan dan Konseling Islam
Al-Ihath: Journal of Islamic Guidance and Counseling
E-ISSN: 2809-2147 | Volume 4 Issue 2 July 2024
https://ejournal.attanwirbjn.ac.id/index.php/jbki

Uncovering the Fear of Missing Out (FoMO): The Relationship with the Intensity of Social Media Use

Indah Fajrotuz Zahro
Institut Attanwir Bojonegoro, Indonesia

Article Information:
Received: Jun. 27, 2024
Revised: Jun. 28, 2024
Accepted: Jul. 29, 2024

Keywords:
Uncovering the Fear of Missing Out (FoMO),
Relationship,
Social Media Use

Corresponding Author:
Indah Fajrotuz Zahro
Institut Attanwir Bojonegoro, Indonesia
indahfajrotuzzahro@gmail.com

This is an open access article under the CC BY-SA license.

Abstract

This study aims to reveal the Fear of Missing Out (FoMO) in relation to the intensity of social media use. The type of research used is quantitative correlational research with a population of 81 students who use Instagram social media. The sampling technique used is Proportionate Stratified Random Sampling obtained 45 students. The data collection instrument used a Likert scale with 4 alternative answers, namely strongly agree (SS), agree (S), disagree (TS), and strongly disagree (STS). The Fear of Missing Out (FoMO) scale consists of 50 items and the Instagram Social Media Use Intensity scale consists of 52 items. Based on the results of the validity test using the product moment technique, it was produced that the Fear of Missing Out (FoMO) instrument from 50 statements obtained 34 valid items and 16 failed items with a reliability value of 0.874 with a reliability test using alpha cronbach. While on the intensity of social media use instrument from 52 statements obtained 31 valid items and 21 invalid items with a reliability value of 0.836. The assumption test consists of a normality test using the One-Sample Kolmogorov-Smirnov Test (K-SZ) technique and a linearity test. Furthermore, data analysis was tested with product moment using SPSS 20.0, it was found that there was a relationship between Fear of Missing Out (FoMO) and the intensity of social media use.

© 2024 by the Author(s).

INTRODUCTION

Social media is a new communication and collaboration tool that can foster various types of interactions that were previously unavailable to the general public (Brogan, 2022). On this media, users can easily interact, participate, share and create content on social media. On social media, each individual is able to build a profile in a public system and view and find out their connection data created by others with a system (Cahyono, 2022). Individuals can easily present themselves, interact, collaborate, and communicate with other individuals. On the other hand, this can become a habit that causes anxiety where individuals always have the desire to check their social media accounts and cannot stop monitoring what activities or activities are carried out by other individuals on social media. Such a situation is a form of internet social media addiction.

The internet now has a very close relationship in everyday life. Individuals use the internet as a media to help them carry out and connect various activities that can be done efficiently and effectively. Based on the survey results of the Indonesian Internet Service Providers Association (APJII), there were 210.03 million internet users in the country in the 2021-2022 period. This number increased by 6.78% compared to the previous period which was 196.7 million people. This also makes the internet penetration rate in Indonesia 77.02%. Looking at their age, the highest internet penetration rate is in the 13-18 year age group,

How to Cite this Article:
Zahro, I. F. (2024). Uncovering the Fear of Missing Out (FoMO): The Relationship with the Intensity of Social Media Use. *Al-Ihath: Jurnal Bimbingan dan Konseling Islam, 4*(2), 120-127. https://doi.org/10.53915/jbki.v5i1.581
Published by Study Program of Islamic Guidance and Counseling | Faculty of Da'wah | Institut Attanwir Bojonegoro

which is 99.16%. The second position is occupied by the 19-34 year age group with a penetration rate of 98.64% (Bayu, 2022). Students are one of the groups of active social media users, this is because students are in a transition period from late adolescence to early adulthood and are experiencing psychological dynamics (Aziz, 2020). By operating social media, students can actively socialize, develop self-identity, and self-openness that can be shown through social media (Artvianti, 2022). We Are Social shows that the number of active social media users in Indonesia is 167 million people in January 2023. This number is equivalent to 60.4% of the domestic population. Meanwhile, the time spent playing social media in Indonesia reaches 3 hours 18 minutes every day. This duration is the tenth highest in the world (Widi, 2023).

In the results of the IPB Diploma Communication research, 70% of students said that social media affects their daily activities. Students who play social media intensively and excessively will become addicted, resulting in various negative impacts such as not being able to complete work or assignments properly, experiencing decreased grades, not attending class, loss of direct social relationships, and sleeping during lecture hours (Kim et al, 2022). There are various factors that influence social media addiction, namely social anxiety, loneliness, and Fear of Missing Out (Rahardjo & Soetjiningsih, 2022). According to Przybylski, Murayama, DeHaan, & Gladwell (2013), every individual who experiences FoMO can allow themselves to be tied to social media. The characteristics of individuals who experience FoMO are the urge to continue using social media.

Therefore, the increasing spread of this phenomenon needs to get attention from all parties. This article tries to show the relationship between Fear of Missing Out (FoMO) and the Intensity of Social Media Use which can be used as a basis for expressing alternative solutions to the negative impacts of the emergence of the FoMO phenomenon, especially in the use of social media.

METHODS

Approach

The approach used in this study is a quantitative approach with a descriptive correlational research design. A descriptive research design is used to describe the fear of missing out and intensity in students who use Instagram. The population in this study was 81 students who use Instagram and the research sample with a sampling technique using Proportionate Stratified Random Sampling obtained 45 students.

Instruments

The data collection instrument used a Likert scale with 4 alternative answers, namely Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). The Fear of Missing Out (FoMO) scale consists of 50 items and the Instagram Social Media Use Intensity scale consists of 52 items. This research scale was conducted and distributed on July 30 2022 via Google Form. The validity test of the scale used product moment correlation and the reliability test used alpha Cronbach. The assumption test consisted of a normality test using the One-Sample Kolmogorov-Smirnov Test (K-SZ) technique and a linearity test. Next, the data analysis was tested with product moment using SPSS 20.0.

RESULTS AND DISCUSSION

Results

Based on the results of the validity test, it was shown that the Fear of Missing Out (FoMO) instrument from 50 statements obtained 34 valid items and 16 invalid items with a reliability value of 0.874. While on the intensity of social media use instrument from 52

statements obtained 31 valid items and 21 invalid items with a reliability value of 0.836.

Descriptive analysis is used to find out the description or descriptive of the variable fear of missing out and the intensity of Instagram social media use. In this analysis, categorization is carried out into four categories, namely high, medium, and low. Categorization is carried out based on the level category formula using the ideal mean and ideal standard deviation.

Based on the results of fear of missing out data processing through the SPSS 25.0 program from a scale of 34 statement items, the lowest score achieved was 34 and the highest score was 136, the average (mean) was 85, and the standard deviation was 17. To categorize fear of missing out, first calculate the ideal mean (Mi) and ideal standard deviation (SDi). From the 34 statement items, the highest ideal score was (34x4) = 136 and the lowest score (34x1) = 34. From these data, the results obtained were ideal mean (Mi) = ½ x (136+34) = 85 and ideal standard deviation (SDi) = 1/6 x (136 – 34) = 17.

Table 1. Descriptive Statistics of Fear of Missing Out

Variables	Descriptive Statistics				
	N	Mean	SD	Min.	Max.
FoMO	45	85	17	34	136

The frequency of fear of missing out in students is presented in the following table:

Table 2. Frequency and Percentage of Fear of Missing Out

No.	Score Range	Frequency	Percentage	Category
1	34 - 67	0	0%	Low
2	68 - 102	45	100%	Currently
3	103 - 136	0	0%	Tall

Based on the table above, it can be seen that the fear of missing out in students in the high category is 0 students (0%), the medium category is 45 students (100%), and the low category is 0 students (0%). It can be concluded that the variable of fear of missing out in students is included in the medium category.

The data on the intensity of Instagram social media usage was obtained through a scale of 31 statements with a total of 45 respondents. Based on research data processed using the help of the SPSS version 25.0 computer program for the intensity of Instagram social media usage, the lowest score achieved was 31 and the highest score was 124. From these data, an average (mean) of 77.5 and a standard deviation of 15.5 were obtained.

Table 3. Descriptive Statistics of Intensity of Instagram Social Media Usage

Variables	Descriptive Statistics				
	N	Mean	SD	Min.	Max.
Instagram Usage Intensity	45	77.5	15.5	31	124

To categorize the intensity of Instagram social media usage, first calculate the ideal mean (Mi) and ideal standard deviation (SDi). From the 31 statements, the highest ideal score was obtained (31x4) = 124 and the lowest score (31x1) = 31. From these data, the results obtained were the ideal mean (Mi) = ½ x (124+31) = 77.5 and the ideal standard deviation (SDi) = 1/6 x (124 – 31) = 15.5.

The frequency and intensity of Instagram social media use among students will be presented in the following table:

Table 4. Frequency and Percentage of Intensity of Instagram Social Media Usage

No.	Score Range	Frequency	Percentage	Category
1	31 - 62	0	0%	Low
2	63 - 93	38	85%	Currently
3	94 - 124	7	15%	Tall

Based on the table above, it can be seen that the intensity of use of Instagram social media among students is in the high category of 7 students (15%), the moderate category is 38 students (85%), and the low category is 0 students (0%). It can be concluded that the variable of the intensity of use of Instagram social media among students is included in the moderate categry. Before testing the hypothesis in this study, a prerequisite assumption test for data analysis was first carried out, including a normality test and a linearity test. The normality test is used to determine whether the data obtained in this study are normally distributed or not. The normality test was carried out using the One-Sample Kolmogorov-Smirnov Test (K-SZ) technique. The rule used is to look at the Asymptotic Significance (p) value, if p> 0.05 then the data distribution is declared normal, and if p ≤ 0.05 then the data distribution is declared abnormal. The results of the normality test can be seen in the following table:

Table 5. Kolmogorov-Smirnov Normality Test Results

One-Sample Kolmogorov-Smirnov Test		
		Unstandardized Residual
N		45
Normal Parameters [a,b]	Mean	.0000000
	Std. Deviation	3.67856650
Most Extreme Differences	Absolute	.104
	Positive	.104
	Negative	-.067
Test Statistics		.104
Asymp. Sig. (2-tailed)		.200 [c,d]
a. Test distribution is Normal.		
b. Calculated from data.		
c. Lilliefors Significance Correction.		
d. This is a lower bound of the true significance.		

Based on the results of the normality test using the One-Sample Kolmogorov-Smirnov Test (K-SZ) technique, the Asymptotic Significance value was 0.41 (p> 0.05) so it can be said that the variables in this study are normally distributed. Linearity test is used to determine whether each independent variable (X) has a linear relationship or not with the dependent variable (Y). If the significance value of deviation from linearity (>0.05) then there is a linear relationship between variable 1 and variable 2. Conversely, if the significance value of deviation from linearity (<0.05) then there is no linear relationship between variable X and variable Y. After the calculation was carried out with the help of the SPSS version 25.0 computer program, the results of the linearity test are summarized in the following table:

Table 6. Linearity Test Results (Deviation from Linearity)

ANOVA Table							
			Sum of Squares	df	Mean Square	F	Sig.
v1 * v2	Between Groups	(Combined)	1057.299	15	70,487	2,886	.007
		Linearity	572,348	1	572,348	23,43	.000

					2	
	Deviation from Linearity	484,951	14	34,639	1.418	.207
Within Groups		708,345	29	24,426		
Total		1765.644	44			

Based on the results of the linearity test, the significance value of deviation from linearity is 0.207 > 0.05. So it can be concluded that the independent variable (X) and the dependent variable (Y) have a linear correlation.

The result of the point biserial correlation calculation obtained a value of rpbis = 0.569 with a significance of 0.000. Therefore, the significance value <0.05, it can be concluded that there is a relationship between fear of missing out and the intensity of Instagram social media use in students. The results of the biserial correlation analysis can be seen in the following table:

Table 7. Correlation Results

Correlations			
		FoMO	Intensity
FoMO	Pearson Correlation	1	.569 **
	Sig. (2-tailed)		.000
	N	45	45
Intensity	Pearson Correlation	.569 **	1
	Sig. (2-tailed)	.000	
	N	45	45

**. Correlation is significant at the 0.01 level (2-tailed).

Judging from the correlation coefficient sign rpbis = 0.569 which is positive, it can be concluded that an increase in the value of the fear of missing out level variable by 0.569 will have an impact on the increase in the value of the Instagram social media usage intensity variable by 0.569.

Discussion

Fear of Missing Out can be interpreted as a state where someone experiences fear or anxiety when they see other people have more than what they have. Basically, the fact that someone pays close attention to what other people do and think is related to feelings of being left behind (FoMO), which is the fear of what other people think about their lives. So it can be concluded that Fear of Missing Out is a feeling of fear or anxiety that someone feels when they see or know that other people or their peers have something more than what they have.

Based on the results of the fear of missing out scale analysis, it is known that the fear of missing out in students in the high category is 0 students, the medium category is 45 students, and the low category is 0 students. It can be concluded that the fear of missing out variable for students is included in the medium category. According to Del Bario, intensity is the number of activities carried out which can be seen from its frequency. Intensity can be said to be a form of attention and strength of a person based on the quantity and quality indicated by the individual. In this case, what is meant by the intensity of using Instagram social media is the intensity of use related to the individual's attention/interest in Instagram, appreciation when the individual accesses Instagram, and the frequency/number of repetitions of the behavior of accessing Instagram.

Based on the results of the analysis of the intensity scale of the use of Instagram social media on Islamic Guidance and Counseling students at the Attanwir Islamic College, which is

in the high category of 7 students, the moderate category of 38 students, and the low category of 0 students. It can be concluded that the variable of the intensity of the use of Instagram social media on Islamic Guidance and Counseling students at the Attanwir Islamic College is categorized in the moderate category. Based on these results, it can be seen that Islamic Guidance and Counseling students at the Attanwir Islamic College have a tendency to have moderate appreciation when accessing Instagram. In addition, the duration used in accessing Instagram/day is also classified as moderate, as is the frequency of checking or repeating the behavior of accessing Instagram/day.

The results of the study showed that there was a positive and significant relationship. This is proven based on the results of a simple correlation analysis which obtained a correlation coefficient value of 0.569 with a significance of 0.000 ($p < 0.05$). From these results it can be concluded that the variable fear of missing out with the intensity of use of Instagram social media in students has a positive and significant relationship. Thus it can be said that the higher the fear of missing out in students, the higher the intensity of use of Instagram social media. This is in line with the author's framework of thought that the higher the fear of missing out in students, the higher the intensity of students in accessing Instagram social media.

The results of this study are in accordance with the results of research conducted by Bestari, entitled the relationship between fear of missing out and the intensity of social media use, obtained a correlation coefficient score of 0.459 with a significance level of 0.000 (Bestari, 2018). This means that there is a positive and significant relationship between the two variables. Thus, it can be said that the higher the level of fear of missing out of a person, the higher the intensity of that person in accessing social media.

In this study, a correlation coefficient of 0.569 was obtained which is positive, meaning the relationship between the two variables is positive with a significance of 0.000, meaning there is a significant relationship between the fear of missing out variable and the intensity of using Instagram social media. The correlation coefficient at 0.569 is included in the moderate category. Based on the results of testing 45 BKI STAI Attanwir students, it is known that there is a significant relationship between fear of missing out and the intensity of Instagram social media use among BKI STAI Attanwir students .

The relationship between FoMO and social media usage can be said to be quite significant, such as research conducted by Miller, stating that someone who constantly follows or sees updates from other people's lives on social media such as (parties, fancy dinners, brilliant careers, etc.) will feel left behind when the person compares his life with the lives of others that he sees through social media, and then makes someone feel dissatisfied with themselves, anxious, and feel worthless. Al-Menayers stated that the greater the level of fear of missing out someone has, the greater their interest in using social media (Miller, 2016).

Furthermore, research conducted by Bestari on the relationship between fear of missing out and the intensity of social media use obtained a correlation coefficient score of 0.459 with a significance level of 0.000 (Bestari, 2018). This means that there is a positive and significant relationship between the two variables. Thus, it can be said that the higher the level of fear of missing out of a person, the higher the intensity of that person in accessing social media.

In line with the results of Fathadhika's research which shows that there is a direct relationship between FoMO and social media addiction (Fathadhika, 2018). In Przybylski et al, FoMO is defined as a feeling of fear that individuals have when losing valuable moments from other individuals or groups through social media, which can be characterized by the desire to stay connected with others on social media to see all the activities they do. This makes individuals feel anxious, uncomfortable if they do not access social media or see the

latest posts from others (Przybylski, et al., 2018).

Group counseling services with Islamic Integrated Cognitive Behavior Therapy are effective for improving the self-adjustment of new students of Agro Nuur El-Falah Salatiga Islamic boarding school. This can be seen by comparing posttest scores between the experimental and control groups. The results showed that the average score of the experimental group was more significant than the average score of the control group, namely 55.1> 47.7. Hypothesis testing using the Mann-Whitney test showed a significance value (2-tailed) for the posttest of 0.002. Based on the Mann-Whitney test decision-making, the value of 0.002 <0.05, so H0 is rejected, and Ha is accepted.

CONCLUSION

Based on the results of the analysis of this study as a whole, the following conclusions can be drawn: Fear of missing out (FoMO) in students is classified as moderate, with a score of between 68-102. The intensity of students in accessing Instagram social media is classified as moderate, with a score of between 63-93. There is a positive and significant relationship between Fear of Missing Out (FoMO) and the intensity of Instagram social media use in students with a score of 0.569 with a significance level of 0.000.

ACKNOWLEDGMENT

The author sincere their gratitude to everyone who involved in conducting the research and writing this article. The author read and agree to this published version of this article.

AUTHOR CONTRIBUTION STATEMENT

The author made substantial contributions to the conception and design of the study. The author took responsibility for data analysis, interpretation, and discussion of results. The author read and approved the final manuscripts.

COMPETING OF INTEREST

The author declare no competing interest.

REFERENCES

Artvianti., Rahardjo, L. K. D., & Soetjiningsih, C. H. (2022). Fear of Missing Out (FOMO) dengan Kecanduan Media Sosial pada Mahasiswa. *Bulletin of Counseling and Psychotherapy*, 4(2), 456-461. https://doi.org/10.51214/bocp.v4i3.328. Accessed on date 21 February 2023

Aziz, A. A. A. (2020). Hubungan antara intensitas penggunaan media sosial dan tingkat depresi pada mahasiswa. *Acta Psychologia*, 2(2), 92-107. https://doi.org/10.21831/ap.v2i2.35100

Cahyono., Rahardjo, L. K. D., & Soetjiningsih, C. H. (2022). Fear of Missing Out (FOMO) dengan Kecanduan Media Sosial pada Mahasiswa. *Bulletin of Counseling and Psychotherapy*, 4(2), 456-461. https://doi.org/10.51214/bocp.v4i3.328. Accessed on date 21 February 2023

Chris Brogan., Liedfray, T, dkk. (2022). Peran Media Sosial Dalam Mempererat Interaksi Antar Keluarga Di Desa Esandom Kecamatan Tombatu Timur Kabupaten Minahasa Tenggara. *Jurnal Ilmiah Society*, Volume 2, No 1. https://ejournal.unsrat.ac.id/index.php/jurnalilmiahsociety/article/download/38118/34843. Accessed on date 21 February 2023

Dimas Bayu. (2022). *APJII: Pengguna Internet Indonesia Tembus 210 Juta pada 2022*. https://dataindonesia.id/digital/detail/apjii-pengguna-internet-indonesia-tembus-210-juta-pada-2022. Accessed on date 21 February 2023

Fathadhika, S. (2018). Social media engagement sebagai mediator antara fear of missing out dengan kecanduan media sosial pada remaja. Journal of Psychological Science and Profession,2(3), 208-215.https://doi.org/10.24198/jpsp.v2i3.18741

Indira Ulfa Bestari, "Hubungan Fear of Missing Out Dengan Intensitas Penggunaan Jejaring Sosial pada Mahasiswa" (skripsi--Universitas Airlangga Surabaya, 2018), 60

Kim et al dalam Rahardjo, L. K. D., & Soetjiningsih, C. H. (2022). Fear of Missing Out (FOMO) dengan Kecanduan Media Sosial pada Mahasiswa. *Bulletin of Counseling and Psychotherapy*, 4(2), 456-461. https://doi.org/10.51214/bocp.v4i3.328. Accessed on date 21 February 2023

Miller, Abel, J.P., Buff, c. L. & Burr, S.A., Social Media and The Fear of Missing Out: Scale Development and Assesment, Journal of Business & Economic Research (JBER), Vol. 14, No. 1 (2016), 33-44.

Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out Computers in human behavior,29(4), 1841-1848. https://doi.org/10.1016/j.chb.2013.02.014

Rahardjo, L. K. D., & Soetjiningsih, C. H. (2022). Fear of Missing Out (FOMO) dengan Kecanduan Media Sosial pada Mahasiswa. *Bulletin of Counseling and Psychotherapy*, 4(2), 456-461. https://doi.org/10.51214/bocp.v4i3.328. Accessed on date 21 February 2023

Shilvina Widi (2023). Pengguna Media Sosial di Indonesia Sebanyak 167 Juta pada 2023. https://dataindonesia.id/Digital/detail/pengguna-media-sosial-di-indonesia-sebanyak-167-juta-pada-2023. Accessed on date 21 February 2023

Ulfa Bestari. *Hubungan Fear of Missing Out Dengan Intensitas Penggunaan Jejaring Sosial pada Mahasiswa*. Skripsi. Universitas Airlangga Surabaya. (*Online*) accessed on date 9 November 2018