

Effect Of Fear Of Missing Out (FOMO) On Different Personality Types And Loneliness Among Young Adults

Vrinda Azad^{1*}, Dr Meenakshi Singh²

^{1*}MA clinical psychology, Amity University Uttar Pradesh, Noida

²Assistant Professor I, Amity University Uttar Pradesh, Noida

ABSTRACT

As part of this study, we look at the way fear of missing out is linked to young people feeling alone. "Fear of missing out" refers to the worry and fear that people feel when they think they will miss out on fun social activities. on the other hand, loneliness is the bad feeling that comes from being alone and unhappy with your social ties. the point of this study is to find out if millennials' fear of missing out is linked to them feeling more alone. we will carefully look over all the literature that is out there, including both actual study and theoretical theories, in order to better understand the processes and parts that make up this link. this study aims to learn more about the two-way relationship between fear of missing out and loneliness by looking for possible factors and mediators. the study will also look at how loneliness and affect how much people use social media. these study results are very important for helping us understand how young people's mental health is affected by living in a modern, digitally connected world. the results of this study on fear of missing out and loneliness will help researchers come up with treatments and activities that will help these issues and get young people to interact with each other more.

Keywords: Fear of Missing Out, Loneliness, Young Adults, social media, Social Connectedness, Psychological Well-Being.

CHAPTER-1 INTRODUCTION

Fear of missing out has taken a new shape in today's hyper-connected world, where individuals are constantly updated on the experiences and insights of their online friends via various social media sites. This psychological phenomenon is particularly prevalent among younger generations. When individuals worry, they won't have the chance to take part in or profit from enjoyable social interactions or activities, it may be a debilitating concern known as "Fear of Missing Out". At its core, this anxiety stems from a drive to keep connections alive, be an active member in group activities, and to prevent feeling excluded.

Young people are particularly susceptible to feelings of loneliness while they are navigating the complexities of interpersonal interactions and the transition into adulthood. A person's subjective feelings of being understood or removed from others, as well as their dissatisfaction with their social bonds and social isolation, constitute the core of loneliness. Because of this distressing emotional state, a person's physical and mental well-being may deteriorate.

The link between fear of missing out and feelings of isolation among young people has received considerable attention in psychological research. Loneliness and fear of missing out are related but distinct concepts that may interact with one another. Fear of missing out may make people feel even more socially inadequate or lonely, which can lead them to seek constant approval and comparison. Conversely, being lonely can trigger fear of missing out, which would cause individuals to continually check in with their friends and acquaintances. By looking at the link between fear of missing out and isolation, we may learn more about the consequences of the digital age on young people's mental health. (Przybylski, 2013)

CHAPTER-2 REVIEW OF LITERATURE

(Huyh Van, 2022) A new disorder called fear of missing out has emerged as a result of the massive expansion of the internet in the last few years. With the present COVID-19 pandemic, its frequency is particularly on the rise. Using two different degrees of fear of missing out, this study aimed to determine if there is a correlation between fear of missing out & loneliness and, if so, what factors contribute to the development of loneliness. Undergraduates from three separate universities in Vietnam submitted 354 responses, but only 349 were deemed relevant for further study. The study's findings revealed a link between fear of missing out and loneliness, with fear of missing out's individual and group aspects acting as indicators of social exclusion. Scientists hope these findings will help us better understand and treat mental diseases and psychological processes.

(Yaseen (2021)) Social media networks (SNS) were once created to be a way for people to connect and have fun, but now younger generations are addicted to their phones and the internet. In spite of the fact that phones and other electronic gadgets are meant to make human interactions easier, they are really getting in the way here. A technology that was meant to bring people together has, instead, made things more divided. Thus, the purpose of this research was to examine how millennials cope with feelings of loneliness, fear of missing out, and phubbing. Gathering data from 400 Millennials (170 men using 230 females) residing in the city of Multan, Pakistan, this study used a cross-sectional research design using a survey technique. The data was collected using a simple and fast sampling procedure. Los Angeles (UCLA) State University The factors of interest were measured using the It Scale, the Loneliness scale, Third Edition, and the Fear of Missing Scale. This study's results showed a positive relationship between phubbing behavior, feelings of social isolation, and fear of missing out among today's youth. Using a regression analysis, we looked at how social isolation and fear of missing out affected phubbing behavior. It was shown that solitude has less of an effect on phubbing than fear of missing out. Findings on the gender relationship in this study on phubbing, fear of missing out, and loneliness were likewise derived via the t-test. Phubbing is more prevalent among women than males, the study found, perhaps because to the higher rates of loneliness experienced by women. Furthermore, the data demonstrated that the sexes do not vary with regard to fear of missing out. As a result, phubbing affects genders equally. Our research led us to the conclusion that "plumbing" is an intricate yet underappreciated concept in Pakistan. At the end of the day, the results of the current research added to what is already known about the topic and helped pinpoint and eradicate the harmful behavior.

(Ouyang 2023) Those who suffer from fear of missing out worry that they will not be able to partake in enjoyable activities that other people are taking advantage of. some have pointed to fear of missing out as a negative consequence of social media's meteoric ascent. still, nobody knows where fear of missing out comes from in the brain. using rs-eeG topology, we surveyed 113 young individuals about their feelings of fear of missing out, as well as their levels of loneliness and problematic social media usage. we then theorized a model to account for the correlation between fear of missing out and topology. Significantly, the association between alpha-band Kappa and fear of missing out was mitigated by loneliness and problematic use of social networking sites. Multiple mediation studies shown a sequential relationship between social media addiction and feelings of loneliness.

CHAPTER 3

METHODOLOGY

AIM OF THE STUDY

The purpose of the study was to examine the impact of fear of missing out on different personality traits and loneliness among young adults.

VARIABLE OF THE STUDY

Independent Variable

Fear of missing out: Fear of Missing Out (FOMO) is a common worry, especially among young people, because of how common social media and digital communication are. FOMO is the fear of missing out on pleasant experiences that others may be having. It can cause anxiety, loneliness, and feelings of inadequacy. The purpose of this study is to look at how young adults' loneliness and various personality types are affected by FOMO.

Dependent Variables

Personality: Personality is a multi-dimensional quality that includes one's distinct way of thinking, feeling, and behaving. What sets one person apart from another is the culmination of their unique traits. Psychologists define personality as a persistent pattern of behavior, thoughts, and emotions that stay largely stable over time and across settings, though there are many different ways to define it.

Loneliness: The term "loneliness" describes a person's subjective sense of social disconnection, social isolation, or the absence of significant social connections. It is characterized by emotions of emptiness, loneliness, and a need for company or emotional support. Even when you're surrounded by people, loneliness can still happen. It's influenced by things like social relationships, emotional control, and individual variances in attachment style and personality. The dependent variable in this study is loneliness, which represents the degree of emotional pain and perceived social isolation that young adults feel, as influenced by their spirituality.

OBJECTIVES

- To examine the impact of fear of missing out on different personality traits among young adults.
- To examine the impact of fear of missing out on loneliness among young adults.

HYPOTHESIS

- There is no significant impact of fear of missing out on different personality traits among young adults.

- There is no significant impact of fear of missing out on loneliness among young adults.

PARTICIPANTS OF THE STUDY

Purposive sampling has been used to select 102 people from the sample, including both male and female participants. The majority of the sample's members are in the 18–25 age range.

DATA COLLECTION INSTRUMENTS

The "**Fear of Missing Out Scale, Big Five Inventory, and UCLA Loneliness Scale**" measures and demographic form were used in this study to collect data.

DATA COLLECTION PROCEDURE

Three questionnaires were used to collect the data: the "**UCLA Loneliness Scale, the Big Five Inventory, and the Fear of Missing Out Scale**". Following an explanation of the study's objectives, participants will be asked to participate and given a packet of questionnaires with details about the study, privacy issues, the researcher's contact information, and other measurements. It will take ten minutes to go over the instruments. The participants of the study were the college students aged between 18-25 years, who were pursuing graduate and post-graduation courses.

STATISTICAL ANALYSIS

Regression analysis was used in the study with the use of SPSS software.

CHAPTER 4 RESULT & DISCUSSION

The study's findings about the effects of fear of missing out (fear of missing out) on various personality types and how it relates to loneliness in young adults are presented in the section that follows. The purpose of the study was to investigate if loneliness is correlated with fear of missing out and how people with different personality types experience it. This section explores the relationship among loneliness, personality types, and fear of missing out through the analysis of survey data, providing insight into the complex interactions among these variables among young adults.

Table1: Descriptive Statistics of All Variables

	<i>Fear of missing out</i>	<i>Extraversion</i>	<i>Agreeableness:</i>	<i>Conscientiousness</i>	<i>Neuroticism</i>	<i>Openness</i>	<i>Loneliness</i>
Mean	30.19608	24.78431	25.16667	31.51961	25.2549	35.23529	30.37255
Standard Deviation	6.388479	4.681177	4.963397	6.079881	5.026044	6.862405	10.21736
Count	102	102	102	102	102	102	102

The descriptive statistics of seven variables—extraversion, agreeableness, conscientiousness, neuroticism, openness, as well as loneliness—are displayed in the table. The average level of fear of missing out (Fear of missing out) among the participants is shown by the mean Fear of missing out score of 30.20. The 6.39 standard deviation indicates that there is a moderate degree of variation in the participants' Fear of missing out scores. The average extraversion score of the participants is 24.78, with a standard deviation of 4.68. This suggests that there is moderate diversity in the participants' extraversion scores. The average participant's agreeableness score is 25.17, with a standard deviation of 4.96. This suggests that there is moderate variation in the participants' agreeableness ratings. The average participant score for conscientiousness is very high, with a significant degree of variability in scores. The mean score for conscientiousness is 31.52, with a standard deviation of 6.08. With a mean score of 25.25 and a standard deviation of 5.03 for neuroticism, participants generally have relatively low levels of neuroticism and moderately wide score variability. With a mean score of 35.24 and a standard deviation of 6.86 for openness, individuals generally have fairly high openness scores with moderately large score variability. In comparison to other variables, loneliness has a higher degree of variability in scores, with an average mean score of 30.37 and a standard deviation of 10.22, suggesting that individuals experience a moderate level of loneliness on average.

In general, the individuals had fairly high average scores for extraversion, agreeableness, conscientiousness, and openness, and moderately low average scores for neuroticism. The scores for fear of missing out were moderate. However, there was a considerable variation in the participants' loneliness scores.

DISCUSSION

The purpose of this research was to examine young people's feelings of isolation and how their personality attributes relate to their fear of missing out. This study's results provide important insight into the ways in which fear of missing out influences several personality qualities and, by extension, loneliness.

With a mean score of 30.20 and a standard deviation of 6.39, descriptive statistics showed that participants' fear of missing out scores were moderate. According to the participants, their levels of neuroticism were somewhat low, but their levels of agreeableness, conscientiousness, openness, and extraversion were high. The mean loneliness score was 30.37, with a standard deviation of 10.22, indicating a high degree of heterogeneity.

Using regression analysis, we looked at how fear of missing out affected several character attributes. Among young individuals, the findings demonstrated that fear of missing out substantially affected extraversion. On the other hand, agreeableness, conscientiousness, neuroticism, and openness were unaffected by fear of missing out.

It is worth noting that among young individuals, fear of missing out significantly influenced loneliness. According to the results of the regression analysis, there is a robust positive correlation between fear of missing out and loneliness, suggesting that young people who suffer from more fear of missing out also report greater loneliness.

Sindermann (2021) previously studied the connection between fear of missing out, personality attributes, and age and gender variations; her results are in line with these findings. Sindermann discovered a significant correlation between neuroticism and fear of missing out, and that younger people often had greater degrees of fear of missing out. Conversely, fear of missing out was inversely related to agreeableness, conscientiousness, openness to experience, and extraversion.

Ultimately, the research emphasizes the significance of fear of missing out on character attributes and its connection to isolation among young people. For the sake of young people's mental health in today's hyper-connected and digital environment, it is essential to comprehend these connections.

CHAPTER 5 CONCLUSION

The purpose of the study was to look at the connections between young adults' loneliness, personality qualities, and fear of missing out (FoMO). Below is a summary of the regression analysis results:

Among young adults, the regression analysis showed a strong influence of fear of missing out upon the extraversion personality characteristic. This suggests that extraversion is strongly influenced by fear of missing out. The regression analysis did not reveal a statistically significant effect of fear of missing out on young people's agreeableness personality trait. Therefore, agreeableness is not greatly impacted by fear of missing out. The regression study did not discover a statistically significant relationship between fear of missing out and young people's conscientiousness personality trait. Therefore, conscientiousness is not greatly impacted by fear of missing out. According to the regression study, young adults' neuroticism personality trait is not significantly impacted by their fear of missing out. According to the regression study, young adults' openness personality trait is not substantially impacted by their fear of missing out. The results of the regression analysis showed that fear of missing out has a major influence on young people's loneliness personality characteristic. This implies that loneliness is greatly influenced by fear of missing out.

In conclusion, among young individuals, loneliness and extraversion are significantly impacted by fear of missing out. On the other hand, it has no discernible effect on neuroticism, openness, conscientiousness, or agreeableness. These results emphasize how critical it is to comprehend the ways in which young adults' well-being and personalities are impacted by fear of missing out. To get a more complex picture of how fear of missing out affects the lives of young adults, subsequent research might examine other variables that can mitigate or mediate these correlations.

RECOMMENDATIONS

Develop Interventions: It is advised to create treatments targeted at alleviating fear of missing out (FoMO) and lessening feelings of loneliness because of the substantial influence FoMO has upon the loneliness in young adults. To help people deal with and lessen their fear of missing out, these interventions can include social skills training, cognitive-behavioral therapy, and mindfulness-based techniques.

Increase Knowledge: Raising attention about FoMO and its effects on loneliness could be accomplished by teaching young individuals about the possible drawbacks of extensive social media use and online comparison shopping.

Promote Healthy Social Media Use: Limiting the amount of time young people spend on social media, providing regular breaks from it, and emphasizing in-person social relationships can all help mitigate feelings of loneliness and FoMO.

Additional Research: To better understand the fundamental mechanisms of the association between loneliness and FoMO, as well as to find additional factors that might mediate or regulate this relationship, more research is required.

LIMITATIONS OF THE STUDY

Sample Characteristics: Because the study sample only included young individuals, it could not be entirely typical of the broader community. To improve the generalizability of the results, people from various age groups & cultural backgrounds should be included in future research.

Measurement problems: Response bias and social desirability bias may have been introduced into the study by using self-report measures for personality characteristics and fear of missing out.

Cross-sectional Design: The study's cross-sectional design makes it more difficult to determine the causes of loneliness and FOMO. To investigate the directional nature of this link across time, longitudinal research is required.

Other Confounding Variables: Social support, self-esteem, & psychological well-being are a few other variables that could potentially affect the association between loneliness and FOMO. These variables were not taken into consideration in this study. These variables should be taken into account in the analyses of future study.

Generalizability: It's possible that people from other cultural backgrounds or communities outside of the adult age range won't be able to apply the study's conclusions.

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