

# The Correlation Between Fear of Missing Out and Subjective Well-Being Among Young Adulthood

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## ABSTRACT

Today's young adults mostly can spend their time every day just playing social media. Social media has a positive and negative impact on its users. One of the negative impacts of social media use on young adults is anxiety left behind information or called fear of missing out (FOMO). This study aims to determine the correlation FOMO and level of satisfaction and individual welfare (subjective well-being) among young adulthood. In previous study, showed that inconsistency correlation between fear of missing out (FOMO) and subjective well-being on young adulthood. The purpose of this study was to see how much correlation FOMO with subjective well-being among young adults. The sample of this study is those aged 18-25 years and actively use social media. They use social media for at more than 180 minutes every day. The number of participants was 246 people. Measurement of the research hypothesis using Pearson correlation. The results showed negative correlation between fear of missing out FOMO and subjective well-being among young adulthood ( $r = -0.179$ ,  $p = 0.005$ ,  $< 0.05$ ). This indicates if FOMO increase, then young adults' subjective well-being will be decrease, vice versa.

**Keywords:** *fear of missing out, subjective well-being, young adulthood*

## 1. INTRODUCTION

The millennial generation certainly knows social media such as Facebook, Twitter, Instagram, Youtube, Whatsapp, Line, and other social media applications. Przybylski et al. [1] argued that social media is a means of obtaining the latest information. Social media is also used to exchange messages online or what is also called online chatting [2]. Clement [3] stated that the use of social media reaches half of the world's population. Most users come from Asia. In the United States, social media is mostly used by individuals under 30 years of age (young adulthood), which is 0.48 of the total population [4]. In Indonesia, the age of social media users ranges from 20 to 30 years, reaching 1.3% of the population [5].

The use of social media for young adulthood is now a daily activity because with social media they can relate freely and build relationships with friends and strangers [6]. The results of research conducted by [7] indicate that the pattern of life and activities are influenced by social media. This is confirmed by the statement of Gerson et al. [8] namely social media can measure the level of subjective well-being of young adult individuals because social media makes it easy to upload the topics or content they want to upload freely. Furthermore, Kim and Kim [9] argue that young adult individuals like to interact through social media so that their subjective well-being quality tends to show positive values.

Subjective well-being is defined as an individual's assessment of his / her quality in aspects of goodness and happiness [10]. Furthermore, Diener and Tay [11] classify subjective well-being into three factors, namely: life satisfaction, positive feelings, and negative feelings. The studies related to subjective well-being include subjective well-being with the use of social media [8], psychological distress [12], problematic use of social media Facebook, personality and FOMO [13]. The author chooses the FOMO variable to be the influence variable on subjective well-being because of the many studies on FOMO, but few have discussed FOMO in the field of psychology [14].

Excessive use of social media makes individuals tend to experience anxiety if they do not know the information that occurs around them [14]. This phenomenon of anxiety about the use of social media among individuals is better known as the fear of missing out (FOMO) [15]. Individuals who have a tendency to FOMO like to use social media as a means of conversation with other individuals [13]. Young adult individuals tend to experience FOMO because they use social media from morning to night [1].

### 1.1. Related Work

In a study conducted by Przybylski et al. [1] showed that FOMO has a negative relationship ( $r = -0.17$  for the aspect of life satisfaction;  $r = -0.20$  for the aspect of mood) towards subjective well-being when viewed from the dimensions of

life satisfaction and mood. Another researcher is a study conducted by Stead and Bibby [13], namely research on teenagers using Facebook on subjective well-being and big five personality theory. The results shown by this study also indicated that there was a negative relationship ( $r = -0.13$ ) between FOMO and subjective well-being.

Research on the positive correlation between fear of missing out and subjective well-being, conducted by Chai et al. [16]. The research shows that FOMO significantly affects subjective well-being in adolescents.

Observing the inconsistency of the three research results, the authors are interested in conducting further research on the effect of fear of missing out (FOMO) with subjective well-being. In addition, there is no research that really focuses on discussing correlation FOMO and subjective well-being in young adult individuals. This study aims to determine the correlation of FOMO and subjective well-being on young adult. Based on the explanation above, the problem statement can be formulated: does FOMO and subjective well-being have correlation on young adults?

### **1.2. Our Contribution**

The theoretical benefit of this research is to become additional knowledge pre-existing knowledge, information, theory and data, and to contribute knowledge about fear of missing out in young adulthood subjective well-being. The practical benefits of this research are to add insight and experience to researchers and adolescent social media users in discussing fear of missing out.

### **1.3. Paper Structure**

This paper is divided into four sections. Section 1 and 2 consist of research background and the goal of this study. In Section 3 (Methods), participants of the study, measurement used, data analysis plan is discussed. Section 4 presents the analysis result and findings of this study, and its implication. Lastly, Section 5 presents the conclusion of this paper as well as direction for future research.

## **2. BACKGROUND**

Fear of missing out or better known as FOMO is defined as excessive anxiety by individuals who think that other people are more informed if they are not involved in it [1]. For example, a person chooses to spend time with his partner instead of attending a party, even though he enjoys an agenda with his partner, he thinks that a party he doesn't attend is more fun and interesting so he keeps checking his social media to see the atmosphere at the party [14]. This is due to the low level of need satisfaction in individuals who have a tendency to FOMO [15]. Therefore these individuals tend to follow any other individual activity information [1]. People who have a tendency to FOMO will use their smartphone continuously so that they don't miss any of the news [17].

FOMO is closely related to social media, because social media makes users feel connected to their relationships [18]. Przybylski et al. [1] argued that those with FOMO tendencies would always check social media, especially messaging applications, in all circumstances, even while driving. For teenagers in particular, they are vulnerable to the phenomenon of FOMO because it can increase their stress if they do not have many friends or followers (on social media) [19].

The level of satisfaction increased if they have many followers on social media. Satisfaction became an important part of subjective well-being.

Subjective well-being is defined by Diener, et al. [20] is the level of satisfaction and individual welfare depending on their role in the environment. In contrast to the case with Steptoe et al. [10] Subjective well-being is defined as an individual assessing his quality on the aspects of happiness and kindness. Therefore, Steptoe et al. [10] classifies subjective well-being into three dimensions, namely, evaluative well-being (life satisfaction), hedonic well-being (mood), and eudemonic well-being (life goals).

Evaluative well-being or life satisfaction refers to human thought processes as well as an assessment of how satisfied or happy individuals are with themselves [21] and [10]. Miret et al. [22] defined evaluative well-being as an individual's overall evaluation of life satisfaction.

Hedonic well-being was defined by Steptoe et al. [10] as daily feelings experienced by individuals such as happy, sad, and angry. In other words, hedonic well-being focuses on the positive and negative feelings of the individual [11].

Eudemonic well-being discusses the meaning and purpose of life [10]. Eudemonic well-being is often referred to as positive psychology [23].

The factors that influence include: socio-economic factors and ethnicity [24], relationships with family and friends [25], and the use of social media [9] and messaging applications [26]. The way in building relationship is part of personality characterized of young adult [30].

Young adults in [27] are defined as young individuals ranging in age from late adolescence to mid-20s. Young adults are times where individuals can determine and explore their life goals from the various possibilities that exist [28]. However, this stage of development is less stable from the social and subjective aspects because they are no longer adolescents and are not fully mature [29]. The personality of young adults is characterized by the way they build relationships, find identity and ways to solve problems [30].

In Erikson's psychosocial theory in [31] young adults experience crises in intimate relationships and isolation. A stable ego plays an important role in this psychosocial stage, but young adults are prone to experiencing psychosocial regression because they spend too much time with their relatives and friends [31]. Therefore, in the social environment, young adults seem to like to take risks without thinking about responsibility and its effects later in life [32]. For example, young adults have started to dare to oppose the applicable rules, they are also reluctant to feel bound even though they married young [28] and [32].

The current use of social media for young adults is no stranger. Young adult individuals are classified as individuals who are quick to adapt and constant in their use of social media [4]. Therefore, young adults like to play social media and generally join in a community. The existence of social media makes communication between members run more smoothly. The role of social media influences the behavior of young adults, such as in the health sector (providing motivation to do a healthy lifestyle and exercise regularly) [7].

The functions of social media are very diverse. Users can find out the latest information quickly, can build relationships with new people or strengthen relationships with distant relatives, and choose content preferences they like. For example, young adult women who use Facebook's social media tend to prefer content preferences towards appearance and beauty. This can lead to negative feelings when they find other female Facebook users who have a more perfect appearance [33]. However, Hawi and Samaha [34] suggest that the use of social media is not very related to the life satisfaction of young adults.

Referring to the two examples above, it can be concluded that social media is related to the subjective well-being of young adults although the aspect of life satisfaction is not too significant. The negative result of the use of social media is the high potential for anxiety about missing information or so-called FOMO [1].

This study is to prove the correlation of FOMO and subjective well-being on young adults. For reference, Przybylski et al. [1] in his research on FOMO suggests that individuals whose needs for satisfaction and relationships with people are not met will tend to experience FOMO. Therefore, the research hypothesis "There is correlation between FOMO and subjective well-being of young adults".

**3. METHODS**

The characteristics of this study are young adult men and women, aged 18-25 years, (3) using social media applications, such as Twitter, Instagram, Youtube, Line, Whatsapp or one of these applications, the duration of playing social media every day (more than 180 minutes daily). The sampling technique was purposive sampling where participants were randomly selected but met the criteria set by the researcher [35]. Of the 411 participants obtained, only 246 data could be processed using SPSS version 15.

Data analysis using Pearson correlation analysis. Based on demographic data, the majority of participants were women (84.6%) in the age range 18-20 years (54.9%). The average participant resides in Jakarta (29.3%) and West Java (28.0%) with participants who play social media applications more than two applications (98%).

This type of research is correlational quantitative. This research was conducted by distributing questionnaires online via the google form link. As for measuring this study using a subjective well-being scale and a fear of missing out scale.

The subjective well-being scale is a measuring tool belonging to Diener et al. [36] and Diener and Emmons [21] adapted by Universitas Tarumanagara. Contains 49 statements with a 4-point Likert scale.

Fear of missing out scale is a measuring tool belonging to Przybylski et al. [1] which has been translated by an expert. Contains 10 points of statement with a 5-point Likert scale.

**4. FINDINGS AND DISCUSSIONS**

The FOMO figures of 246 participants had a mean of  $M = 2.8386$  ( $SD = 0.66854$ ). This indicates that the participants' average FOMO rate was low. Subjective Well-Being description of 246 participants had a mean of  $M = 2.7186$  ( $SD = 0.36662$ ). This indicates that subjective well-being is high.

Researchers measured the normality test using the One Sample Kolmogorov Smirnov test technique. The data distribution can be normal with a significance of  $p = 0.596$  ( $> 0.05$ ).

The linearity test was carried out using a scatter plot graph. The relationship between variables is said to be significantly linear if there is a pattern from the data plot that shows a clear positive or negative relationship. In this study, the distribution of data plot points forms a straight line from top left to bottom right. This indicates a negative linear relationship between the two variables. This indicates that if FOMO has increased, then subjective well-being will decrease.

The heteroscedasticity test was conducted to determine the symptoms of heteroscedasticity in the research data. Researchers used a scatter plot chart to test the research data. It can be seen in the graph that the data points spread above and below or around the number 0, the data points do not gather only above or below, the point spread is not wavy or forms a narrow pattern then widens again, and the data spread is patterned.

Hypothesis analysis uses Pearson correlation to test whether there is a relationship between FOMO and the subjective well-being of young adults.

Based on the FOMO correlation analysis with subjective well-being, from  $N = 246$ , the value  $r = -0.179$   $< r\text{-table} = 1,965$ ;  $p = 0.005$  ( $< 0.05$ ). This shows that FOMO is negatively related to subjective well-being. If FOMO increases, then young adult subjective well-being will experience a decline.

**Table 1.** The Effect of FOMO on Subjective Well-Being

Variable	N	r	Sig.
FOMO	246	-0.179	0.005
SWB			

The analysis used the independent sample T-test technique to compare the subjective well-being of male and female participants. The results showed that the level of male subjective well-being ( $M = 2.8061$ ,  $SD = 0.31465$ ) was significantly different compared to female participants ( $M = 2.7026$ ,  $SD = 0.37379$ ).  $F\text{-value} = 1.734$ ,  $p = 0.189$  ( $> 0.05$ ).

To review subjective well-being according to age, a one way ANOVA analysis was carried out. The results showed that  $F = 3,635$ ,  $p = 0.028$ . This indicates a difference in the mean of the three age groups when associated with subjective well-being.

Analysis using independent sample T-test. used to compare subjective well-being to the social media application groups used, namely: high ( $M = 2.7190$ ,  $SD = 0.36606$ ) and low ( $M = 2.6980$ ,  $SD = 0.43804$ ). The results show that there is a relationship of  $F = 0.185$ ,  $p = 0.667$ . This shows that the number of social media applications significantly affects subjective well-being.

This study focuses on the relationship between FOMO and young adult subjective well-being. Referring to the hypothesis in chapter 2, the researcher found that there is a significant opposite relationship between FOMO and subjective well-being. This indicates that if FOMO increases, the subjective well-being of young adults will decrease. These results are in line with research conducted by Przybylski et al. [1] and Stead & Bibby [13].

Judging from the low results of the study, this indicates that there are other factors that are thought to have a positive (unidirectional) relationship to subjective well-being. In previous studies, the variable use of social media has a positive relationship with subjective well-being [37] and [16]. Another study conducted by Stead and Bibby [13] showed a significant relationship between problematic internet use and subjective well-being. Anxiety is also related to subjective well-being [37] and [38].

In the process of disseminating data, it can only be done online, which hinders participant control. Because the data cannot be controlled directly, many participants do not meet the research criteria. In addition, the items in the FOMO measuring instrument are still not strong enough to explain FOMO itself.

## 5. CONCLUSIONS

The results of the study on 246 participants indicated that there was a significant opposite relationship between FOMO and young adult subjective well-being of  $r = -0.179$ ;  $p = 0.005 < 0.05$ . This indicates that if the anxiety about being left behind (FOMO) increases, the welfare of life (subjective well-being of young adults will decrease and vice versa).

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