FoMO Scale: A Measuring Tool to Analyse the Fear of Missing Out Moments from Others in Adolescents in Indonesia

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Abstract. Technological developments create extraordinary social media access. Teenagers, most social media users, make them vulnerable to FOMO. FOMO (Fear of Missing Out) is a feeling of worry and anxiety teenagers feel when they miss moments on social media. The goal is to find a valid and reliable FoMO scale instrument for Indonesian adolescents. The research model is a mix-method with qualitative data through interviews and literature studies to see the relevant instrument grid. The test subjects were 77 adolescents with an average age of 19-20 years—the data analysis with product moment and alpha-Cronbach. The conclusion of this study first found the existence of FoMO among adolescent social media users. Qualitative data found a lattice of instruments with aspects of FoMO on social media from a) not being able to stay away from cellphones, b) frequently checking social media to find out what friends have uploaded, and c) feeling uncomfortable when not attending gatherings and sharing information with friends, and d) often evoke social media status related to their activities. Second, the most significant cause of FoMO is social media and smartphones. The test of the validity and reliability of the scale instrument found that as many as 20 of the 24 FoMO statement items were valid with a reliability coefficient of 0.721, which was included in the high category. All researchers, with the emergence of various prevention, alleviation strategies, psychoeducational activities, guidance and counselling, can apply the FoMO scale for social media.

Keywords: adolescents, social media, scale, fear of missing out.

INTRODUCTION

Digital technology profoundly changes individuals' mindsets in daily life (Arts et al., 2015). Digital technology is implemented in the form of gadgets so that it affects the lifestyle of people in Indonesia (Rahmah, 2015). Devices have a variety of functions other than for long-distance communication (Anisah, 2017), but all communication features. However, gadget users sometimes need more time to communicate with the environment (Alpan, 2020) and are stuck in cyberspace.

Technological developments have an impact on the lives of individuals in Indonesia, with gadgets as mandatory items to carry every day. The effect of the influence of devices is that there is anxiety when the widget is left behind (Hermawan et al., 2019). A survey from the Association of Indonesian Internet Service Providers found facts on teenagers about the influence of gadgets, reaching 91% so that Indonesian teenagers are the second highest social media users in internet use in the world (Christina et al., 2019). This condition arises because of teenagers' curiosity, which impacts hyperactivity in social media use (Putri et al., 2016). Technological developments also affect mental health (Fairburn & Patel, 2017).

Previous facts about the use of social media play a role in changing the lifestyle of Indonesian teenagers (Siddiqui & Singh, 2016). Various types of social media from Instagram, Facebook, Twitter, TikTok, line, and numerous others. Too often, using social media hurts anxiety always look at social media and fear the information is left behind on social media (Maysitoh et al., 2020) or called the Fear of Missing Out (FoMO) a social problem (Supriyanto et al., 2022). FoMO is a form of feeling worried and anxious if left behind from an activity or moment by other people on social media. The fear of missing out on information has an impact on adolescent attitudes.

Adolescents with FoMO psychological conditions will try to be better than their friends or give up their comfort to be by the requirements of others (Abel et al., 2016). This condition arises because the individual does not want to be ostracised. Adolescents are vulnerable to being exposed to FoMO through social media (Bloemen & De Coninck, 2020). FoMO arises because

individuals do not meet their psychological needs regarding relatedness and self (Przybylski et al., 2013) when they feel uncomfortable with themselves (Przybylski et al., 2013) when they feel uncomfortable with themselves (Akbar et al., 2018) and diverts attention to social media. The factor for the emergence of FoMO is due to the disclosure of information from social media (Sianipar & Kaloeti, 2019). Social media makes comparisons of happiness between one individual and another (Marlina, 2017), so it impacts anxiety and loss because someone is not satisfied with what they have rather than someone else's. The existence of FoMO can change a person's lifestyle (Putri et al., 2019).

FoMO develops in adolescents with psychological problems (Oberst et al., 2017). Social media can be a tool for self-expression, seeking inspiration and forming a community (Carolina & Mahestu, 2020). The happier people are in real life, the less likely they will experience FoMO and vice versa. He desires to share his activities and feelings of anxiety when left behind

by his cell phone, which is his connecting tool with the virtual world. This condition needs to be measured so that school counsellors can know the state of students—FoMO scale as a means of measuring FoMO to prevent adaptive behaviour. The purpose of the study was to design and find a valid and reliable FoMO scale instrument for adolescent social media users.

METHODS

Mixed method research with sequential exploratory design to find a FoMO scale suitable for Indonesian youth indicators, then a valid and reliable FoMO scale. The initial stage is a literature study (documentation) through journals to look for FoMO indicators in adolescent social media users. The indicators were developed into statement items (24 with a scale of 4) on the FoMO scale. The second stage is a trial of the FoMO scale on adolescents aged 19-20 who are active on social media with 67 respondents. Test the validity and reliability to bend the feasibility of the FoMO scale.

Qualitative data➔ study of literature (documentation) through scientific journals.	Qualitative data analysis (FoMO indicator)	Quantitative data ➔ FoMO scale trial on 67 respondents.	Quantitative Data Analysis ➔ Valid and reliable FoMO scale.	Qualitative and Quantitative Data Integration.

Figure 1. Sequential Exploration Design

RESULTS AND DISCUSSION

The results of the qualitative data found indicators regarding the causes of FoMO. Teenagers who experience FoMO with various characteristics, namely happy and addicted when using the internet, restless and anxious when not using the internet, and fear of being left behind by information (Ayuningtyas & Wiyono, 2020).

FoMO indicators about unmet psychological needs regarding relatedness and self (Przybylski et al., 2013). Indicators of the cause of FoMO are a) the psychological need for relatedness (closeness to other individuals) and b) the psychological need for self. These indicators are then developed into grid and scale statement items.

Table 1. FoMO Scale Grid

No	Variable	Aspect	Descriptor
1	FoMO (Fear of Missing Out)	The psychological need for relatedness	Desire to see other people's updates on social media
			The desire not to miss the moment
			Fear of missing information
		The psychological need for self	Panic and restlessness when Gadget is left behind.
			The desire to update your news
			Stalking friends on social media

Aspects of FoMO found were then developed and clarified. Indicators of unmet psychological needs relatedness have the characteristics of wanting to see other people's updates on social media, the desire not to miss the moment, and the fear of being left behind by information. The psychological needs of self that are not met are characterised by panic and anxiety when the

gadget is left behind, the desire to update one's news through social media, and stalking friends on social media. The FoMO indicator is compiled on the statement items on the FoMO scale with 24 statements with indicators of psychological needs relatedness to as many as 12 things and psychological needs for self as many as 12 items. The statement items of the FoMO scale were tested on 67 respondents.

Table 2. Validity of FoMO on Aspects of Psychological Needs for Relatedness

No	Descriptor	Corrected item-total Correlation	Items	Valid/ Invalid
1	Desire to see other people's updates on social media	0.234	Other people's information on social media affects life	Valid
2		0.270	Open social media anytime and anywhere	Valid
3		0.148	Looking at social media to know the condition of others	Invalid
4		0.265	The state of other people on social media is not essential to me.	Valid
5	The desire not to miss the moment	0.313	I have to follow every moment with friends	Valid
6		0,389	Worrying if my friends have fun without me	Valid
7		0.211	I don't mind skipping hanging out with friends	Valid
8		0.266	Hearing stories of exciting experiences from friends makes me happy too	Valid
9	Fear of missing information	0.416	Feeling panicky when there is new information and I don't know it	Valid
10		0.145	Open social media all the time to find the latest news.	Invalid
11		0.354	Checking for new information on social media without knowing the time	Valid
12		0.341	I don't care if I don't know the latest news all the time	Valid

Twenty-four statements on the FoMO scale have been tested with 67 respondents. The validity test states that the item is valid if the corrected item-total correlation > 0.1997. The validation results found that four items were invalid, and 20 items on the FoMO scale were good.

Table 3. Validity of FoMO on Aspect of Psychological Need for Self

No	Descriptor	Corrected item-total Correlation	Items	Valid/ Invalid
1	Panic and restlessness when the gadget is left behind	0.347	My heart beats fast when the gadget is left behind	Valid
2		0.348	Feeling uncomfortable when not holding the gadget	Valid
3		0.243	Feel calm even though the device is left behind.	Valid
4		0.329	Don't worry about going your gadget when you leave the house.	Valid
5	The desire to update your news	0.446	I need to share my updates	Valid
6		0.424	I share personal problems on social media	Valid
7		0.219	Everything I do doesn't always have to be shown to other people	Valid
8		0.151	Happy to share precious moments on social media.	Invalid
9	Stalking friends on social media	0.563	Feel at home playing social media for a long time to find out about friends.	Valid
10		0.434	Curious about your friends' activities all the time	Valid
11		0.293	Save time just looking for information about friends on social media.	Valid
12		0.099	Social media makes it easier for me to find old friends	Invalid

The Cronbach's Alpha analysis results, the reliability coefficient value is 0.721. The FoMO scale has high reliability, so it is appropriate to use it to determine the level of FoMO in adolescents and students in Indonesia.

Table 4. FoMO Scale Reliability

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
0.721	0.717	24

Living in the era of technology impacts teenagers who cannot stay away from technology. Teenagers make technology a trend in life and are used to it all the time (Danuri, 2019). Gadgets are increasingly helping human activities, but technological developments negatively affect teenagers. Teenagers are dependent on technology and hence the emergence of FoMO. Research that has been done has found signs of FoMO in adolescents. Adolescents who experience FoMO have indications that they cannot be separated from social media, often check their social media, are curious about their theme uploads, and often share their uploads (Abel et al., 2016).

Almost all of them have gadgets and social media as a distraction from boredom. Devices and social media influence the emergence of FoMO in adolescents. The lack of both self and relatedness psychological needs causes adolescents to turn to less psychological needs. A sense of unfulfilled psychological needs relatedness in adolescents who experience FoMO. This condition arises because they use social media to discover their friends' activities and seek new information. They feel upset, angry or disappointed when they can't come together with friends for fear of missing out on the news. When they do not know new information, they feel left behind by others and will immediately seek information. The lack of fulfilment of psychological self-needs is also seen in adolescents who experience FoMO. Often playing social media can't be separated from everyday life. Stalking is also associated with friends out of curiosity about the activities of friends. Lack of self-psychological needs in adolescents who experience FoMO by uploading statuses on social media about activities being carried out or writing their hearts out with reasons so others can find out. The virtual world is an option to seek the fulfilment of basic psychological needs (Adriansyah et al., 2017).

The need for attention from the surrounding people, such as family and the environment, regarding FoMO that occurs in adolescents. FoMO can occur at any age level but is more commonly found in adolescents (Setiadi & Agus, 2020). The FoMO scale can be used to measure FoMO levels in adolescents. A valid scale must be tested for reliability (Peters, 2014). The FoMO scale has been tested with a reliability of 0.721. An excellent measuring instrument must also be valid (Krumlinde-Sundholm et al., 2017). Each item in the FoMO scale has also been tested for validity. It can be shown that the FoMO scale can be implemented to conduct assessments on students by school counsellors.

The FoMO scale can be the basis for researching the prevention of FoMO or looking for ways to reduce exposure to FoMO. School counsellors can conduct assessments (Watson & Flamez, 2014). Apart from this, a suitable scale offers the next steps for its use (Lambie et al., 2017). The FoMO scale can help other researchers who want to research FoMO and can also help to determine the level of FoMO in adolescents. School counsellors can use the FoMO scale to conduct research as a counsellor competence to research (Supriyanto et al., 2019). School counsellors can use instruments with google forms to analyse student conditions (Supriyanto et al., 2020), especially FoMO. A FoMO problem can be solved through face-to-face counselling or e-counselling (Supriyanto et al., 2021).

CONCLUSION

Teenagers with FoMO conditions cannot stay away from their gadgets, often check social media to find out their friends' uploads, feel uncomfortable when they don't gather and share information with friends, and often evoke social media status related to their activities. Adolescents with FoMO have psychological needs relatedness and self. Twenty valid statements on the FoMO scale for adolescents with indicators of psychological needs for relatedness and psychological needs for self. The FoMO scale also has a reliability coefficient of 0.721, which is included in the high category. The FoMO scale for adolescents can be used by school counsellors to analyse and uncover FoMO in adolescents.

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