

Fear of Missing Out (FOMO) Scale in Emerging Adulthood

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ABSTRACT: Fear of Missing Out (FoMO) is a significant psychological phenomenon among young adults, particularly influenced by social media. This study explores FoMO in the context of emerging adulthood, a developmental phase from ages 18 to 25 marked by identity exploration and decision-making. To fill this gap, we developed a comprehensive FoMO measurement tool based on Przybylski et al.'s (2013) framework. This tool underwent a two-phase assessment process: first, through Content Validity Index (CVI) evaluations by experts, and second, through item discrimination testing with emerging adults. The findings aim to provide deeper insights into the emotional, behavioral, and social dimensions of FoMO, ultimately contributing to better mental health outcomes for young adults navigating this critical developmental stage.

KEYWORDS: Emerging Adulthood, Fear of Missing Out.

INTRODUCTION

Fear of Missing Out (FOMO) is a psychological phenomenon that is increasingly relevant among young adults, especially in the context of a social media-saturated life. Patrick J. McGinnis, the originator of the fear of missing out, revealed 2 definitions of fear of missing out through his book. First, fear of missing out is an unwanted feeling of anxiety that arises from the perception of other people's experiences that are more satisfying than one's own, usually through exposure to social media. Second, social pressure comes from the feeling of being left behind in an event, or being left out of a positive or memorable collective experience. FOMO reflects the fear or anxiety that individuals feel when they feel they are missing out on experiences or opportunities that others are enjoying. Fear of missing out is the desire to stay connected to what others are doing and to feel that others are having more valuable experiences. Fear of missing out was initially associated with the fear of missing out if someone misses valuable experiences with friends in real life. However, over time, fear of missing out tends to be associated with social media experiences (Przybylski et al., 2013). Hodkinson & Poropat, (2014) define that Fear of missing out is an individual's fear of being left behind and losing someone. According to Alt, (2015) Fear of missing out is a phenomenon where individuals feel afraid that other people will have a pleasant experience but are not directly involved, causing individuals to try to stay connected with what other people are doing through the media and the internet. Fear of missing out is explained by the uncontrollable desire to stay connected to the activities of others. Teenagers who experience fear of missing out will feel worried and anxious when they do not access social media because social connections are very important to them. This condition can cause teenagers to experience a tendency to carry out excessive repetitive actions in accessing social media (Wiesner et al., 2017). Based on the above understanding, it can be concluded that the fear of missing out is a feeling of anxiety or worry in individuals that arise due to the fear of missing out on an event involving friends or a group of people so that the individual is interested in staying connected and participating in the event.

In the emerging adulthood phase, which is characterized by identity search and exploration, FOMO can affect an individual's decisions, relationships, and emotional well-being. Emerging adulthood is a transition period from adolescence to adulthood that starts from the age of 18 to 25 years (Arnett, 2013). At this time, individuals are marked by learning and exploring their comfort zones in life, this can be seen in individuals who try to explore the career path they want to take, want to be single, live together, or get married. During this emerging adulthood, individuals also try to be more independent and not dependent on their parents and try to explore various possibilities in life before committing.

There are 2 aspects of fear of missing out according to Przybylski et al., (2013), namely: 1). Relatedness, relatedness is the individual's need to be able to feel a relationship or closeness with others where the condition has a warm and caring relationship that can satisfy the individual's needs so that they have the opportunity to interact with other people who are considered important and competent in their social life. If the psychological need for relatedness is not met, it will cause anxiety. The first is physical anxiety, namely feelings of restlessness and nervousness, the second is behavioral anxiety, namely behavior that is attached and dependent on others and the third is cognitive anxiety, namely worry and fear. In addition, individuals will try to find out their



experiences and what other people are doing, one of which is through social media; 2). Self, psychological needs will be related to Competence and Autonomy. Competence is an individual's desire to feel effective in interacting with their environment. If an individual's competence is not met, it will cause a lack of feedback on interactions in their environment and less than optimal in facing challenges in the environment. While Autonomy means that individuals are free to integrate actions carried out with themselves without ties or control from others. If individual autonomy is not met, it will make individuals less able to make choices, lack of recognition of feelings in the environment and the existence of a desire that is forced by others (Ryan & Deci 2000). So when individuals do not meet their needs, individuals will channel them through social media to obtain various kinds of information and connect with others.

The FOMO phenomenon is often triggered by constant exposure to social activities displayed on digital platforms. Young adults usually feel pressured to participate in various activities to avoid feeling isolated. The inability to know and pursue all of these experiences can create a deep sense of anxiety, which can contribute to mental health issues such as anxiety and depression.

In the context of emerging adulthood, FOMO can have a significant impact on identity development. When individuals feel the need to constantly compare themselves to others, they may have difficulty defining personal values and goals. This can lead to inauthentic decisions and reduced life satisfaction, thereby exacerbating feelings of FOMO itself.

Despite the extensive research linking FOMO to mental health, there is a lack of measurement tools specifically designed to identify and measure FOMO in young adults. Existing measurement tools often lack unique dimensions relevant to the experiences and challenges faced by individuals in this phase. Therefore, it is important to develop valid and reliable measurement tools to understand FOMO in this context.

This study aims to design and test a more comprehensive FOMO measurement tool that considers the various factors that influence young adults' experiences. Through item analysis and pilot testing, it is hoped that this measurement tool can describe the emotional, behavioral, and social dimensions of FOMO. This approach will provide deeper insight into how FOMO operates in the daily lives of young adults.

MATERIALS AND METHODS

Procedure and Participants

This scale, compiled based on the theory of Przybylski, et al. (2013) then conducted two feasibility tests. The first was conducted by CVI (Content Validity Item) the scale items that had been compiled were assessed by panelists through expert judgment. Expert judgment consisted of 10 people who assessed, this result was based on a comparison of the Aiken v value to determine whether the items that had been compiled had clarity, relevance, and suitability by considering the indicators of each variable. The second test was conducted by testing the item discrimination that was distributed to 35 people who were in the emerging adulthood phase. The item discrimination test was conducted by calculating the correlation coefficient between the distribution of item scores and the distribution of the scale scores themselves to produce a total item correlation coefficient. The corrected item correlation index total of at least 0.30 is considered satisfactory.

Measurement

This measuring instrument consists of 36 items compiled by researchers based on 2 aspects put forward by Przybylski (2013), namely, Relatedness and Self. The scale is in the form of a Likert scale consisting of 5 points, namely: 1 = Strongly Disagree; 2 = Disagree; 3 = Neutral; 4 = Agree; 5 = Strongly Agree. 36 items distributed after the item discrimination test was carried out, 18 items were declared valid and 18 items were eliminated.

Table I Fear of Missing Out Scale Blueprint

No	Aspect	Indicator	Number of Items		Amount
			F	UF	
1	<i>Relatedness</i>	Anxiety about Loss of Social Interaction	1,22	15,31	4
		The Need to Stay Connected with Social	4,26	9,20	4
		Circles on Social Media			



2	Self	Dissatisfaction with One's Own Social Life on Social Media	6,13	17,23	4
		Feeling Left Out or Isolated on Social Media	24,19	21,33	4
		Concerns about Status and Self-Image on Social Media	14,28	7,25	4
		Anxiety about Acceptance and Recognition on Social Media	2,36	16,27	4
		Feelings of Inadequacy or Inadequacy	10,29	3,12	4
		Dissatisfaction with Personal Achievements or Social Life	5,30	11,32	4
		Anxiety about Missing Opportunities to Improve Self-Image or Social Status	8,34	18,35	4
		Total	18	18	36

RESULTS

A. Result Content Validity Item Test

Table II Content Validity Item Test

Assessment Aspects	CVI	CVR	Std CVR	Significance
Kejelasan	0,633 s/d 0,9	0,77222	0,73	0,040
Relevance	0,7 s/d 0,966	0,82315	0,73	0,040
Suitability	0,733 s/d 0,966	0,83611	0,73	0,040

B. Result Item Discrimination Test

Table III Test of Validity of Fear of Missing Out Items

Initial Number of Items	Analysis Round	Fall Items	Remaining Items	Information
36	1	7,9,11,15,20,23,25,27,31,32,35	25	<i>Index corrected item total correlation</i> bergerak dari -0,673 s/d 0,817
25	2	12,16,21	21	<i>Index corrected item total correlation</i> bergerak dari 0,147 s/d 0,862
21	3	3,18	19	<i>Index corrected item total correlation</i> bergerak dari 0,233 s/d 0,891
19	4	17	18	<i>Index corrected item total correlation</i> bergerak dari 0,203 s/d 0,892
18	5	-	18	<i>Index corrected item total correlation</i> bergerak dari 0,602 s/d 0,892

Table IV Fear of Missing Out Item Reliability Test

Initial Number of Items	Analysis Round	Number of Valid Items	Number of Dropped Items	Reliability
36	1	25	11	0,904
25	2	21	4	0,949
21	3	19	2	0,960
19	4	18	1	0,966
18	5	18	-	0,969



Table V Blueprint After Validity and Reliability Test

No	Aspect	Indicator	Item		Fall Items	Valid Items	Amount
			F	UF			
1	<i>Relatedness</i>	Anxiety about Loss of Social Interaction	1,22	15,31	15,31	1,22	2
		The Need to Stay Connected with Social Circles on Social Media	4,26	9,20	9,20	4,26	2
		Dissatisfaction with One's Own Social Life on Social Media	6,13	17,23	17,23	6,13	2
		Feeling Left Out or Isolated on Social Media	24,19	21,33	21,33	24,19	2
2	<i>Self</i>	Concerns about Status and Self-Image on Social Media	14,28	7,25	7,25	14,28	2
		Anxiety about Acceptance and Recognition on Social Media	2,36	16,27	16,27	2,36	2
		Feelings of Inadequacy or Inadequacy	10,29	3,12	3,12	10,29	2
		Dissatisfaction with Personal Achievements or Social Life	5,30	11,32	11,32	5,30	2
		Anxiety about Missing Opportunities to Improve Self-Image or Social Status	8,34	18,35	18,35	8,34	2
		Total				18	18

DISCUSSION

A. Result Content Validity Item Test

Content Validity Item Test

Based on the summary of the results of the CVI and CVR analysis from the clarity aspect, the CVR value was obtained as 0.77222 and the CVI value moved from 0.633 to 0.9. Therefore, based on the Aiken index table for the possibility of 4 answers and 10 raters, it turns out that the average Aiken of the suitability of this test item is above the required limit, but there are several items that must be revised as many as 7 items (1,2,3,4,5,10,12).

Based on the summary of the results of the CVI and CVR analysis from the relevance aspect, the CVR value was obtained as 0.82315 and the CVI value moved from 0.7 to 0.966. Therefore, based on the Aiken index table for the possibility of 4 answers and 10 raters/assessors, it turns out that the average Aiken for the suitability of this test item is above the required limit, but there is 1 item that must be revised (5).

Based on the summary of the results of the CVI and CVR analysis of the suitability aspect, the CVR value was obtained as 0.83611 and the CVI value moved from 0.733 to 0.966. Therefore, based on the Aiken index table for the possibility of 4 answers and 10 raters, it turns out that the average Aiken suitability of this test item is above the required limit and there are no items that need to be revised.

B. Result Item Discrimination Test

Test of Validity of Fear of Missing Out Items

Based on the results of the analysis of the validity test of the items on the fear of missing out scale totaling 36 items using the SPSS program with a corrected item total limit of 0.3, it shows that the validity of the items on the fear of missing out scale moves from 0.302 to 0.892. This result was obtained from five rounds of calculation, from a total of 36 items, there were 18 items that were dropped/eliminated because they had a corrected item total correlation index <0.3. The dropped item numbers were 3,7,9,11,12,15,16,17,18,20,21,23,25,27,31,32,33,35. The total valid items after testing were 18 items after 5 rounds.

Fear of Missing Out Item Reliability Test

Reliability is an index that shows the extent to which a measuring instrument can be trusted and relied upon. According to Azwar (2018), reliability is the extent to which measurement results remain consistent when re-measured with the same measuring instrument with the research scale items considered reliable by considering the Cronbach's alpha value > 0.80 with the assumption that the closer the value is to one (1,000), the more reliable the item is and vice versa. After the reliability test was conducted, the Cronbach alpha (α) was obtained at 0.969. Based on these results, the Cronbach alpha value is close to 1.00, so it can be said that the fear of missing out scale with 18 valid items is classified as reliable.

CONCLUSION

This study successfully developed and validated a comprehensive measurement tool for Fear of Missing Out (FoMO) designed for emerging adults. Grounded in the theory of Przybylski et al. (2013), the researchers identified two key dimensions of FoMO—relatedness and self—that significantly impact the social experiences and mental health of young adults. The validation process, which included Content Validity Index (CVI) evaluations and item discrimination testing, demonstrated that the tool is both reliable and valid for assessing FoMO within this demographic.

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