

FACE THE FEAR OF FALLING BEHIND IN THE DIGITAL AGE: RECOGNIZING AND OVERCOING *FOMO*

Mika Melliani *¹

Institut Agama Kristen Negeri Palangka Raya, Indonesia
mika.melliani@iaknpky.ac.id

Ribka Wahyu Christian

Institut Agama Kristen Negeri Palangka Raya, Indonesia
ribka.wahyu.christian@iaknpky.ac.id

Pilenia

Institut Agama Kristen Negeri Palangka Raya, Indonesia
pilenia@iaknpky.ac.id

Lela Oktaria

Institut Agama Kristen Negeri Palangka Raya, Indonesia
lela.oktaria@iaknpky.ac.id

Daniel Np Simatupang

Institut Agama Kristen Negeri Palangka Raya, Indonesia
daniel.np.simatupang@iaknpky.ac.id

Enjelia

Institut Agama Kristen Negeri Palangka Raya, Indonesia
dandi@iaknpky.ac.id

Yola Pradita

Institut Agama Kristen Negeri Palangka Raya, Indonesia
enjelia@iaknpky.ac.id

Yesyurun Munthe

Universitas Palangka Raya, Indonesia
yesyurunmunthe0203@mhs.fkip.upr.ac.id

Abstract

This article looks at the "Fear of Missing Out," or "FOMO," issue in the turbulent digital age. As societal norms change to emphasize reliance on digital devices and social media, FOMO is becoming a more commonplace issue in day-to-day living. This study explores the psychological effects of FOMO on mental health, looks into its underlying roots, and offers practical methods for dealing with and overcoming this fear. We show using an analytical method that FOMO can result in tension, worry, and feelings of inferiority. This diary contains ideas for increasing offline social connectedness, increasing self-awareness, and managing time wisely. Consequently, this study offers a comprehensive perspective on how

¹ Correspondence author

people might more sensibly traverse the digital age while maintaining their psychological.

Keywords: *FOMO, Digital Era, Psychological Well-being, Coping Strategies, Digital Dependency*

INTRODUCTION

Alongside the ever-evolving digital age, where information flows endlessly and social interactions transcend physical boundaries, the phenomenon has emerged as an invisible force shaping the psyches of individuals—Fear of Missing Out (later abbreviated: *FOMO*), or the fear of being left behind (Johnsen, 2023). As all of society navigates this dynamic landscape, characterized by the pervasiveness of social media and digital technology, understanding and addressing the psychological implications of *FOMO* is crucial (Dandi & Veronica, 2023; Keristina et al., 2023; Meilan & Mariani, 2023; Pirrie & Gillies, 2012; Putri et al., 2023; Reggina & Indriani, 2023). The advent of the digital age has brought unprecedented connectivity and accessibility. Social media platforms, smartphones and constant connectivity have become an integral part of our daily lives. While these technological advancements offer many benefits, they also pose unique challenges, with *FOMO* emerging as an evocative manifestation in an individual's complex relationship with the digital realm.

The roots of *FOMO* could be traced to the inherent human desire to be connected, validated, and included. In the digital age, these basic needs find expression in the curated streams of social media, wherein the briefest glimpse into the lives of others could trigger pervasive feelings of inadequacy and anxiety (Adellia et al., 2023; Berenskötter, 2020; Muñoz & Osorio Arias, 2022; Munte, 2023b; van Wynen & Niemandt, 2020). The relentless stream of updates, achievements, and experiences displayed on these platforms creates these virtual realms where individuals confront the fear of being left out, both socially and experientially (Andiny, 2023; Apandie & Rahmelia, 2022; Darnita & Triadi, 2023; Novitasari et al., 2023; Veronika et al., 2023). The purpose of this study is to uncover the diverse dimensions of *FOMO* in the context of the digital age. Furthermore, this research aims to explore the psychological underpinnings of this phenomenon, examining its impact on the overall well-being of individuals immersed in the digital world (Andiny, 2020; Dandung et al., 2022; Melliani et al., 2023; Prasetiawati, 2020, 2022; Rahmelia, Prasetiawati, et al., 2023; Rahmelia & Prasetiawati, 2021). Moreover, our focus goes beyond identification and analysis; instead, to propose strategies empowering individuals to confront and mitigate the negative effects of *FOMO*.

Moving forward on this journey, though, perhaps it would be beneficial to recognize that *FOMO* is not an isolated experience but rather an intricate interplay of various factors. Social comparison theory, as proposed by social psychologist Leon Festinger, has become particularly relevant in understanding how individuals evaluate themselves based on comparisons with others (Festinger, 1955). However, social comparison theory, such as that of social psychologist Leon Festinger and several other

authors, has become relevant in understanding how individuals evaluate themselves based on comparisons with others (Andriany et al., 2023; Anggreni, 2023; Festinger, 1955; Hanriani, n.d.; Nopitri & Irdayani, 2023; Nursusanti et al., 2022; Tedy et al., 2023). In the digital realm, this process has become even more intense, with social media serving as a magnifying glass that distorts perceptions and reinforces fears of not being able to compete in the virtual arena of existence. The widespread reliance on digital further complicates the landscape (Awak et al., 2023; Kristiani et al., 2023; Pengky et al., 2023; Samuel et al., 2023; Siburian et al., 2023; Suriani & Betaubun, 2022; Trisiana et al., 2023). Smartphones, initially hailed as tools for better communication and productivity, are now on the verge of becoming conduits for relentless digital consumption.

The boundaries between the digital and physical realms are increasingly blurred, bringing individuals into the loop of constantly checking notifications, updates, and comparing their lives to the carefully crafted narratives of others (Munte, 2022b; Supardi, n.d., 2014, 2022; Tekerop et al., 2019; Teriasi et al., 2022). This research not only aims to unravel the psychological complexities surrounding *FOMO*, but also provide roadmaps for individuals to navigate the digital landscape more consciously and resiliently. By understanding the triggers of *FOMO* and developing strategies to deal with its effects, individuals could foster healthier relationships with the digital world (Pattiasina, 2021; Pradita & Veronica, 2023; Prakosa et al., 2023; Susanto et al., 2022; Veronica, 2022). Through this, by contributing to the broader conversation about the role of technology in shaping our mental and emotional well-being in the 21st century.

The first previous research, the authors looked at the results of Ilaria Maria Antonietta Benzi's research which investigated 358 cisgender people about epistemic beliefs and distrust and fear (Benzi et al., 2023). Benzi recognized the potential of internet addiction as FoMO and likened it to a vulnerable group. On the basis of vulnerability, FoMO is seen as something that should be followed up with professional interventions (strategies and assessments) or therapeutics. The goal is more about psychological well-being for the group who are classified as adults. Benzi's research is close to the researcher because it looks at the research subject through the internet space and fear. The difference is that Benzi talks more about a large number of subjects (358 cisgender). While the researchers see internet addiction from research subjects aged school age (not adults).

The second previous study, researchers looked at the results of Irvin Goldman's thoughts and research on platforms, digitalization as an indispensable part for certain groups in the present (Stansfeld et al., 2021). Thus, the presence of media, digital and online platforms displays and encourages consumerism and dependence on a deep desire for self-fertilization in order to acquire mobile devices. Self-fertilization and dependence on media and online media devices not only have negative impacts, but also positive ones. However, Goldman is more concerned with psychological disorders,

the need for therapies and paradigmatic studies that relate to the constructive (meditation) and destructive (missed links) effects. Goldman's research is close to the author's research because both see digital platforms as an instrument of FoMO reinforcement. Goldman's research and the author's have similarities with the authors. Difference, the authors conducted research by extracting primary sources from Central Kalimantan.

The third previous study, researchers found that Fatih Çelik's research was more on the topic of improving the welfare of the community as users as well as actors (Goldman et al., 2023). Çelik's research was conducted as an overview with data search techniques through bibliometrics, Scopus databases, and peer-reviewed articles discussing FoMO with a total of 314 articles. The results showed the development and expansion of FoMO intellectually (perhaps as anxiety). The similarity between Çelik's research and the authors' research is more about sourcing data about overviews through camera captures and social and independent well-being. Differently, Çelik's research is more about the analysis technique using bibliometrics, while the author is more about finding data from teachers, namely through the interview process.

RESEARCH METHOD

This research method uses interviews as the main technique of data collection, with teachers as the main source of information. Respondents passed a simple test before being interviewed to ensure they met the research criteria (Cannell et al., 1981; Shaw, 2023). Supporting data was also obtained from documents related to the research focus, such as excitement. The research subject was a teacher who teaches at the junior high school of SMPN-8 Palangkaraya. The analysis is based on something particular or specific, in accordance with what is obtained from data analysis based on the theory used. then the location of this research is in the city of Palangkaraya, Central Kalimantan province.

The uniqueness of this research on *FOMO* also lies in the identification of factors that trigger *FOMO*. highlighting the concept of social comparison and the need for validation as the main drivers of *FOMO*. These factors reflect the complex dynamics between individuals and their social environment, providing insight into the psychological processes involved in the experience of *FOMO*. Researchers collected data through interviews to analyze the behavior of *FOMO* and its impact on the ability to respond to behavioral responses as well as dependence on the digital world. The results of the analysis showed that respondents exhibited behaviors related directly towards *FOMO*, helping them to be more resilient to *FOMO*. The key deep positive relationship of the *FOMO* lifestyle is at the core of the research results.

RESULT AND DISCUSSION

Fear of Missing Out, Deprivation and Social Media

In recent years, information and communication technology (ICT) has developed very rapidly. The rapid development of ICT has made the internet the main communication tool that is in great demand by the public. Based on data from the internet, communication technology has changed from conventional to modern and all-digital.

In case everyone is wondering, *FOMO* stands for "Fear of Missing Out" which in Indonesian means "*Fear of Missing Out*". It refers to the feeling of apprehension or discomfort aroused by the feeling that others are having pleasant experiences or activities, and they are not participating. Frequently, fear of missing out (*FOMO*) is related to social media usage, whereby people see other people's activities and feel depressed or anxious about missing out on something interesting or notable.

Hkelmytchara, however, when asked about fear, Hkelmytchara (non existent penname) spoke more in terms of definition. However, despite this, Hkelmytchara spoke of fear in terms of falling behind. Missing out on others, missing out on learning as far as the researcher is concerned, fear of inexperience in social spaces as well as in daily life activities and work. Hkelmytchara shared:

"Baik *fomo* adalah singkatan dari *fear of missing out* yang mengacu pada rasa takut tertinggal atau kehilangan pengalaman sosial atau aktivitas yang sedang berlangsung."

Hkelmytchara/intrvw/FearofMissingOutDeprivationandSocialMedia/011120
23

Social experiences are essentially age-independent. Whether childhood, adolescence, or adulthood. Besides being an independent experiential process, these experiences are also part of the collision of one's own experience with the surrounding environment. Hkelmytchara, the Science teacher said:

"Siswa biasanya cenderung merasa terdorong oleh keinginan untuk memenuhi harapan sosialnya membangun identitas dan menjaga koneksi dengan teman. Cemas kurang tidur biasanya *sih* berakibat ke penurunan harga diri"

Hkelmytchara/intrvw/FearofMissingOutDeprivationandSocialMedia/011120
23

According to Hkelmytchara, FOMO has not only a negative impact. However, it could change and lead to something positive. These include identity building, connection maintenance and sleep balance. Although Hkelmytchara, a Biology graduate, sees the relationship between lack of sleep and decreased self-esteem, which according to the authors is experiencing problematic relationships. Hkelmytchara added:

“Untuk mengidentifikasi *fomo* pada diri kita sendiri kita harus Amerika kita apakah kita punya perasaan gelisah saat melihat postingan biasanya di *sosmed* atau sosial media rasa cemas karena tidak bisa mengikuti acara atau aktivitas tertentu atau merasa terpaksa harus terus *online*.

Nkchnih/intrvw/FearofMissingOutDeprivationandSocialMedia/01112023

Nkchnih (non existent identity) recounted the logical consequence of social media as a space for teachers to see and observe learners' daily lives on social media belonging to their learners. However, despite this, Nkchnih's information is unclear about the extent of the anxiety she is referring to. It could be social media anxiety, like anxiety in general, which is anxiety over oneself by comparing oneself with others or one's social media friends. It could be insecurity about not being able to live up to standards or jealousy (regardless of the degree of jealousy over something that is not her own (Desti, 2023; Netanyahu & Susanto, 2022; Pransinartha, 2022; Pransinartha et al., 2023; Sarmauli et al., 2020; M. T. Sarmauli, n.d.; S. Sarmauli, 2016; S. Sarmauli & Pransinartha, 2022; Sriekaningsih et al., 2019). Nkchnih shared:

“Mereka bisa membuat jadwal atau daftar prioritas mengenali nilai-nilai pribadi berapa. kelebihannya kemudian bisa membuat perencanaan waktu dengan baik kemudian bijak memilih atau memprioritaskan yang merupakan aktivitas yang memang berguna buat mereka yang menurut pandangan ibu”

Nkchnih/intrvw/FearofMissingOutDeprivationandSocialMedia/01112023

Another interviewee, ardkchiansckhon (not actual name) also shared the same thought as Hkelmytchara who talked about fear in terms of definition. Even though Hkelmytchara talked about or at the epistemological level of fear, Hkelmytchara also tells the chronology sequentially about acceptance in the form or packaging of recognition of his abilities. Hkelmytchara narrated:

“Iya *FOMO* itu adalah suatu keadaan di mana seseorang merasa bahwa ia kehilangan suatu peristiwa penting yang dilakukan oleh teman-temannya hal ini dapat terjadi karena beberapa alasan terutama karena anak anak atau siswa itu masih atau sering menjadi mencari pengakuan dari rekan rekan sebayanya dan juga karena tekanan dari media sosial yang banyak meliputi peristiwa yang sering kali hanya menampilkan sisi sisi positifnya saja dari sisi-sisi positif dari kehidupan kemudian *fomo* ini juga menjadi masalah bagi siswa karena dapat mengganggu proses belajar mereka”

ardkchiansckhon/intrvw/FearofMissingOutDeprivationandSocialMedia/01112023

Ardkchiansckhon's research subject, although he was talking about definitions, the difference with Hkelmytchara, ardkchiansckhon was more about the positive impact on one side and the problem on the other side or the process of receiving information and learning inside or outside the classroom. Learning has become a frightening, mysterious and unpredictable space as teachers look at critical issues and verbal consolations for fears shared by all of humanity.

“Tanda-tanda klasik *fomo* pada siswa dia tidak dapat meninggalkan media sosial dengan anak muda dan juga berlebihan dalam mengonsumsi konten-konten yang ada di media sosial selain itu juga ada perasaan perasaan negatif seperti rasa iri cemburu dan juga kecemasan yang mendapat menjadi tanda tanda klasik pada *fomo* pada remaja ke usia anak-anak SMP hal tersebut juga dapat menyebabkan perasaan”

ardkchiansckhon/intrvw/FearofMissingOutDeprivationandSocialMedia/01112023

Research subject ardkchiansckhon, the general teacher of the elementary school said that the term fear occurred to his students when they were in junior high school and it was more of a feeling. Feelings here are less detailed ardkchiansckhon conveyed but the author sees that excessive feelings are indicators of someone becoming or experiencing fear and in excessive doses can become an illness:

“langkah-langkahnya untuk mengatasi *fomo* pertama itu menjaga waktu tidur dan istirahat yang baik kemudian menghabiskan waktu dengan teman dan juga.. *ya* kemudian menghindari perbincangan yang mengandung perbandingan teman teman kemudian lebih formal pada hal hal yang dapat kontrol kemudian menggunakan media sosial ini di jaksa kemudian menjaga keseimbangan antara *offline*.. jangan online yang terlalu banyak”

ardkchiansckhon/intrvw/FearofMissingOutDeprivationandSocialMedia/01112023

In addition, ardkchiansckhon, the 52-year-old teacher saw *fomo* as frightening so ardkchiansckhon suggested balancing sleep time. Sleep time here according to ardkchiansckhon refers specifically to the avoidance of excessive use of social media. Social media usage basically or anything else, could lead to FOMO symptoms in certain or excessive doses. The research subject who graduated from PGSD said:

“Sebagai generasi yang tumbuh dalam era kemajuan internet dan digital, siswa generasi milenial merupakan siswa yang selalu terhubung satu sama lain. Tingginya tingkat penggunaan media sosial pada remaja tersebut membuat mereka menjadi kelompok yang paling terpapar oleh apa yang dilakukan teman, kerabat dan keluarganya. Hal tersebut memicu mereka untuk terus

terhubung dengan apa yang sedang dilakukan oleh orang lain melalui dunia maya sehingga menimbulkan kegelisahan pada diri mereka dan berujung pada sebuah ketakutan, yaitu ketakutan untuk kehilangan momen”

ardkchiansckhon/intrvw/FearofMissingOutDeprivationandSocialMedia/01112023

Such circumstances are called Fear of Missing Out (*FOMO*), which is the overwhelming desire to stay connected to what others are doing through cyberspace. It refers to the feeling of anxiety and fear of being left behind, if one's friends are doing or experiencing something better or more enjoyable than what one is currently doing or having (Kamayuda & Sulistyowati, 2015; Munte, 2022a, 2022b, 2023a; Munte & Korsina, 2022; Nugrahhu et al., 2023; Salmanezer et al., 2023; Saputra et al., 2023; Seruyanti et al., 2023; Sihombing, 2019, 2022, 2015; Sriwijayanti, 2020b, 2020a, 2023; Sulistyowati et al., 2021; Utami, 2022). The feeling where one feels so worried about missing out on the trends that are happening in one's social life.

FOMO symptoms frequently appear in everyday life, especially in the context of online interactions. People suffering from *FOMO* may tend to check social media frequently, feel anxious when unable to join certain events or activities, or even feel depressed because they feel less relevant in their social circles. Recognizing the signs of *FOMO* is important in order to deal with it in a healthy way. One common sign is the inability to feel satisfied with the present moment due to constantly thinking about something else happening elsewhere (Prakosa, 2022; Prakosa et al., 2023; Sanasintani, 2019, 2020; S. Sanasintani, 2022; S. P. Sanasintani, 2020; Setinawati et al., 2021; Surya, 2023a, 2020, 2021, 2023b; Surya & Setinawati, 2021). People who experience *FOMO* may find it necessary to constantly compare their lives to the lives of others, creating dissatisfaction and low self-esteem.

Social Circles, Symptoms, and Detoxing

In addition, *FOMO* symptoms might also show up in the form of behavioral changes, such as difficulty concentrating or sleep deprivation due to being caught up in the digital world (Batuwael et al., 2019; Langi et al., n.d.; Mukuan et al., 2022; Pongoh, n.d., 2022b, 2022a, 2023; Rahmelia et al., 2022; Suratinoyo et al., 2019; Triadi, Pongoh, et al., 2022). Someone who is constantly glued to their electronic devices, worrying about events or activities they are missing out on, may be experiencing the effects of *FOMO*. It can affect productivity, mental health and social relationships (Christina et al., 2023; Manik et al., 2023; Nindi et al., 2022; Pernando et al., 2022; Riska et al., 2023; Rosen et al., 2023; Setiawan et al., 2022). Another way to identify *FOMO* is through emotional responses. People experiencing *FOMO* may feel anxious, stressed or even depressed about not being able to participate in an activity or not having an experience

that is considered "significant" by their environment. These feelings may trigger impulsive behavior or irrational decisions just to avoid the fear of missing out.

In situations where fulfilling *FOMO* dominates, individuals may find it difficult to appreciate and enjoy the present moment. They could constantly seek out new activities or experiences in order to feel "updated" or relevant in their social circles (Eribka et al., 2023; Hendrik et al., 2022; Mamarimbing et al., 2023; Mariani, 2023; Saputri et al., 2023; Sinta et al., 2023; Susila, 2022a, 2022c, 2022b; Susila & Pradita, 2022; Susila & Risvan, 2022). Depending on the individual, however, it could create an endless cycle of constantly seeking fulfillment without ever feeling truly satisfied.

Having realized that *FOMO* among others could have had significant negative impacts on mental and emotional wellbeing is important. Therefore, overcoming requires specific steps to establish balance and contentment in daily life (Colina, 2015, 2016, 2021; Darnita & Triadi, 2022; Ginting, 2010; Istinia et al., 2023; Sarmauli et al., 2022; Sulistyowati et al., 2022; Timan Herdi Ginting et al., 2022; Triadi, 2022; Triadi, Pongoh, et al., 2022; Triadi, Prihadi, et al., 2022; Triadi, n.d.). Identifying *FOMO* involves understanding its behavioral signs, feelings, and emotional impact. Taking a healthy approach to *FOMO* is crucial, prioritizing personal happiness and well-being over expectations or pressures from the social environment. By raising awareness of *FOMO*, individuals could form more positive mindsets and build more meaningful connections with their lives.

Watch for behavioral changes in social media use. People experiencing *FOMO* may tend to check these platforms frequently, scrolling through news or social feeds to ensure they do not miss important information or events. They may also find it difficult to "switch off" or step away from their devices (Merylyn, 2018, 2020; Munte, 2017; Munte, Saputra, et al., 2023; Munte & Natalia, 2022; Munte & Wirawan, 2022; Wainarisi, 2023, 2021a, 2021b, 2021c, 2021d; Wulan, 2005, 2023; Wulan & Sanjaya, 2022). Furthermore, there are some common signs that *FOMO* signs could show up in the form of anxiety and stress. People who have a fear of missing out often feel tension or anxiety when unable to follow or attend an activity. This anxiety could affect their overall mental and emotional well-being.

Excessive social comparison is another sign of *FOMO*. Individuals who constantly compare their lives to the lives of others, especially through social media, may be feeling the effects of *FOMO*. They could feel inadequate or unsuccessful if they feel others have more interesting or successful experiences (Amiani, 2022; Dinata et al., 2023; Kurniati et al., 2023; Manuputty et al., 2023; Politon, 2022; Pradita, 2021; Rahmelia, Prasetiawati, et al., 2023; Rudie, 2021; Silipta et al., 2021; Simanjuntak, 2019; Widiasari, 2021). Physical signs, such as lack of sleep or inability to relax, can also indicate *FOMO*. People who are worried about missing out may feel the need to stay "plugged in" constantly, even if it means sacrificing adequate rest time. This can lead to physical and mental exhaustion.

Time Management, Self-confidence and Relationships

In social relationships, individuals experiencing *FOMO* may show symptoms of dissatisfaction or discomfort when in certain social situations. They may feel dissatisfied with the choices they make or always seek confirmation from others about their decisions. Signs of *FOMO* could be seen in decision-making. Someone who has fear of missing out may find it difficult to make decisions, especially if it involves a choice between several activities or events (Erika et al., 2023; Fitriana et al., 2023; Haloho, 2016, 2022a, 2022c, 2022b, 2023; Haloho et al., 2013; Hasan et al., 2023; Ligan, 2022; Loheni et al., 2023; Peryanto et al., 2023; Rosen et al., 2023). They could feel like choosing one option means permanently losing the other. The inability to enjoy the present moment is an essential indicator of *FOMO*. People who constantly feel the need to seek out new experiences may have trouble absorbing and appreciating the joy in the present situation. They could be constantly thinking about what they might be missing out on.

Oftentimes, signs of *FOMO* also include an impulsive desire to engage in activities or events without careful consideration. People experiencing *FOMO* may tend to make unplanned decisions just to avoid the fear of missing out. Constant levels of dissatisfaction and a constant feeling of lacking relevance or not being recognized by others may also signal *FOMO*. This individual may seek external validation excessively and feel less valuable if not constantly involved in everything. Finally, symptoms of *FOMO* could be seen in social isolation. People experiencing *FOMO* may withdraw from social situations or find it difficult to engage fully due to the fear of missing out. Often, social isolation and lack of social support result.

In order to overcome *FOMO*, the first thing that needs to happen is crucial to understand the root cause of *FOMO*. Self-awareness allows individuals to recognize patterns of thought and behavior that trigger feelings of fear of missing out. It could involve self-reflection regarding the need for external validation, excessive social comparison, or the belief that happiness lies in certain external experiences. After realizing *FOMO*, the next step is to design clear personal priorities and goals. Essentially, this helps individuals focus on the things that are truly important and meaningful in their lives. By setting priorities, they would be able to make better decisions and reduce the tendency to get stuck in activities just for the fear of missing out.

Effective time management has also been an integral element in overcoming *FOMO*. Creating a well-balanced and realistic schedule helps to balance desired activities with time for rest and reflection (Apandie et al., 2022; Apandie & Rahmelia, 2020, 2022; Kristin et al., 2022; Rahmelia, 2020; Rahmelia, Prihadi, et al., 2023). It allows individuals to pursue their interests without feeling rushed or anxious about missing out on something. Furthermore, practicing limiting exposure to social media is crucial. Reducing the time spent scrolling through feeds and comparing oneself to

others online helps reduce the pressure of *FOMO*. Perhaps consider doing an occasional social media "detox" to gain more balanced perspectives.

Self-confidence building has also been an effective strategy in overcoming *FOMO*. It involves recognizing and appreciating own personal achievements, no matter how small. Focusing attention on one's own strengths and abilities helps to reduce the need for external validation and increase self-esteem (Angellyna, 2021; Angellyna & Tumbol, 2022; Lumbanraja, 2021; Lumbantobing, 2022; M. T. Telhalia, 2017b, 2017a; T. Telhalia, 2016; T. Telhalia & Natalia, 2022, 2021; Tobing, 2015; S. Tumbol, 2020; TUMBOL, 2022; S. N. Tumbol & Wainarisi, 2023; Wainarisi et al., 2023; Wainarisi & Tumbol, 2022; WK GINTER et al., 2009). Mindfulness practices or self-awareness could be key as well. Engaging in meditation or mindfulness exercises helps individuals stay connected to the present moment. This reduces the tendency to constantly think about something they might be missing and helps them enjoy the present moment.

Building deep and meaningful social relationships could be instrumental in overcoming *FOMO*. Engaging in communities or groups with similar interests creates a strong sense of involvement and reduces feelings of isolation. Solid relationships provide support and approval, reducing the need to seek validation from activities. Practicing the courage to plan "offline" time also helps with *FOMO*. Spending quality time without reliance on electronic devices helps strengthen connections with oneself and one's surroundings (Darma et al., 2023; Malau, 2021, 2023; Munte, Natalia, et al., 2023; Tirayoh et al., 2023; Trisiana et al., 2023; Wirawan, 2021). Having a positive attitude towards personal choices and experiences is also key to overcoming *FOMO*. Realizing that each individual has a different journey and priorities helps relieve the pressure to be involved in everything. Accepting and being grateful for one's experiences can increase life satisfaction. If *FOMO* continues to affect mental well-being, getting professional support is a wise move. Counseling or therapy helps individuals explore the root of their fear of missing out and develop effective coping strategies.

CONCLUSION

The result of this study is that fear of Missing Out (*FoMO*) refers to the desire to keep in touch with other people through cyberspace. It was defined as the feeling of anxiety and fear that one is being left behind, if one's friends are doing or experiencing something better or more enjoyable than what one is currently doing or having. The feeling of being so worried about missing out on trends happening in one's social life. Identifying *FOMO* then involves understanding the behavioral signs, feelings, and emotional impact. Addressing the *FOMO* with as healthy an approach as possible is imperative, prioritizing personal happiness and well-being over expectations or pressures from the social environment.

By raising awareness of *FOMO*, individuals could form more positive mindsets and build more meaningful connections with their lives. Signs of *FOMO* might be seen in decision-making. Someone who has fear of missing out may find it difficult to make decisions, especially if it involves a choice between several activities or events. They

could feel like choosing one option means permanently missing out on another. Furthermore, the way to overcome *FOMO* is first of all crucial to understand the root cause of *FOMO*. Self-awareness helps individuals recognize the thought patterns and behaviors that trigger feelings of fear of missing out. This can involve self-reflection regarding the need for external validation, excessive social comparison, or the belief that happiness lies in certain external experiences.

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