



## Research Article

### Fear Of Missing Out with Social Media Addiction and Sleep Quality in Adolescents at Tasikmalaya, West Java

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Article Information	ABSTRACT
<p>Received: 01 June 2025  Revised: 28 June 2025  Accepted: 31 July 2025  Available online: 31 July 2025</p> <p><b>Keywords</b></p> <p>Fear of Missing Out (FoMO);  Social Media Addiction; Sleep  Quality; Adolescents</p> <p><b>Correspondence*</b></p> <p>Phone: (+62)82119914761</p> <p>E-mail: <a href="mailto:henidewio6@gmail.com">henidewio6@gmail.com</a></p> <p><b>Website</b></p> <p><a href="https://journal.umtas.ac.id/index.php/healthcare/index">https://journal.umtas.ac.id/index.php/healthcare/index</a></p> <p><b>Doi</b></p> <p><a href="https://doi.org/10.35568/healthcare.v7i2.6697">https://doi.org/10.35568/healthcare.v7i2.6697</a></p> <p>©The Author(s) 2025  This is an Open Access article  distributed under the terms of  the Creative Commons  Attribution-Non Commercial 4.0  International License</p>	<p><i>Fear of Missing Out (FoMO) is the fear of missing out on precious moments of other individuals or groups where the individual cannot be present, so there is a desire to stay connected with what other people are doing on social media. Individuals who experience FoMO will continuously access social media especially at night, causing social media addiction and decreased sleep quality. The purpose of this study was to determine the relationship between Fear of Missing Out with social media addiction and sleep quality in adolescents at State Junior High School 1 Cikoneng. Quantitative research with a cross-sectional approach. The sample in this study was 95 respondents, with a sampling technique using random sampling. The research measuring instrument used the FoMO questionnaire, SMAS questionnaire, and PSQI questionnaire which had been tested for validity. Based on the Chi-Square Test in the FoMO category with social media addiction, the p-value is 0.000 and the FoMO category with sleep quality has a p-value of 0.000. There is a significant relationship between Fear of Missing Out and social media addiction, and there is a significant relationship between Fear of Missing Out and sleep quality in adolescents.</i></p>

## INTRODUCTION

Based on a survey conducted by the Indonesian Internet Service Providers Association (APJII), social media users in

Indonesia are 89.15%. Facebook is the most widely used social media, namely 68.36%, YouTube 63.02%. The largest number of social media users in Indonesia are in West Java,

namely 84.53%, social media users based on age are the largest in adolescent aged 13-18 years (99.16%) (APJII, 2022).

Adolescents have many interests in using social media. Adolescents can fulfill their need to be part of their social group by using social media, but they also tend to experience anxiety when they feel excluded and miss out on important experiences with their friends (Esquinas-Requena et al., 2020). The use of social media can cause a new type of dependency or addiction called "fear of loss" which causes its own concerns for health (Afdilah, 2020). One of the impacts of using social media is Fear of Missing Out (FoMO). FoMo is a feeling of worry when other people do things that are more fun than them, either with or without them. This feeling is triggered by seeing updates on other people's activities on social media (Przybylski et al., 2013).

Someone who has a tendency towards FoMO shows symptoms including difficulty being away from their phone, anxiety when not looking at social media, prioritizing communication with online friends over direct friends, being enthusiastic about other people's posts or status updates on social media, a constant desire to show off by sharing photos or videos of their activities, and feelings of anxiety or even depression if only a few people see their posts (Abel, Buff & Bur., 2016).

Adolescent use social media not to study but to be active on social networks, such as Facebook, Twitter, Instagram, and others. So that makes Adolescent negligent in carrying out their duties, and makes adolescent less disciplined and easy to imitate the work of others.

Adolescent who frequently use social media cannot control their use, which can lead to social media addiction. (Khairuni, 2016). Some individuals will use social media to fulfill their need to escape from discomfort, which unknowingly has a greater negative impact, namely social media addiction. (Kardefelt-Winther, 2014).

Adolescents spend a lot of time at night to open social media. This can also affect the sleep process, so that sleep patterns will be disturbed and sleep quality will be poor. Adolescents spend a lot of time interacting with social media, which has an impact on sleep quality (Woods & Scott, 2016). Poor or inadequate sleep quality can cause various physiological imbalances that can have a negative impact on health (Riyadi & Widuri 2015). This study aims to determine the relationship between Fear of Missing Out (FoMO) social media addiction and sleep quality in adolescents.

## METHOD

Quantitative research with a cross-sectional approach has been used in this study. The cross-sectional approach is a study where the independent variable, namely Fear of Missing Out (FoMO) and the dependent variable, namely social media addiction and sleep quality, are collected simultaneously. This study was conducted with the aim of determining the relationship between Fear of Missing Out (FoMO) and social media addiction and sleep quality in adolescents.

A sample is a portion of the entire object being studied and is considered to represent the entire population. The sampling technique used in this study is the random sampling technique. Random Sampling is a sampling technique that is determined randomly in a population without considering the strata in the population (Sugiyono, 2018). The sample used in this study were students in grades VII and VIII at State Junior High School 1 Cikoneng. This study used a sample of 95 adolescents. In this study, researchers used the Fear of Missing Out Scale (FoMOS), Social Media Addiction Scale (SMAS), and Pittsburgh Sleep Quality Index (PSQI) instruments.

## RESULTS

**Table 1. Frequency Distribution of Fear of Missing Out (FoMO)**

Category	Frequency	(%)
Mild	23	24,2

Moderate	48	50,5
Severe	24	25,3

Based on table 1, the description of Fear of Missing Out (FoMO) in adolescents State Junior High School 1 Cikoneng. Most students experience Fear of Missing Out (FoMO) in the moderate category, as many as 50.5% adolescents, while a small number of adolescents experience FoMO mild category, consisting of 24.2% adolescents.

**Table 2. Frequency Distribution of Social Media Addiction**

Category	Frequency	(%)
Mild	23	24,2%
Moderate	48	50,5%
Severe	24	25,3%

Based on Table 2, the description of social media addiction in students State Junior High School 1 Cikoneng most students experience social media addiction in the moderate category, as many as 50.5% adolescents, while a small number of adolescents experience social media addiction in the mild category, consisting of 24.2% adolescents.

**Table 3. Frequency Distribution of Sleep Quality**

Category	Frequency	(%)
mild	23	24,2
moderate	48	50,5
Severe	24	25,3

Based on table 3, the description of sleep quality shows that most adolescents have sleep quality in the poor category, as many as 75.8% adolescents, while a small number of adolescents have sleep quality in the good category, consisting of 24.2% adolescents.

**Table 4. Relationship between Fear of Missing Out (FoMO) and Social Media Addiction**

Category	Social Media Addiction						Total	p-value
	Mild		Moderate		Severe			
FoMO	f	%	f	%	f	%	f	%
mild	23	24,2	0	0	0	0	23	24,2
moderate	0	0	48	50,5	0	0	48	50,5
Severe	0	0	0	0	24	25,3	24	25,3

Based on Table 4, it shows that most respondents are included in the moderate FoMO category with a moderate level of social media addiction, namely 50.5% adolescents. The results of statistical tests using the chi-square test obtained a p-value of 0.000 ( $\alpha < 0.05$ ),  $H_0$  was rejected and  $H_a$  was accepted, meaning that there is a significant relationship between FoMO and social media addiction in adolescents.

**Table 5. Relationship between Fear of Missing Out (FoMO) and Sleep Quality**

Category	sleep quality				Total	%	p-value
	Good		Bed				
FoMO	F	%	F	%	F	%	
Mild	23	24,2	0	0	23	24,2	0,000
Moderate	0	0	48	50,5	48	50,5	
Severe	0	0	24	25,3	24	25,3	

Based on Table 5, it shows that most of them are in the moderate FoMO category with poor sleep quality, namely 50.5% adolescents. The results of the statistical test using the chi-square test obtained a p-value of 0.000 ( $\alpha < 0.05$ ). This shows that  $H_0$  is rejected and  $H_a$  is accepted, which means that there is a significant relationship between FoMO and sleep quality in adolescents.

## DISCUSSION

Fear of Missing Out (FoMO) is divided into three categories, namely mild FoMO, moderate FoMO, and severe FoMO, and most adolescents fall into the moderate FoMO category. Adolescents who fall into the mild FoMO category are adolescents who do not feel anxious about missing out on the latest information and do not feel anxious when they do not experience valuable experiences as experienced by other adolescents. Understanding of FoMO in adolescents after counseling has increased (N. K. Dewi et al., 2022).

Adolescents who fall into the moderate FoMO category means that adolescents are quite capable of controlling feelings of anxiety and fear of missing precious moments without involving the teenager. This means that adolescents can still control themselves in using social media. This is in line with research conducted by Pratiwi (2020) entitled "The Relationship between FoMO and Social Media Addiction in adolescents Social Media Users", showing that as many as 46.4% of teenagers are in the moderate FoMO category. This is because adolescents feel quite worried and anxious when they cannot connect with other people and are afraid of missing out on information on social media.

Severe FoMO reflects that adolescents spend most of their time using social media. The desire to stay connected on social media so as not to be left behind in information with other people has become a lifestyle for teenagers. In line with research conducted by Przybylski (2013), FoMO is a phenomenon where someone experiences a fear of missing out on valuable moments or experiences when the individual is not directly involved in them, so they have a desire to always be connected to what other people are doing through social media.

According to Abel et al., (2016), the symptoms experienced by someone who tends to experience FoMO include difficulty getting off their smartphone, constant anxiety if they don't check social media, the

belief that friendships formed on social media are more important than real-world friendships, the desire to see other people's posts on social media, and feelings of anxiety or even depression if not many people see the posts.

Social media addiction in adolescents is mostly dominated by adolescents who experience moderate social media addiction. Adolescents who are included in this category have moderate intensity and there is a tendency for transition to shift to mild or severe levels of social media addiction. Adolescents who have addictive behavior towards using social media are characterized by several symptoms of addiction such as feeling happy when accessing social media and feeling unhappy, anxious and even lonely when not accessing social media (Young, 2013).

Social media addiction is a psychological disorder which can increase pleasure in users, cause anxiety, tremors and can change mood. (Nurmandia et al., 2013). Social media addiction is a behavioral disorder where the use of social media increases to the point where it becomes a habit (Van Den Eijnden et al., 2016). Adolescents are vulnerable to psychological problems, especially related to the use of social media as a negative impact of internet use (H. A. Dewi et al., 2023). The negative impact of internet use occurs in all age groups, especially adolescents (H. A. Dewi et al., 2024).

Statistical test using chi square test obtained p-value 0.000 ( $\alpha < 0.05$ ), there is a significant relationship between FoMO and social media addiction in adolescents. Someone who experiences FoMO will enter a stage to increase the use of social media, which will cause social media addiction, this is due to the lack of fulfillment of basic psychological needs in him (Swar & Hameed, 2017). The higher the level of FoMO, the higher the level of social media addiction, and vice versa, the lower the level of FoMO, the lower the level of social media addiction. Someone who experiences FoMO will tend to continuously access social media. This can be seen from

the results of the questionnaire which shows that most teenagers who experience FoMO will feel worried when they miss information or valuable moments from their peers or other people, and will continue to access their social media to get this information, which can lead to social media addiction.

The quality of sleep of adolescents is mostly in the category of poor sleep quality. Adolescents who have poor sleep quality are influenced by FoMO which causes adolescents to use social media excessively so that it interferes with rest time, especially at night, where when viewed from the results of the questionnaire, most adolescents only have a sleep duration of <5 hours a day, which causes adolescents to experience sleep disorders. The p-value of the chi-square test is 0.000 ( $\alpha < 0.05$ ), indicating a significant relationship between FoMO and sleep quality in adolescents.

## CONCLUSIONS AND RECOMMENDATION

The results of the study showed that FoMO is a problem currently experienced by adolescents as one of the impacts of the increasing use of uncontrolled social media. Social media addiction in adolescents mostly falls into the category of moderate social media addiction, namely 50.5% people. There is a significant relationship between FoMO and social media addiction with a p-value of 0.000 ( $\alpha < 0.05$ ), the higher the level of FoMO, the higher the level of social media addiction

In addition to the use of social media, FoMO can also cause problems with the quality of sleep in adolescents. The desire to always exist on social media causes adolescents to ignore time, including time that should be used for rest, which affects the quality of sleep in adolescents. The quality of sleep in adolescents is mostly in the poor category, namely 75.8% people. There is a significant relationship between FoMO and sleep quality with a p-value of 0.000 ( $\alpha < 0.05$ ).

FoMO is a psychological problem experienced by adolescents as one of the impacts of technological advances that are

not balanced with understanding and control of social media use, causing adolescents to become addicted to social media and causing sleep disorders. Support from all parties is needed to overcome the problem of FoMO in adolescents. Family and school support can help overcome the problem of FoMO in adolescents.

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