

A study on FOMO and social media usage among adults & adolescents

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Abstract

Objectives – Latest modern technology smartphones and their applications are crucial for fostering interpersonal relationships, expressing emotions, sharing knowledge, and advancing humankind. Social media usage among young people is growing exponentially, raising widespread concerns about their propensity for negative behaviour. However, the drawbacks of such devices can cause users to experience FOMO, or the fear of missing out, which can have detrimental effects on one's physical, social, and mental well-being.

Methods – The team has taken up a small survey using Google forms to identify the differences in young people's social media and (FOMO) levels. Data was collected using a quantitative method, and the Chi-square test method was used to examine it. We have taken a sample of 100 people in which, 50 of whom were adolescents, while the remaining 50 were young adults. In a survey, a researcher needs to get the proper response from everyone who is part of their research. The form consisted of 18 questions based on basic observation and some are on a Likert scale.

Result - The result of this study is that the rate of usage of social media is very high (more than 7 hours a day), and it is also degrading the mental health of young minds. The study also shows notable differences in how young people use social media and deal with

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FOMO. 44% of people thought that it also affects mental health and reduces brain power because of different rays or energies. It also affects the behavior of the person if the person uses social media, so their brain is not working properly.

Conclusion - Young and adolescent users of cell phones may become overly dependent on them, leading them to follow others' leads and respond excessively to their behaviour.

The obtained findings reveal that the young generation is updating their status and have been seen too much online. They miss social gatherings and reunions at the university or school also.

Subject Classification: M50.

Keywords: Smartphones, Technology, FOMO, Mental health, Knowledge, Young & adolescents, Social media.

Introduction

Addiction is the term used to describe any compulsive activity that has a negative impact on our physical, emotional, mental, and social health. When someone is addicted to something, they feel compelled to engage in it repeatedly without considering the adverse effects. It eventually interferes with our other critical daily activities. Relationships, research, for instance, working, etc. In that context, a social media addict uses it excessively. And obsessively utilizes any social media platform to the point where they distance themselves from the real world. This causes a wide range of problems in their life. Additionally, it becomes challenging to identify that when a love of a hobby becomes an addiction, some significant adverse effects of social media on society result from online bullying.

In contrast, fraud, cybercrimes, security issues hacking, addiction and scams, reputational risk, infidelity, issues related to relationship and social media challenges contribute to the glamorization of drugs and alcohol, and death. However, many researchers also talked about the advantages of social media use because it promotes connectivity. Conveys knowledge, which provides information and updates, aids in advancing good causes, and encourages raising public awareness of the issue, working with government authorities to combat crime, and constructing communities.

Social media has a number of significant negative effects on society (Ahmad, 2016). The glamorization of drugs and alcohol on social media, cyber bullying or cybercrimes, fraud and scams, addiction, hacking, security worries, reputational concerns, cheating and relationship problems, health concerns, and the promotion of security concerns are a few of them. However, Ahmad et. al., (2016) are focusing on the benefits of

utilizing social media, as how it is fosters community building, stimulates education, provides news and information, advances good causes, raises public awareness, and supports government organizations' attempts to combat crime.

The Social Sciences and Humanities Journal, an investigation of social media use and FOMO (FOMO) A person with internet addiction disorder engages in compulsive online shopping, is unable to resist checking Facebook, Instagram, or WhatsApp notifications, and spends an excessive amount of time each day in front of a computer, which hurts their health, relationships, employment, and academic performance. It may be a clue that you are battling this addiction if any of the above problems are causing you difficulty.

A psychological issue known as FOMO is a syndrome with perfect mental health (Classen, 2018). FOMO is more than just being anxious about the upcoming hot date or a casual night out. Loss aversion in economics and call theory help to explain some aspects of the scientific field of FOMO.

When someone experiences FOMO, he may feel more concerned or nervous since they missed out on social activities or weren't invited in the first place. Most users of social media networking sites like WhatsApp, Snapchat, Facebook, Instagram, and others may occasionally experience an aggravation of their FOMO symptoms.

Literature Review

Authors Name	Year	Statement
Reyes	2018	"Problematic Internet usage by Filipinos includes FOMO, SMU, and SMU. In total, 1,060 Filipinos participated in an experiment that included three measures of FOMO: the Social Networking Time Use Scale (PONTUS), the Internet Addiction Test (IAT), and the FOMO scale. The findings revealed that FOMO is particularly related to both problematic internet use and social media use and that FOMO can predict both of these types of abuse.
Gosain Prerna, Yadav Kanchan	2020	"FOMO foresees problems with using social networking sites, which have been linked to social media addiction."

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Hussain & Pontes	2018	"Explicit personality trait disorders and features as it is psychologically connected with personality disorders would result from increased use of technology addiction."
Salamat et. al.	2016	"FOMO is a significant factor affecting Instagram users' self-reflection and self-esteem."
Liu & Potenza	2017	"Internet addiction (IA), also known as problematic internet use (PIU), is the delinquent use of the internet that leads to significant psychosocial and functional devastation and is not explained by a basic psychiatric disease like mania or the psychological effects of a substance."
Kircaburun & Griffiths	2018	"Students with various personalities and personal traits displayed varying degrees of Instagram addiction."
Giagkou'	2018	"The methods people use to add friends or connections on Facebook, as well as whether they cull and drive, alter over time."
Jelenchick' et. al.	2016	"Internet use is unsafe, reckless, or hasty in the real world and leads to undesirable life results, primarily physical, psychological, civil, or practical incapacity."
Chotpitayasunondh & Douglas	2016	"The hypothesis of social selection postulates that issues with emotional stability at lower level have a detrimental impact on people's use of social media or aspects of their social media status, such as stressful life events."
Naren et. al.	2016	"FOMO is a socio-psychological syndrome that is highly susceptible to the Internet. Use could result in internet dependence."
Lindsay Roberts and Jason prose	2014	"The findings revealed that social media users have lower level of self-esteem, and this was mediated by more experience to positive comparisons in socitey on social media."

Objectives of research

This study aims to look into how young people's FOMO is affected by their use of social media. Due to this, the objectives to complete the previously specified goal are to examine the:

- Different ways that young people use social media and FOMO (adolescents & young adults).
- Consequences on adolescents of social media usage.
- Consequences on young adults of social media usage.
- Consequences of FOMO on adolescents.
- Consequences of FOMO on young adults.

Research methodology

- Analyze the influence of Social Media Usage and FOMO.
- Primary and Secondary sources.
- Primary Data – Structured Questionnaire.
- Three variables are social media FOMO & Age group.
- Dependent variables: social media & FOMO.
- Independent Variables: Age group of youngsters (young adults & adolescents).
- Age Group
 - Adolescents (13-17).
 - Young Adults (18-25).

Research hypothesis:

HO1: Significant difference level between youngsters on FOMO.

HO2: Considerable variation in young people's use of social media.

Research design:

50 teenagers in classes XI and XII at Krishna Vidya Niketan School, Ghaziabad, between the age group of 13 to 17, were selected as part of a sample of 100 students from various age groups. A second part of the study was carried out on 50 young adults from the KIET Group of Institutions, Ghaziabad, at the graduate and postgraduate levels. They ranged in age from 18 to 25. For the sampling study, a sample of both male and female students was selected.

Data collection technique:

- Data was collected through a tool framed by Przybylski et. al., in 2013 for FOMO.
- For social media usage, two parameters were fixed : a). Everyday time is spent in hours in socializing, b) Frequency of visiting social sites in a day (number of times).

Description of the tool:

- The Przybylski et. al. -developed FOMOs tool consists of 10 items that are rated on a Likert scale from 5-1, "from very true to Not at all true of me."
- Respondents were instructed in Google form before filling out the form.
- Average of Scores of all items, reliability was $\alpha=0.87$ to 0.90.
- From this score degree of FOMO was interpreted.
- Statistical techniques like mean, standard deviation, and -test were used to obtain values.

Data analysis and interpretation

A structured questionnaire was framed, and data was collected through Google forms In this research, a sample of 100 people was taken from groups i.e., 13-17 years and 18-25 years - Table 1.

Table 1

Sample distribution based on age

AGE IN YEARS	NUMBERS	PERCENTAGE
ADOLESCENTS 13-17	50	100
YOUNG ADULTS 18-25	50	100

Table 2

Fomo activity among young people

AGE- GROUPS	HIGH (%)	LOW (%)
Adolescents	54	40
Young Adults	30	64

Table 2 shows that there is a high level of FOMO in comparison to youngsters. Maybe due to the age factor their emotions react differently they are much more concerned about their importance among their friends that's why feel more FOMO than adults.

Table 3
Mean, Standard Deviation and t-value

GROUPS	N	MEAN	SD	S. ED	DF	t
Adolescents	50	3.33 (M1)	0.97(S1)	0.0172	98	P<01
Young Adults	50	2.54 (M2)	0.70(S2)			P<05

From the above Table 3, the value was calculated as P<01 for ADOLESCENTS and P<05 for the YOUNG ADULTS. The t-value calculated is 6.79 which was found to be significant at both levels. It was clear from the provided data that adolescents scored significantly higher on FOMO than young adults.

Table 4
Responses of respondents

Daily time spent on online social networking sites (in hours)	1-3 hrs	4-6 hrs	7 hrs & above	Recurrence of daily visits to online life profiles (in times)	1-3 times	6-10 Times	11-20 times
Adolescents	32%	34%	34%	ADOLESCENTS	26%	16%	58%
Young Adults	32%	60%	8%	YOUNG ADULTS	36%	36%	28%

From the above Table 4, the value was calculated that adolescents are spending more time on web-based networking as compared to young adults.

Table 5
Level of social media usage mean scores for youngsters

Time spent on online social networking sites on daily basis in hrs.	1-3 (hrs) Low	Above 7hrs & Above i.e high	Recurrence of daily visits to online life profiles (in times)	3-5 times (low)	11-20 times (high)
Mean of adolescents	0.32	0.34	Mean of adolescents	0.26	0.58
Mean of young adults	0.32	0.08	Mean of young adults	0.36	0.28

From the above Table 5, the value was calculated that the MEAN OF ADOLESCENTS is higher as compared to the MEAN OF YOUNG ADULTS.

Table 6
Mean, SD, and t-value on social media usage among youngsters

GROUPS	N	MEAN	S.D.	S.ED.	DF	t
Adolescents	50	0.33	0.1931	0.00394	98	2.53
Young Adults	50	0.32	0.1939			P<0.05

From the above Table 6, the value was calculated that the T value is 2.53 in adolescents and P<0.05 in young adults. The calculated t value is 2.53 at a 95% significant level and it has been noticed that adolescents scored high level of FOMO as compared to young adults.

Findings

H01: When it comes to FOMO, there will be a big difference amongst young people.

- The values at 99% and 95% levels were found significantly different among young adults and adolescents on the level of FOMO.
- Mean Values for Adolescents and Young Adults show a different level of FOMO.

As a result, it can be concluded that H01 is valid and that the level of FOMO is significantly influenced by age.

H02: When it comes to using social media, there will be big differences between young people.

The above outcome shows both groups hold different scores on the level of Social Media Usage.

Therefore, H02 is accepted and it can be said that age impacts on the level of FOMO.

Conclusion

Young and adolescent users of cell phones may become overly dependent on them, leading them to follow others' lead and respond excessively to their behavior. A strong correlation was found between FOMO and the frequent use of social media like Snapchat, Facebook, Instagram, & YouTube. Smartphones play a significant role in communication as they become a symbol of civilization and connection among human beings. FOMO is one of the factors that can affect the reactions, behavior, and responses of adolescents and young adults. In the survey, young adults have experienced a moderate level of FOMO, whereas adolescents are affected at a high level.

From the study relationship between FOMO and social media, usage has been identified, and how they are affecting adolescents, and young adults have been noticed. It has been seen that FOMO can negatively influence learning and attention during classes, regardless of the subject they are studying or their background in college. Adolescents and young adults are concerned that this phenomenon is distracting them from their studies and also affecting their ability to perform tasks and obtain good marks. The obtained findings reveal that the young generation engages themselves in updating their status and has been seen too much online. FOMO of young people's use of social media calls for rigorous action from family and friends because they miss out on social gatherings and reunions at school or university as well.

From the given points, it can be concluded that there is a significant level of difference between adolescents and youngsters regarding FOMO and social media usage.

Workshops at the national and global levels are recommended, with collaborative efforts of universities, colleges, academic administrators, and mobile companies should be organized to solve the growth of this phenomenon.

Limitations of study

1. With only 100 participants in the study's sample, it was challenging to identify a significant association between the variables.
2. Data was not analyzed on a gender base; otherwise, gender-specific interpretations of the survey could have solved many issues which can make the study more influential.
3. In the study age level of adolescents was taken from 13 to 17 years, which can be taken as 10-19 years; young adults were taken from 18-25 years which can be taken as 18 to 30 years, which is the ideal age for our study.
4. Zonal area was taken from a small size of the entire region.

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