

## The Relationship Between Fear of Missing Out and Social Media Addiction in Riau Islamic University Students

Salwa Nafisa, S.Psi<sup>1</sup>, Hasnah Fadhillah, S.Psi<sup>2</sup>, Septyca Anjas Nawank Wulan, S.Psi<sup>3</sup>  
Faculty of Psychology, Master of Professional Psychology, Persada Indonesia University YAI  
E-mail: Salwanafisa3@gmail.com<sup>1</sup>, hasnah98@gmail.com<sup>2</sup>, septycaanjas22@gmail.com<sup>3</sup>

### Abstract

*This study aims to determine the relationship between fear of missing out and social media addiction in students at the Islamic University of Riau. The hypothesis in this study is that there is a positive and significant relationship between fear of missing out and social media addiction in students at the Islamic University of Riau. Subjects in this study amounted to 100 people who are students with an age range of 19-25 years. Data collection uses a fear of missing out scale of 21 items and a social media addiction item. The analytical method used in this research is Spearman Rank Order correlation analysis. The results of statistical analysis obtained a correlation value of 0.264 ( $>0.05$ ) with a significance of 0.008 ( $p < 0.05$ ). The result of this study obtained a value of  $R = 0.304$  with  $p < 0.005$  which is 0.092, this indicates that there is a significant positive relationship between fear of missing out and social media addiction in students at the Islamic University of Riau. That is, the higher the addiction to social media, the higher the fear of missing out and vice versa. The effective contribution of the social media addiction provides and active contribution of 9.2% to the fear of missing out variable while the rest is influenced by other factors.*

**Keywords** fear of missing out, social media addiction, students.

### INTRODUCTION

Social Media is an internet-based application built on the basis of web 2.0 technology and ideology. Apart from that, social media can also be a place to exchange information. The digital era now provides various conveniences for its users, social media has become one of the ways to cut the communication distance between individuals. Social media users have now become a daily necessity where currently users carry out many daily activities through social media for effectiveness and time efficiency (Kaplan and Haenlein, 2010).

Statistical data for 2019 shows that the use of cyberspace in Indonesia in 2018 was 95.2 million, in 2021 it will grow 13.3% with 84 million users. This shows an average increase in usage of 10.2% in 2018-2023. In 2019, the level of internet users in Indonesia is estimated to grow 12.6% compared to 2018, namely to 107.2 million users (Databoks).

Meanwhile, internet use is at the level of social media users aged 16-64 years in Indonesia in 2020. As many as 94% of users in Indonesia used YouTube in the last month, this is the highest platform among others. Apart from that, most respondents were on WhatsApp (87.7%), Instagram (86.6%), Facebook (85.5%), Twitter (63.6%), Facebook Messenger (52.4%) and Line (44, 3%) latest data.

Social media or internet use in Indonesia is number five as the highest internet user in the world. The results of the APJII survey conducted by APJII Secretary General Henri Kasyfi Soemartono stated that Indonesian Internet users from 2019-2020 amounted to 73.7%, up from 64.8% in 2018. Meanwhile, from BPS (Central Statistics Agency) data in 2019 the usage up from 171 also with 73.7% in internet usage in Indonesia. In this case,



those who use the internet a lot on average are teenagers and students, where currently more activities and levels of education use the internet.

The negative effects experienced by social media addiction are that users experience stress and even depression (Karaburun, 2016). Apart from that, according to Young, Pistner, O'Mara and Buchanan (2000) there are several indicators of social media addiction which assume that social media is a way out of personal problems, not adapting to real life, withdrawing from life, insomnia, weight gain, and cannot prevent themselves from accessing social media even though they already know something they don't want.

Meanwhile, according to Kirik, Arslan, Cetinkaya, and Gul (2015), social media addiction is an activity that involves spending excessive time on social networking sites and the inability to control oneself in accessing these sites. There is no definite diagnosis in this statement. Therefore, it is very difficult to diagnose social media addiction in someone. This phenomenon can be seen from the initial survey via Google Form obtained by researchers on August 12, 2021, where 49 out of 72 respondents described feeling bored and also worried about socializing with friends who only communicated via smartphone.

These things can change with the use of social media, which is a condition of fear of missing out, such as the condition of wanting to keep up to date with what people are doing on social media, so that a feeling of anxiety arises where they want to keep checking and monitoring the excitement that other people are doing (Przbylski, et al 2013).

Using social media excessively can cause anxiety, confusion and emotional instability (Young, 2010). If you don't get what you want, this can be a reaction of discomfort, anxiety or restlessness within a person. One of the characteristics of FoMO is a feeling of fear when not being able to use social media continuously which can cause dependence or addiction to social media, apart from that, research has also found that social media addiction in students can experience a decline in learning (Al -Menayes, 2015; Zelvia, 2016).

This phenomenon was hotly discussed after JWT or Intelligence published a research report on FoMo in 2012. He stated that FoMO is a feeling of fear when you cannot get information from friends or other people who are doing more exciting activities than yourself. This is also a concern about being left behind by whatever new trends or styles are happening on social media.

In 2012, a survey by MyLife.com stated that 56% of individuals were afraid of missing moments, both important and up to date information, when they were away from social media networks (Azmil, 2013). Apart from that, research in America and England in 2012 stated that around 65% of teenagers had experienced the fear of missing a moment (JWTIntelligence, 2013).

*Fear of Missing Out* not driven by what is obtained but by what has been missed from the people around. Fear of Missing Out is an event that is currently developing and is a big factor in contributing to the existence of the Fear of Missing Out syndrome. This can be seen from how a person develops negative feelings and emotions caused by feelings of envy towards people's posts and lives on social media. This is in line with the Fear of Missing Out which is a trigger for doing things beyond normal limits when using social media. It's not just a fear of missing important moments on social media. However, there is a deliberate

intention to post pictures or write and tell stories about yourself, which does not necessarily mean there is honesty in posting for the sake of sensation on social media. (Department of Psychology, School of Social Sciences, in Anggraini, 2019).

## LITERATURE REVIEW

### Social Media Addiction

Social media addiction is a psychological disorder in which users can arouse pleasure, cause anxiety, temor, and can change mood, apart from that there are also affective disorders such as depression, difficulty adjusting, and in real life socializing decreases both in terms of quality and quantity (Nurmandia , 2013). Meanwhile, according to Sahin (2018), social media addiction is an individual who has spent his time surfing social media and has a desire to know everything quickly, this causes virtual tolerance, virtual communication and personal problems in him.

Social media addiction is a problem that is getting high attention in society, nowadays people access social media more easily and more often from smartphones, namely Smartphones, compared to the past (Sriwilia & Charoensukmongkol, 2016). Social media addiction is broadly a psychological dependence on social media which can interfere with other activities and have negative consequences (Moqbel & Kock, 2018). Meanwhile, according to Andreassen (2015), individuals who are addicted to social media use social media excessively so that negative things continue to affect health, sleep quality, relationships and well-being. Excessive social media users have been shown to have a positive relationship with depression (Kargaburun, 2016) as well as anxiety and stress (Budury, Fitriasaki & Khamida, 2019).

Social media addiction is a behavior that uses social media compulsively or excessively and has a negative side for the user both emotionally, physically and in the surrounding environment. Apart from that, users will feel dependent on social media which can continue to connect with one individual to another without having to face to face directly. According to Sahin (2018), there are four aspects of social media addiction, including: (virtual tolerance) occurs due to an increase in the need for users to continue connecting online on social media, (virtual communication) occurs due to a lack of communication skills in presenting themselves which is more choosing virtually, (virtual problem) occurs because of the comfort of escaping from the real world with what one wants, (virtual information) the need to find information that can be shared online on social media. Factors that influence social media addiction are psychological factors such as feelings of loneliness, lack of self-esteem, low self-esteem, depressive character, neuroticism and a person's level of optimism. Social factors include online interpersonal relationships, friendships and excessive social relationships. Technology use factors occur in the time spent accessing social media, online support, support in obtaining information, excessive technology, entertainment needs and devices used to access social media.



### ***Fear Of Missing Out(FOMO)***

*Fear of Missing Out(FoMO)* is a feeling of fear of losing a precious moment and not being able to use social media continuously which can cause dependence or addiction to social media between one individual and another (Przybylski et al, 2013). With the internet, people can exchange information quickly and precisely according to events (real-time) about activities, phenomena and information. Meanwhile, according to (JWTIntelligence, 2012) social anxiety is a development of technology and social media which causes the fear of missing out to increase.

*Fear of Missing Out(FoMO)* is a feeling of fear when you cannot get information from friends or others who are doing activities that are more exciting than yourself, thus giving rise to feelings of fear of missing out on moments, stress, if important moments are not known to both individuals and groups. Basically, determined social responses to social media can leave a comparison effect between individuals and the level of peace and happiness according to other people. Social media can find out other people's information about what is happening in their lives which is a self-reward and when other people can see it, this will be a translation in the form of happiness (Przybylski et al, 2013).

According to Przybylski et al (2013), there are two aspects of fear of missing out (FoMO), including: Unfulfillment of the psychological need for relatedness (the desire to continue to be connected with other people) is a desire to continue to be connected with other people, but if it is not fulfilled there will be relatedness. causes someone to feel worried and continue to want to know what other people are doing on social media. As well as not fulfilling the psychological desire for self, this is related to competence, a need that is inherent in a person when interacting in the environment and autonomy, an assessment when there is choice, support and encouragement that is connected to beginning with caring and ending with behavior.

As a result, there is a desire to continue to know information and moments on social media which makes a person emotionally afraid of missing out on the latest moments or trends. This fear can occur in all groups who use social media. FoMO will continue to experience rapid improvements with the continued development of social media. This is one of the symptoms of FoMO that will continue to develop among students and also influence social media addiction. At this time, there will be a feeling of wanting to stay up to date on what is the latest trend so that they are willing to forget about their own activities.

### **METHOD**

The research is quantitative research with a correlational approach, which is the type used to see whether or not there is a relationship between the dependent variable and the independent variable. The dependent variable is social media addiction, and the independent variable is fear of missing out. The sample in this research was all students at the Islamic University of Riau, a total of 13,529 active students for the last 3 years (2018, 2019, 2020) based on BAAk data from the Islamic University of Riau. By using the sampling technique that the researcher used was Non-Random Sampling.

The data collection method used in the research was by distributing information using a psychological scale, a fear of missing out scale and a social media addiction scale. This scale aims to see whether there is a relationship between fear of missing out and social media addiction. The research used is quantitative research and the method used is the product moment correlation analysis method.

## RESULTS AND DISCUSSION

**Table 1.** Normality Test Results

Variable	Signification	Information
Social Media Addiction	0.200 ( $p < 0.05$ )	Normal
Fear Of Missing Out	0.000 ( $p > 0.05$ )	Abnormal

The results of the normality test using the one sample Kolmogrov-Smirnov technique above show that the social media addiction variable has a significance value of 0.200 ( $p > 0.05$ ) and the fear of missing out variable has a significance value of 0.000 ( $p > 0.05$ ).

**Table 2.** Normality Test Results

Variable	Linearity (F)	Signification	Information
Social Media Addiction	10,848	0.002	Linearity
Fear of Missing Out			

From the linearity test, it was found that the deviation from linearity value for social media addiction was found to be an F value (deviation) of 10.848 with a p value = 0.002 ( $p > 0.05$ ) so we can conclude that social media addiction and fear of missing out are linear.

**Table 3.** Hypothesis Test Results

			KMS	FOMO
Spearman's rho	KMS	Correlation Coefficient	1,000	,264**
		Sig. (2-tailed)	.	,008
		N	100	100
	FOMO	Correlation Coefficient	,264**	1,000
		Sig. (2-tailed)	,008	.
		N	100	100

The hypothesis in this research is that there is a positive relationship between social media addiction and fear of missing out among students at Riau Islamic University. The results obtained after conducting a correlation test using the Pearson product moment correlation technique were a coefficient value ( $r$ ) = 0.264 with a significance value of 0.008 ( $p < 0.005$ ), which shows that the hypothesis was accepted, which means there is a significant





relationship between fear of missing out and social media addiction. in a positive direction. With this, it can be stated that the higher the social media addiction, the higher the fear of missing out on students.

The negative effects experienced by social media addiction are that users experience stress and even depression (Karaburun, 2016). Apart from that, according to Young, Pistner, O'Mara and Buchanan (2000) there are several indicators of social media addiction which assume that social media is a way out of personal problems, not adapting to real life, withdrawing from life, insomnia, weight gain, and cannot prevent themselves from accessing social media even though they already know something they don't want.

Using social media excessively can cause anxiety, confusion and emotional instability (Young, 2010). If you don't get what you want, this can be a reaction of discomfort, anxiety, or restlessness within a person. One of the characteristics of FoMO is a feeling of fear when not being able to use social media continuously which can cause dependence or addiction to social media, apart from that, research has also found that social media addiction in students can experience a decline in learning (Al -Menayes, 2015; Zelvia, 2016).

*FoMO* is part of Social Anxiety which has developed and all information can be obtained via the internet or social media. In this case, obtaining all information using social media without having to communicate face to face, so that with the internet, long distance communication is easier and more affordable (Abel, et al. 2016).

*Fear of Missing Out* not driven by what is obtained but by what has been missed by the people around. Fear of Missing Out is an event that is currently developing and is a big factor in contributing to the existence of the Fear of Missing Out syndrome. This can be seen from how a person develops negative feelings and emotions caused by feelings of envy towards people's posts and lives on social media. This is in line with the Fear of Missing Out which is a trigger for doing things beyond normal limits when using social media.

*Fear of Missing Out* (FoMO) is a cause when people experience fear when they cannot play gadgets, especially social media, repeatedly. Research conducted by (Ayu Pratiwi, Anggita Fazriani 2020) found that Fear of Missing Out was relevant between FoMO and social media addiction in teenage social media users at SMA Negeri 14 Tangerang district in 2019.

*Fear Of Missing Out* (FoMO) is a fear of not being able to use social media repeatedly which can cause dependence or addiction to social media (Przybylski et al, 2013). As a result, there is a desire to continue to know information and moments on social media which makes a person emotionally afraid of missing out on the latest moments or trends. This fear can occur in all groups who use social media. FoMO will continue to experience rapid improvements with the continued development of social media. This is one of the symptoms of FoMO that will continue to develop among students and also influence social media addiction. At this time, there will be a feeling of wanting to stay up to date on what is the latest trend so that they are willing to forget about their own activities.

In line with Timbung (2017), there is a relevant positive relationship between Instagram social media users and Satya Wacana Christian University students. Hariadi (2018) stated that if the level of FoMO is high, social media addiction will also be high, with

a positive correlation of 0.345 between FoMO and social media addiction among teenage students at MAN Surabaya. This incident is also in line with Halimah's (2019) research regarding the relationship between FoMO and social media addiction among students who use Instagram at Bandung Islamic University with a Spearman correlation of 0.425. If there is a high level of FoMO in students, there is also a high tendency to experience addiction to social media. Azmi (2019) stated that there is a relationship between FoMO and social media addiction in students with a correlation of 0.314 with FoMO's contribution to social media addiction being 9.84%, the remainder being influenced by other variables.

## CONCLUSION

According to the results of the research that has been conducted, the conclusion is that there is a relationship between fear of missing out and social media addiction among students at Riau Islamic University. The direction shown in this research is that social media addiction has a positive direction towards the fear of missing out, which means that if social media addiction is high then the fear of missing out will be even higher.

## REFERENCES

- Abel, J. P., Buff, C., & Burr, S. (2016). Social Media and Fear of Missing Out: Scale Development and Asesment. *Journal of Business & Economics Research (JBER)*14(1),33-44. <https://doi.org/10.19030/jber.v14i1.9554>
- Al-Menayes, (2015) The Fear Of Missing Out Scale: Validation of the Arabic version and correlation with social media addiction. *International Journal* doi:10.5923/j.ijab.20160602.04
- Alwisol. (2014). Psikologi Kepribadian. Malang. UMM Press (Edisi Keduabelas)
- Asosiasi Penyelenggara Jasa Internet Indonesia (APJII). (2014). Profil Pengguna Internet Indonesia 2014. Jakarta: Penerbit Pusat Kajian Komunikasi Universitas Indonesia
- Asosiasi Penyelenggara Jasa Internet Indonesia (APJII). (2016). Infografis Penetrasi dan Perilaku Pengguna Internet Indonesia 2016. Jakarta: Penerbit Polling Indonesia.
- Azmi, Neli. (2019). Hubungan Antara Fear Of Missing Out Dengan Kecanduan Media Sosial Pada Mahasiswa. Skripsi. Universitas Islam Negeri Suska Riau.
- Azmil, F. (2013, Juli 11). 56 Persen pengguna jejaring sosial terkena FOMO. Diambil kembali dari Merdeka.com: <http://www.merdeka.com/teknologi/56-persen-pengguna-jejaring-sosialterkena-fomo.html>
- Azwar, Saifudin., (2010). Penyusunan Skala Psikologi. Yogyakarta: Pustaka Pelajar
- Budury, S., Fitriasari, A., Khamida. (2019). Penggunaan media sosial terhadap kejadian depresi, kecemasan, dan stres pada mahasiswa. *Bali Medika Jurnal*, 6(2), 214-217.
- Halimah, Lilim, Andi Intan Dwita Putri. (2019). Hubungan Fear Of Missing Out dengan Adiksi Media Sosial Pada Mahasiswa Pengguna Instagram Di Universitas Islam Bandung. *Jurnal*. Vol.5 No.2.
- Hariadi, Aisyah Firdaus. (2018). Hubungan antara Fear Of Missing Out dengan Kecanduan Media Sosial Intagram. Skripsi, Surabaya: Universitas Islam Negeri Sunan Ampel Surabaya.



- Hou, Y., Xiong, D., Jiang, T., Song, L., & Wang, Q. (2019). Social Media Addiction: Its Impact, Meditation, and Interversion. *Cyberpsychology: Journal of Psychosocial*
- Lidwina, Andrea (2021, Februari 17) 94% Orang Indonesia Akses Youtube Dalam Satu Bulan Terakhir. Databoks. <https://databoks.katadata.co.id/datapublish/2021/02/17/94-orang-indonesia-akses-youtube-dalam-satu-bulan-terakhir> di akses senin 8 november 2021 11:05
- Riyanto, Putri Galuh (2021, Februari 23). Jumlah Penggunaan Internet Indonesia 2021 Tembus 202 Juta. Kompas.com <https://tekno.kompas.com/read/2021/02/23/16100057/jumlah-pengguna-internet-indonesia-2021-tembus-202-juta> 12. 12 oktober 2021
- Irso, (2020, November 09). Survei Penetrasi Pengguna Internet Di Indonesia Bagian Penting Dari Transformasi Digital. Kominfo.go.id [https://www.kominfo.go.id/content/detail/30653/dirjen-ppi-survei-penetrasi-pengguna-internet-di-indonesia-bagian-penting-dari-transformasi-digital/0/berita\\_satker](https://www.kominfo.go.id/content/detail/30653/dirjen-ppi-survei-penetrasi-pengguna-internet-di-indonesia-bagian-penting-dari-transformasi-digital/0/berita_satker) di akses senin 8 november 2021 10:58
- JWT (2012). Fear of Missing Out (FoMO), March 2012. [http://www.jwtintelligence.com/wpcontent/uploads/2012/03/F\\_JWT\\_FOMO-update\\_3.21.12.pdf](http://www.jwtintelligence.com/wpcontent/uploads/2012/03/F_JWT_FOMO-update_3.21.12.pdf). Diakses pada tanggal 2 November 2021.
- JWTIntelligence. (2013). Fear of Missing Out (FOMO) : March 2012 Update . New York: JWTIntelligence.
- Kaplan, Andreas M. & Haenlein, Michael. (2010). User of the world, unite! The challenges and opportunities of Social Media. *Business Horizons* 53, 59-68.
- Kirik, A.M., Arslan, A., Cetinkaya, A., Gul, M (2015) A quantitative research on the level of sosial media addiction among young people in Turkey. *International Journal of Science Culture and Sport (IntJSCS)*, 3(3)
- Kucaburun, Kagan. (2016). Self-Esteem, Daily Internet Use and Social Media Addiction as Predictors of Depression among Turkish Adolescents. *Journal of Education and Practice* Vol. 7, No.24
- Nurmandia, H., Wigati, D., & Masluchah, L., (2013). Hubungan Antara Kemampuan Sosialisasi Dengan Kecanduan Jejaring Sosial. *Jurnal Penelitian Psikologi*. Vol 04 No. 2.
- Pratiwi, Ayu, Anggita Fazriani. (2020). Hubungan Antara Fear Of Missing Out (FOMO) Dengan Kecanduan Media Sosial Pada Remaja Pengguna Media Sosial. *Jurnal Kesehatan*. Vol.9 No.1
- 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*.
- Santoso, (2010). *Mastering SPSS 18*. Jakarta: PT Elex Media Komputindo.
- Soemartono, Henri., (2018). *Bulletin APJII*. Jakarta. Edisi 22
- Subana, M., Sudrajat, (2011), *Dasar – Dasar Penelitian Ilmiah*, Bandung: Pustaka Setia.
- Sugiyono., (2013). *Metode penelitian Kuantitatif & Kualitatif R&D*: Bandung. Alfabeta



- Swar, Bobby & Hammed, Tahir. (2017). Fear of Missing Out, Social Media Engagement, Smartphone Addiction and Distraction: Moderating Role of Self-Help Mobile Apps-based Interventions in the Youth. In Proceeding of the 10th International Joint Conference on Biomedical Engineering Systems and Technologies (BIOSTEC 2017).
- Swastika, Rury Indah & Lukitaningsih, Retno. (2015). Penerapan Strategi Pengelolaan Diri (Self-Management) Untuk Mengurangi Kecanduan Media Sosial Pada Siswa Kelas XI SMAN 1 Pandan. Bimbingan dan Konseling.
- Syamsodin, Wydia Khistiany Putriny., Bidjuni, Hendro & Wowiling, Ferdinand, (2015). Hubungan Dyrasi Penggunaan Media Sosial Dengan Kejadian Insomnia Pada Remaja Di SMA Negri 9 Manado. Ejouenal Keperawatan (e-Kp) Volume 3. Nomor 1.
- Thakkar, V. (2006). Psychological disorder :addiction. New York: Chealsea House Publisher
- Timbung, Alberthus Antonius PL. (2017). Hubungan Antara Fear Of Missing Out Dengan Intesitas Penggunaan Media Sosial Instagram Pada Mahasiswa Di Universitas Kristen Satya Wacana. Skripsi. Universitas Kristen Satya Wacana
- Young & C. A. Abreu (Eds). (2010) Internet Addiction: A Handbook and Duide to Evaluation and Treatment. New Jesey: John Wiley & Sons,Inc.
- Young, K., Pistner, M., O'Mara, J., & Buchanan, J. (2000). CyberDisoeders: The Mental Health Concern for th New Millenium. Cyber Psychology & Behavior. 3(5), 475-479
- Young, K.S & Abreu, C.N (2017). Kecanduan Internet panduan konseling dan petunjuk untuk evaluasi dan penanganan. Diterjemahkan oleh: Soetjipto, H.P & Soetjipto, S.M Yogyakarta: Pustaka Pelajar.)
- Zelfia. (2016). Dampak Kecanduan Media Sosial Pada Hasil Belajar. Ak-Munzir Vol. 9 No.2

