

A Study on the Effect of FOMO on Young Online Journalists

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ABSTRACT

“Fear of Missing Out” or FOMO has now become a common mental health issue and mostly among social media users. FOMO, or Fear of Missing Out, refers to the feeling or perception that the other person is having more fun, experience more new things or living a better life compared to us, and most probably this feeling kicks us when we see or perceive such characteristics in people who are somehow directly or indirectly connected to us, or closed ones, or someone we love. This trait rose post the rise of social media as there are multiple influencers, celebrities, and people showing off their lavish lifestyle or a life which seems to be perfect, joyful and happy. By looking at such posts frequently social media users start comparing their life with them. By seeing friends or acquaintances in any event or activity and being not part of that leads to such feeling.

This research work examines the effect of FOMO among social media users. A survey was conducted to find out the effect of FOMO among social media users. A total of 50 participants responded to the questionnaire which consisted 14 questions related to various effects of FOMO. 24 male and 26 female participant of age group from 18 to 30 has participated. All the participants of the survey were social media users. The survey was conducted as simple random sampling method and questionnaire was the tool for primary data collection. The questions consisted various questions regarding effects of FOMO. Four hypotheses was tested in this research; There is a significant effect of FOMO among social media users, there is a no any significant gender difference on the effect of FOMO among social media users, social media and anxiety have a relationship, Male social media users are more prone to anxiety and stress in comparison to female social media users. And after testing all the null hypothesis seemed to be rejected. The objective of conducting this research was; to find out the effect of Fear of Missing Out among social media users and to understand the psychological, emotional and behavioural effect of FOMO among social media users to enhance their psychological well-being.

The findings of this research revealed that there is a significant effect of FOMO among social media users and this is a problematic issue and affecting the users emotional, psychological and social well-being. This research further aims to use this study to spread awareness about FOMO and its effect and enhance the psychological well-being of social media users.

Keywords: Fear of Missing Out, FOMO, Psychological well-being

Introduction

In today’s digital era, “FOMO” or Fear of Missing Out, has become a common phrase, especially when we talk about the social media users, or effect of higher social media usage. FOMO is playing a significant role in making us addicted to social media. FOMO is not just a phrase, it’s a

psychological issue which can lead to several mental health issues like stress, anxiety, fatigue etc and impact our overall psychological well-being.

In this whole new age of Digital world, where everyone is online, new terms like “Netizens” are coined for the users, social media is a kind of new digital community where netizens live and this digital universe is termed as “Metaverse”. There are several positive effects of social media but there are multiple negative effects too which are not only affecting but impacting our psychological, emotional and social well-being. Constant exposures to updates, photos, and videos of people enjoying life, which seems to be life without any worries. Such continuous digital connection fuels social media addiction, as users continuously check their feeds to ensure that they are not missing out on something. Firstly, we will try to understand what exactly is FOMO.

FOMO, or Fear of Missing Out, refers to the feeling or perception that the other person is having more fun, experience more new things or living a better life compared to us, and most probably this feeling kicks us when we see or perceive such characteristics in people who are somehow directly or indirectly connected to us, or closed ones, or someone we love. It can also occur with “Parasocial relationships”. When we see individuals whom we don’t know personally but follow them on social media doing some crazy cool stuffs which we wish to be done by ourselves. It can impact in our own perception about ourselves.

As per Sullivan, A. (2023) “With the advancement of social media, People are feeling like they can’t escape FOMO, we have access to everything 24/7 and most people are on multiple platforms. Because of this, people are feeling like they are either missing out or they are not doing enough to reach their full potential.”

FOMO doesn’t entirely depend on social media as it can happen to anyone, anywhere at any time but we can say that social media is somehow the biggest culprit. Secondly, we will look at some historical factors of FOMO.

The idea of having feeling that we might be missing out on any good event isn’t new to our era. It has been around for centuries. Several evidences of such feelings can be seen in various ancient texts. But it has been taken seriously from past few decades. It began with a 1996 research paper by marketing strategist, Dr. Dan Herman (2000), who coined the term “Fear of Missing Out.”

Since the inception and increase in the use of social media, FOMO has become more dominant and is being studied more often. Social media has somehow fuelled the phenomenon of FOMO. Next, we will look at the factors responsible for FOMO.

FOMO can affect anyone, but certain people are more prone to it that has an underlying mental health condition, low level of self-esteem. It’s obvious that social media isn’t bad at all, but it can harm our personal relationships with our body image, and particularly experiencing FOMO more frequently can lead to serious issues like anxiety disorder or Depression.

A study by Zubair, U., Khan, M. K., & Albashari, M. (2023) says that, there is a correlation in daily social media use and chances of having an anxiety disorder. A study by Gupta, M., & Sharma, A. (2021) suggests that the longer time we spend on social media the more it will lead to depressive and anxious symptoms. When our desires are not met, we start depending on social media for them. FOMO is most hurtful among teenagers or younger adults. Because they are the ones who are trying to figure out where they fit in life and which group better suits them.

FOMO can directly impact our Physical, Mental, and emotional health. Physically it can lead to feeling of nausea, body aches or pain, Headaches, increased heart rate etc.

Emotional or Mental it leads to increase in intrusive thoughts, negative self-talk, and management of Self-worth or Self-esteem. Next we will talk about the effect of FOMO on individuals of different age and gender.

Several studies have found that people of almost all ages experiences FOMO. It affects both male and female negatively. As per *psychiatric research journal* it was found that fear of missing out is linked to greater smartphone and social media usage and it has no link with age or gender. Adolescents and young people are more prone to effect of FOMO. Seeing friends and others posting on social media leads to comparison and intense feeling of missing out on things they experience.

Taking a break from social media isn't the only solution to deal with FOMO. We can set limits and do value base assessment of our goals and what can help us in achieving them. Some helpful solutions are recognizing our feelings and setting limits, identifying our triggers, develop our sense of self, Evaluate the reality of social media, seeking out real connections, focusing on gratitude, changing focus and seeking assistance from a psychologist whenever needed.

Review of Literature

In their studies, Tandon, A., et al. (2021) and Jabeen, F., et al. (2023) examined how social media may be extremely problematic due to a number of negative repercussions, including fatigue and FOMO. Long-term use of social media causes a range of undesirable emotions. The antecedent influence of social media behavior was the primary focus of their studies. The studies demonstrated that inappropriate social media use had a direct impact on people's psychological and physical health. Studies focused on fatigue as an antecedent effect of social media use. One of the less studied negative aspects of social networking is fatigue. By analyzing the link and drawing attention to social comparison and stalking, this study also advances the understanding of the subject. Their studies also highlights the importance of further study about various psychological phenomena i.e. usage activities and negative emotions caused due to its problematic use. Their studies confirmed that FOMO and Social comparisons encourages individuals to engage in higher use of social media. This identifies the need of attention towards emotions such as subjective happiness, anger, jealousy as potential predictors of FOMO and Fatigue.

College students' depression symptoms can be strongly and favorably predicted by FOMO connected to mobile social media (MSM). It demonstrated a connection between depressed symptoms and FOMO associated to MSM. It also made clear that the direct impact of MSM-related FOMO on depressive symptoms may be mitigated by social isolation. It improved knowledge of the connection between MSM and depressed symptoms, which may cause college students' mobile usage habits to shift. If people would use the phones sensibly and recognize the drawbacks Gao B. and others (2023).

Hamutoglu et. al. (2020) in his study examined the relationship between social media addiction, FOMO and personality traits and this showed social media addiction's effect on FOMO. This study clearly showed that FOMO causes problematic and intensive social media use. This says that the individuals may become addicted due to intensive social media usage caused by FOMO. The variables of this study clearly shows that the addicted individuals may have increased FOMO levels, the increased social media addiction are leading the students to be more curious about events and posts on social media, and therefore increasing FOMO levels also. Thus, it can be thought that addiction may reinforce FOMO, and then the rewarding experiences of social media will affect the individuals to check own profile and friend's profile and spend more and more time on social networks by desiring to be in connection with what others do.

Tandon, A., et. Al. (2022) suggested various steps which should be taken to combat such symptoms. It suggested managers to consider introducing regulatory and supportive policies which will help the employees to manage their personal and work-related communication during work hours. Such policies can help employees to manage their FOMO experience and other problems like phubbing. It also suggested the managers to introduce communication workshops so that the awareness of techno communication increases in employees in both personal and social contexts.

There is a negative and significant relationship between FOMO and Social media usage, self-development, self-acceptance, positive relationship with others, dimensions of autonomy, life purpose, environmental mastery etc. it is also found that there is a negative relationship between Fear of Missing Out (FOMO) and psychological well-being of social media users at the age stage of emerging adulthood. A person having low level of FOMO will have a high tending psychological well-being and conversely someone having low level of FOMO will have low tending psychological well-being Savitri, J. A. (2019).

Buglass, Sarah L., et al. (2017) in a study focused on the factors which leads to social media use and act as a motivator to use it. It didn't find positive relation between Social Networking Site (SNS) use and psychological well-being. SNS use was found to be significant predictor of reported increases in exposure to incidents of online vulnerability. Additionally, it also mentions that there is an indirect effect in the relationship between SNS use and well-being via online vulnerability which leads to decrease in self-esteem, increased level of FOMO etc. This study suggested the need of information awareness campaigns in offline as well as online form, which aware about the potential warning signs of problematic FOMO inspired SNS use and the ways which leads the individual engaging in online behaviours and making them vulnerable.

O'Connell, C. (2020) in his study identified the drawbacks of social media, one of which is FOMO, or Fear of Missing Out. This study provided snapshots of presence of FOMO, Psychological well-being (PWB), depression, anxiety, smart phone addiction, and mindfulness in a multicultural place, UAE. This study found that FOMO have moderate correlations with various subscales of PWB (autonomy, self-acceptance, environmental mastery, positive relations with others and not with purpose in life and personal growth). This study also did a comparative analysis of effect of FOMO based on Nationality and found that the individuals from Pakistan, Jordan and Egypt scored higher in FOMO than individuals from India and the UAE. Furthermore, Pakistanis and Egyptians scored lower in PWB. It shows that the individuals with higher level of FOMO have lower level of psychological well-being.

There are various possible factors which cause FOMO, i.e.: higher social media usage, internet addiction, feeling of anxiety, losing self-control etc. There are various ways also to combat FOMO, such as self-control exercises, Anxiety management, Compulsive behaviours, and uncertainty avoidance, Self-talk, Expectation management, Enhancing Self-esteem etc. and various strategies for FOMO-R method. The process of FOMO-R method divided the process into four stages i.e. Preparation, Planning, Action and assessment Alutaybi, A. et. al. (2020).

Research Objectives

- To find out the effect of Fear of Missing Out on Online Journalists.
- To understand the psychological, emotional and behavioural effect of FOMO on Online Journalists.

Hypothesis

1. There is a significant effect of FOMO on Online Journalists.
2. There is a no any significant gender difference on the effect of FOMO on Online Journalists.

3. Social media and anxiety have a relationship.
4. Male Online Journalists are more prone to anxiety and stress in comparison to female Online Journalists.

Research Methods

It was a study that approached young online journalists of different age groups from 18 to 30 & above. A total of 50 samples were asked to respond in which 24 was male and 26 was female. The questionnaire contained 16 questions based on demographic and psychological behaviour. 25% participants belonged to 18-22 years, 20% belonged to 22-25 years, 8% participant belonged to 25-30 years and 2% participant belonged to 30 years & above.

Survey: Survey method was used for the quantitative approach for collection of data from respondents of different age groups and gender. For the survey a set of 16 questions were designed and asked from different responders. The self-administered questionnaire was sent to the responders through email.

Procedure: The nature and goals of the study were described to the participants before providing them the questionnaires. There was no time limit, and it was emphasized that they should pick the answer they believed most strongly to be true. The participants' informed consent was acquired, and confidentiality was guaranteed.

For measuring the Effect of FOMO among online journalists a scale consisting of 14 items each rated on a Likert scale of 1-5. It explored how FOMO affects psychological well-being of young online journalists.

Research Findings

A total of 50 samples were collected for this study, in which there were 24 male responders and 26 female responders. Data is collected through a set of Questionnaire which was designed by the Researcher as per the objective. The instrument of data collection was used as questionnaires. Simple percentage distribution is used to count frequency which was used to determine frequency of occurrence of particular responses in relation to the questions raised in the research.

Gender					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	male	24	48.0	48.0	48.0
	female	26	52.0	52.0	100.0
	Total	50	100.0	100.0	

This research aimed to take responses from individuals of all different age groups of youth in order to understand the significance in a better way and add different perspectives to the research and a better probability sampling. Out of 50 responders, 25 responders are of age group 18-22, 20 responders are of age group 22-25, 4 responders are aged between 25-30 and 1 of 30 & above.

Age					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-22	25	50.0	50.0	50.0
	22-25	20	40.0	40.0	90.0
	25-30	4	8.0	8.0	98.0

30 & above	1	2.0	2.0	100.0
Total	50	100.0	100.0	

How frequently do you use social media platforms daily?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid less than 1 hours	2	4.0	4.0	4.0
1-2 hours	9	18.0	18.0	22.0
2-3 hours	19	38.0	38.0	60.0
3-4 hours	9	18.0	18.0	78.0
more than 4 hours	11	22.0	22.0	100.0
Total	50	100.0	100.0	

Table no. 1

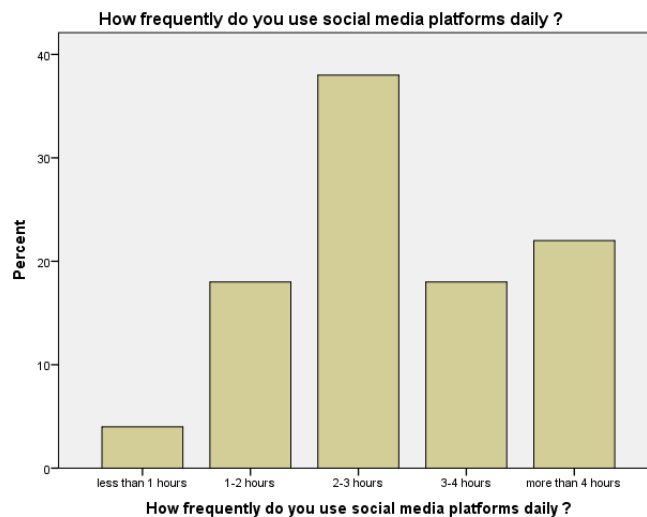


Table no. 1 shows the frequency and percentage distribution of social media use in their daily life in a sample of 50 individuals. Out of 50 only 2 responders use social media for less than 1 hour per day, 9 responders use social media for 1-2 hours daily, 19 responders use social media for 3-4 hours per day and 11 responders use social media for more than 4 hours daily. The frequency percentage shows that only 4 % responders use social media for less than 1 hour and only 18 % use social media for 1-2 hours. Rest 78 % responders use social media for more than 2 hours and somehow addicted to it. 22 % responders use social media for more than 4 hours.

Do you check your social media accounts so often?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	4	8.0	8.0	8.0
slightly true to me	9	18.0	18.0	26.0
moderately true to me	15	30.0	30.0	56.0
very true to me	11	22.0	22.0	78.0
Extremely true to me	11	22.0	22.0	100.0
Total	50	100.0	100.0	

Table no.2

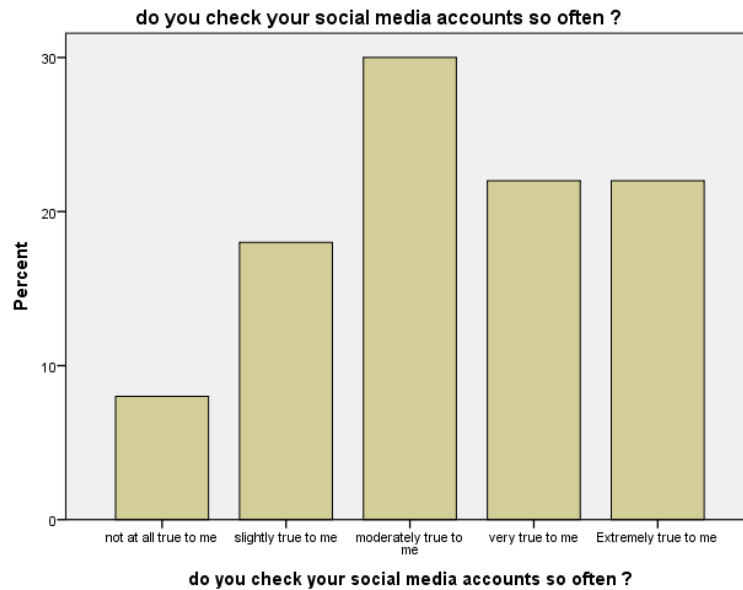
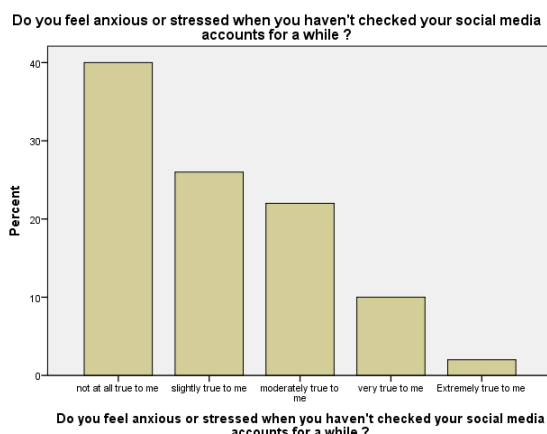


Table no. 2 shows the frequency of checking their phone for updates. Out of 50 responders 11 responders responded extremely true for me, 11 responders selected very true to me, 15 responders selected moderately true to me, 9 responders selected slightly true to me and only 4 responders selected not at all true to me. The frequency percentage shows that only 4 % responders doesn't check their social media accounts so often, and 18% checks their social media accounts slightly. But 74% responded checks their social media account so often. 22% responders check their social media accounts very frequently.

Do you feel anxious or stressed when you haven't checked your social media accounts for a while?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	20	40.0	40.0	40.0
slightly true to me	13	26.0	26.0	66.0
moderately true to me	11	22.0	22.0	88.0
very true to me	5	10.0	10.0	98.0
Extremely true to me	1	2.0	2.0	100.0
Total	50	100.0	100.0	

Table no. 3



The frequency percentage in table no.3 shows that about 40% responders did not feel anxious or stressed when they had not checked their social media accounts for a while and 60% responders felt anxiety and because of not using social media accounts for a while.

Do you Compare your life to what you see on social media?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	not at all true to me	17	34.0	34.0	34.0
	slightly true to me	14	28.0	28.0	62.0
	moderately true to me	11	22.0	22.0	84.0
	very true to me	6	12.0	12.0	96.0
	Extremely true to me	2	4.0	4.0	100.0
	Total	50	100.0	100.0	

Table no. 4

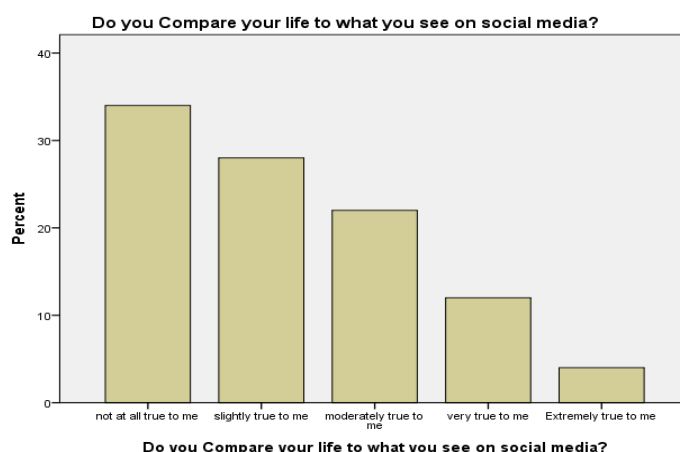


Table no. 4 shows the frequency of life comparison with others on social media. 2 out of 50 responders selected extremely true to me, 6 responders selected very true to me, 11 selected moderately true to me, 14 selected slightly true to me and 17 selected not at all true to me. The frequency percentage shows that only 34% respondents did not compare their life with what they see on social media while 66% respondents used to do so.

Have you ever felt left out or excluded after seeing social media posts of friends or acquaintances?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	26	52.0	52.0	52.0
slightly true to me	13	26.0	26.0	78.0
moderately true to me	5	10.0	10.0	88.0
very true to me	3	6.0	6.0	94.0
Extremely true to me	3	6.0	6.0	100.0
Total	50	100.0	100.0	

Table no. 5

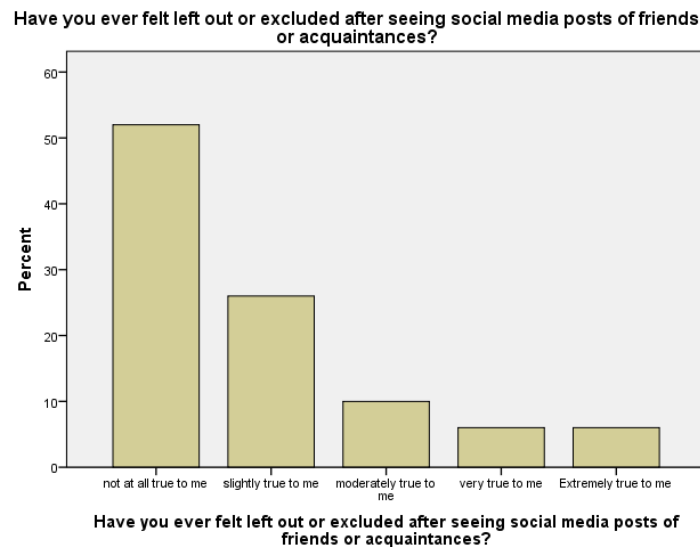


Table no. 5 shows the frequency of feeling excluded after seeing social media posts of friends or acquaintances. 26 out of 50 responded not at all true to me, 13 responded slightly true to me, 5 responded moderately true to me, 3 responded very true to me and 3 responded extremely true to me. The frequency percentage shows that 52% respondents did not feel left out or excluded after seeing social media posts of friend and acquaintances and 48% respondents feel left out or excluded when they see so.

How often do you feel pressured to post on social media to avoid missing out?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	30	60.0	60.0	60.0
slightly true to me	10	20.0	20.0	80.0
moderately true to me	7	14.0	14.0	94.0
very true to me	2	4.0	4.0	98.0
Extremely true to me	1	2.0	2.0	100.0
Total	50	100.0	100.0	

Table no. 6

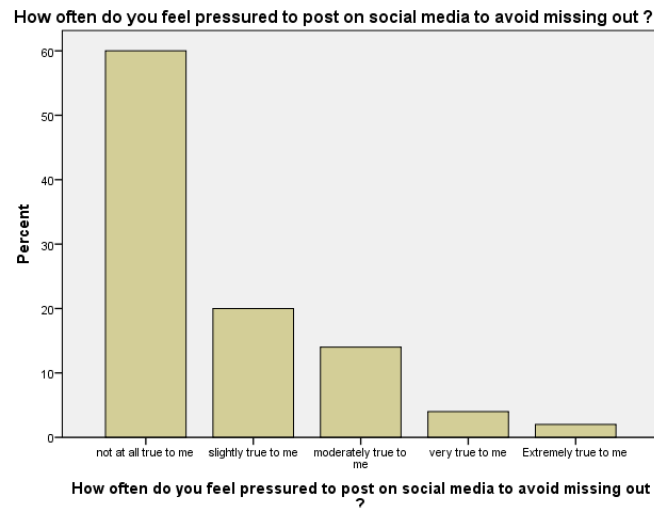


Table no. 6 shows the frequency of feeling pressure to post regularly to avoid a sense of missing out. 30 out of 50 responders responded not at all true to me, 10 responded slightly true to me, 7 responded moderately true to me, 2 responded very true to me, 1 responded extremely true to me. The frequency percentage shows that 40% responders felt pressurised to post on social media to avoid missing out.

Have you ever lost track of time while scrolling social media?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	4	8.0	8.0	8.0
slightly true to me	15	30.0	30.0	38.0
moderately true to me	9	18.0	18.0	56.0
very true to me	15	30.0	30.0	86.0
Extremely true to me	7	14.0	14.0	100.0
Total	50	100.0	100.0	

Table no. 7

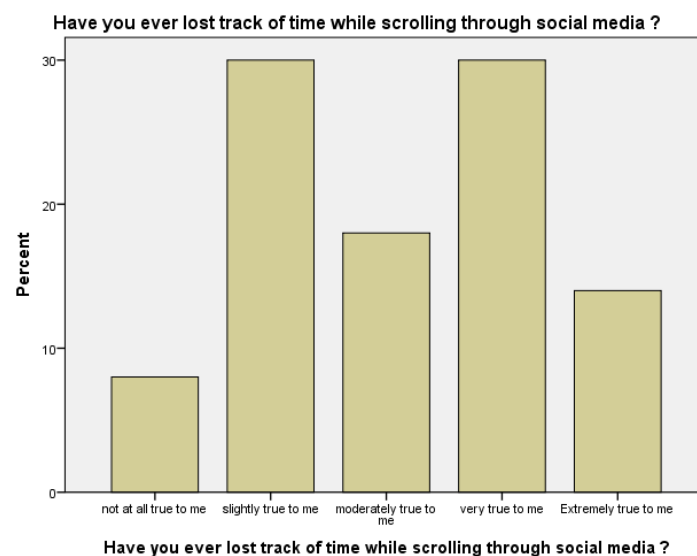


Table no. 7 shows the frequency of feeling lost the track of time while scrolling social media. 4 out of 50 responders responded not at all true to me, 15 responded slightly true to me, 9 responded moderately true to me, 15 responded very true to me and 7 responded extremely true to me. The frequency percentage shows that only 8% respondents lost track of time while scrolling social media, rest 9% of respondents lost track of time while using social media. 44% of respondents selected very true and extremely true, this shows that almost half of the respondents felt losing track of time while using social media.

Do you feel more connected or disconnected from others when using social media?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	12	24.0	24.0	24.0
slightly true to me	16	32.0	32.0	56.0
moderately true to me	11	22.0	22.0	78.0
very true to me	9	18.0	18.0	96.0
Extremely true to me	2	4.0	4.0	100.0
Total	50	100.0	100.0	

Table no. 8

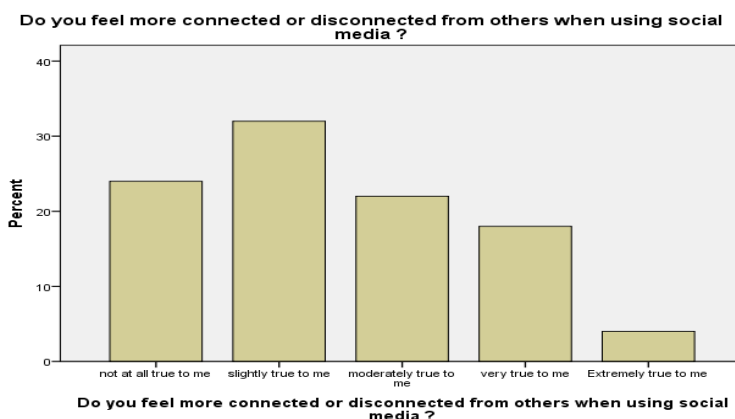


Table no.8 shows the frequency of the degree of connected or disconnectedness from others when using social media. 12 respondents selected not at all true to me, 16 responded slightly true to me, 11 responded moderately true to me, 9 responded very true to me and 2 responded extremely true to me. The frequency percentage says that only 24% of respondents did not feel more connectedness or disconnectedness from others while using social media and rest 76% felt it.

have you ever experienced negative emotions after using social media?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	9	18.0	18.0	18.0
slightly true to me	16	32.0	32.0	50.0
moderately true to me	12	24.0	24.0	74.0
very true to me	10	20.0	20.0	94.0
Extremely true to me	3	6.0	6.0	100.0
Total	50	100.0	100.0	

Table no.9

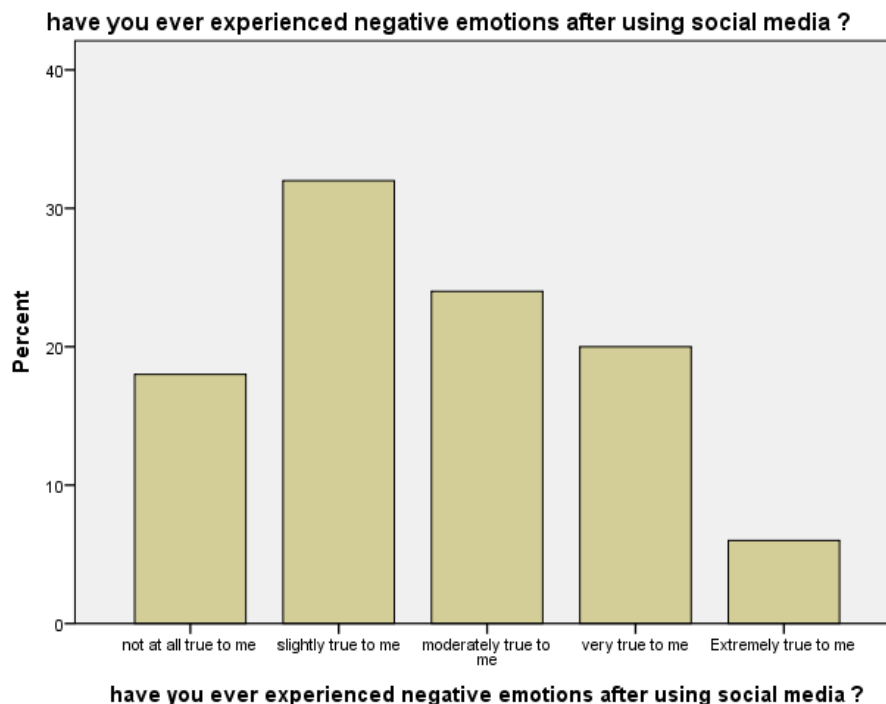


Table no. 9 shows the frequency of experiencing negative emotions after using social media. 9 respondents selected not at all true to me, 16 responded slightly true to me, 12 responded moderately true to me, 10 responded very true to me and 3 responded extremely true to me. The frequency percentage shows only 18% respondents did not experience negative emotions after using social media and rest 82% respondents' experienced negative emotions while using social media.

Do you feel compelled to respond immediately to notifications from social media apps?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	16	32.0	32.0	32.0
slightly true to me	14	28.0	28.0	60.0
moderately true to me	12	24.0	24.0	84.0
very true to me	7	14.0	14.0	98.0
Extremely true to me	1	2.0	2.0	100.0
Total	50	100.0	100.0	

Table no. 10

Do you feel compelled to respond immediately to notifications from social media apps ?

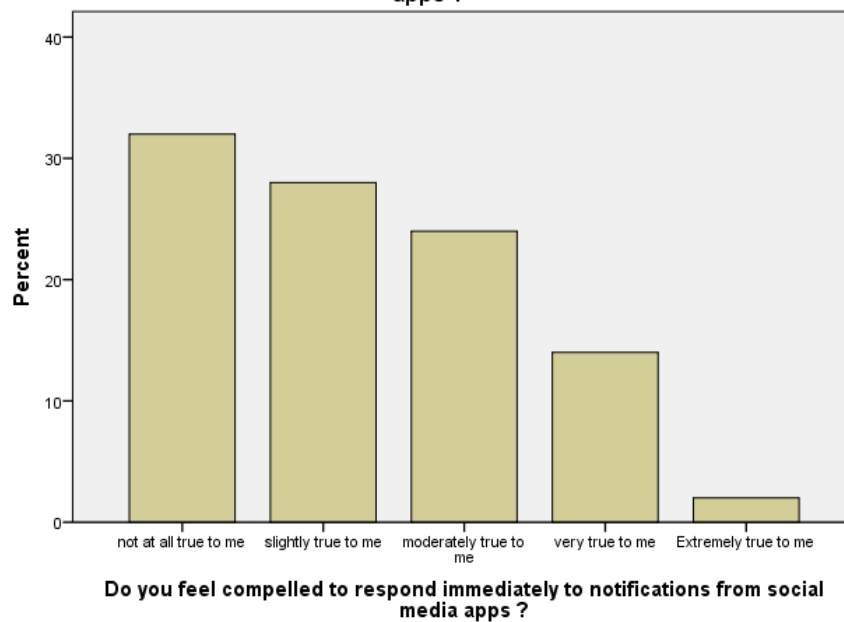


Table no. 10 shows the frequency of feeling compelled to respond immediately to notifications from social media apps. 16 respondents selected not at all true to me, 14 responded slightly true to me, 12 responded moderately true to me, 7 responded very true to me and 1 responded extremely true to me. The frequency percentage shows that 68% felt compelled to respond immediately to social media notifications and 32% did not feel to respond immediately.

Have you ever compared your number of followers/likes to others and felt inadequate?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	31	62.0	62.0	62.0
slightly true to me	8	16.0	16.0	78.0
moderately true to me	4	8.0	8.0	86.0
very true to me	4	8.0	8.0	94.0
Extremely true to me	3	6.0	6.0	100.0
Total	50	100.0	100.0	

Table no. 11



Table no 11 shows the frequency of urge to compare number of followers/likes to others and feel inadequate. 31 respondents selected not at all true to me, 8 responded slightly true to me, 4 responded moderately true to me, 4 responded very true to me, 3 responded extremely true to me. The frequency percentage shows that 38% respondents compare their number of followers/likes with others and feel inadequate.

Do you feel pressure to portray a perfect life on social media?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	not at all true to me	31	62.0	62.0	62.0
	slightly true to me	6	12.0	12.0	74.0
	moderately true to me	7	14.0	14.0	88.0
	very true to me	4	8.0	8.0	96.0
	Extremely true to me	2	4.0	4.0	100.0
	Total	50	100.0	100.0	

Table no 12

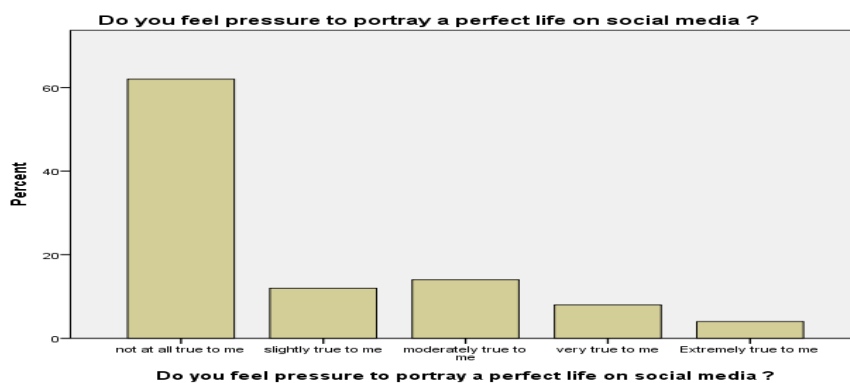


Table no.12 shows the frequency of feeling pressure to portray a perfect life on social media. 31 respondents selected not at all true to me, 6 selected slightly true to me, 7 selected moderately true to me, 4 selected very true to me and 2 selected extremely true to me. The frequency percentage shows 38 % responders feel pressure to portray a perfect life on social media.

Have you ever experienced difficulty focusing on tasks due to checking social media?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	12	24.0	24.0	24.0
slightly true to me	16	32.0	32.0	56.0
moderately true to me	9	18.0	18.0	74.0
very true to me	8	16.0	16.0	90.0
Extremely true to me	5	10.0	10.0	100.0
Total	50	100.0	100.0	

Table no. 13

Have you ever experienced difficulty focusing on tasks due to checking social media ?

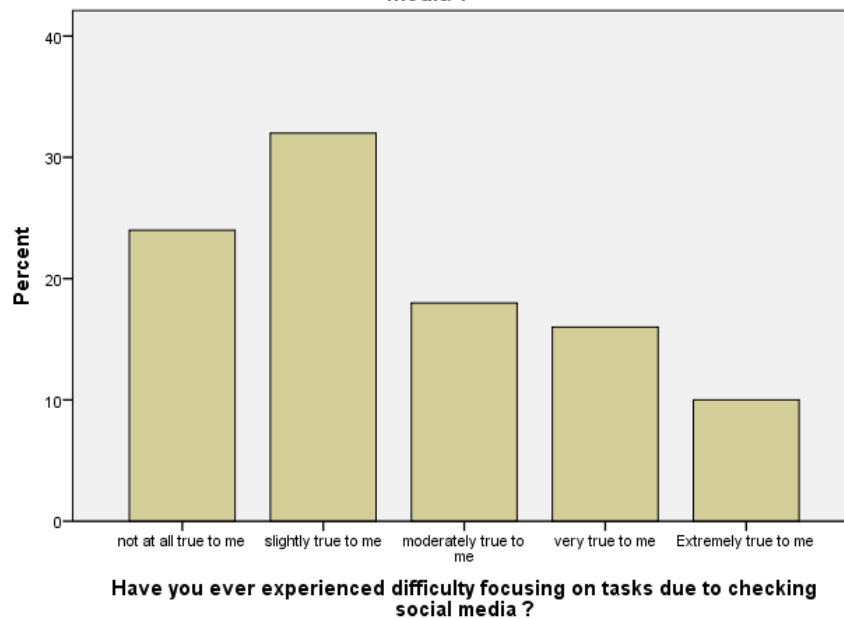


Table no. 13 shows the frequency of experiencing difficulty focusing on tasks due to checking social media. 12 respondents selected not at all true to me, 16 responded slightly true to me, 9 responded moderately true to me, 8 responded very true to me and 5 responded extremely true to me. The frequency percentage shows that 24% respondents did not experience difficulty focusing on tasks due to checking social media accounts but 76% respondents felt difficulty.

Do you feel like you are missing out on important events or updates if you are not active on social media?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid not at all true to me	13	26.0	26.0	26.0
slightly true to me	12	24.0	24.0	50.0
moderately true to me	12	24.0	24.0	74.0
very true to me	8	16.0	16.0	90.0
Extremely true to me	5	10.0	10.0	100.0
Total	50	100.0	100.0	

Table no. 14

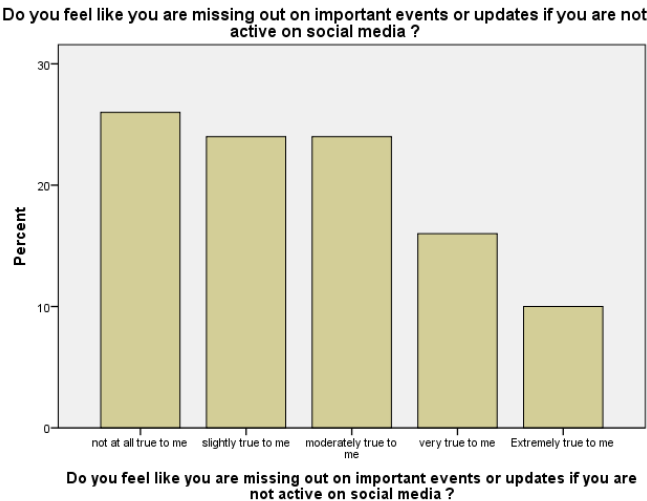


Table no. 14 shows the frequency of respondents feeling of missing out on important events or updates. 13 respondents selected not at all true to me, 12 responded slightly true to me, 12 responded moderately true to me, 8 responded very true to me and 5 responded extremely true to me. The frequency percentage shows that 74% respondents felt like missing out on important events or updates if they were not active on social media and only 26% respondents did not feel missing out.

HYPOTHESIS TESTING

Hypothesis Test Summary				
	Null Hypothesis	Test	Sig.	Decision
1	The categories of How frequently do you use social media platforms daily ? occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.
2	The distribution of do you check your social media accounts so often ? is normal with mean 3.320 and standard deviation 1.24.	One-Sample Kolmogorov-Smirnov Test	.002	Reject the null hypothesis.
3	The distribution of Do you feel anxious or stressed when you haven't checked your social media accounts for a while ? is normal with mean 2.080 and standard deviation 1.10.	One-Sample Kolmogorov-Smirnov Test	.000	Reject the null hypothesis.
4	The distribution of Do you Compare your life to what you see on social media? is normal with mean 2.240 and standard deviation 1.17.	One-Sample Kolmogorov-Smirnov Test	.000	Reject the null hypothesis.
5	The distribution of Have you ever felt left out or excluded after seeing social media posts of friends or acquaintances? is normal with mean 1.880 and standard deviation 1.19.	One-Sample Kolmogorov-Smirnov Test	.000	Reject the null hypothesis.
6	The distribution of How often do you feel pressured to post on social media to avoid missing out ? is normal with mean 1.680 and standard deviation 1.00.	One-Sample Kolmogorov-Smirnov Test	.000	Reject the null hypothesis.
7	The distribution of Have you ever lost track of time while scrolling through social media ? is normal with mean 3.120 and standard deviation 1.22.	One-Sample Kolmogorov-Smirnov Test	.000	Reject the null hypothesis.
8	The distribution of Do you feel more connected or disconnected from others when using social media ? is normal with mean 2.460 and standard deviation 1.16.	One-Sample Kolmogorov-Smirnov Test	.000	Reject the null hypothesis.
9	The distribution of have you ever experienced negative emotions after using social media ? is normal with mean 2.640 and standard deviation 1.17.	One-Sample Kolmogorov-Smirnov Test	.000	Reject the null hypothesis.

Asymptotic significances are displayed. The significance level is .05.

Figure H 1.1

Hypothesis Test Summary				
	Null Hypothesis	Test	Sig.	Decision
10	The distribution of Do you feel compelled to respond immediately to notifications from social media apps ? is normal with mean 2.260 and standard deviation 1.12.	One-Sample Kolmogorov-Smirnov Test	.000 ¹	Reject the null hypothesis.
11	The distribution of Have you ever compared your number of followers/likes to others and felt inadequate ? is normal with mean 1.800 and standard deviation 1.25.	One-Sample Kolmogorov-Smirnov Test	.000 ¹	Reject the null hypothesis.
12	The distribution of Do you feel pressure to portray a perfect life on social media ? is normal with mean 1.800 and standard deviation 1.20.	One-Sample Kolmogorov-Smirnov Test	.000 ¹	Reject the null hypothesis.
13	The distribution of Have you ever experienced difficulty focusing on tasks due to checking social media ? is normal with mean 2.560 and standard deviation 1.30.	One-Sample Kolmogorov-Smirnov Test	.000 ¹	Reject the null hypothesis.
14	The distribution of Do you feel like you are missing out on important events or updates if you are not active on social media ? is normal with mean 2.600 and standard deviation 1.31.	One-Sample Kolmogorov-Smirnov Test	.000 ¹	Reject the null hypothesis.

Asymptotic significances are displayed. The significance level is .05.

¹Lilliefors Corrected

Figure H 1.2

Hypothesis 1:

“There is a significant effect of FOMO among young online journalists”

After the observations of all the responses got from the survey which included 50 participants. The sampling contained 50 responders of different age and gender. There were 14 relevant questions regarding the effect of FOMO and its correlation with high social media usage among the users. These questions included diverse questions about the psychological effect of FOMO and how social media usage is causing FOMO and affecting the psychological well-being of the users. After going through multiple published research Journal, it was hypothesised that There is a significant effect of FOMO among young online journalists.

Figure H 1.1 and H 1.2 Shows the different questions asked in the survey, and after testing the responses it was found that all the questions reject the null hypothesis and this clearly shows that there was a significant effect of Fear of Missing Out among young online journalists.

Group Statistics					
	Gender	N	Mean	Std. Deviation	Std. Error Mean
	male	24	3.46	1.250	.255

do you check your social media accounts so often?	female	26	3.19	1.234	.242
Do you feel anxious or stressed when you haven't checked your social media accounts for a while?	male	24	2.25	1.294	.264
	female	26	1.92	.891	.175
Do you Compare your life to what you see on social media?	male	24	2.21	1.103	.225
	female	26	2.27	1.251	.245
Have you ever felt left out or excluded after seeing social media posts of friends or acquaintances?	male	24	1.67	.868	.177
	female	26	2.08	1.412	.277
How often do you feel pressured to post on social media to avoid missing out?	male	24	1.67	.816	.167
	female	26	1.69	1.158	.227
Have you ever lost track of time while scrolling social media?	male	24	2.96	1.197	.244
	female	26	3.27	1.251	.245
Do you feel more connected or disconnected from others when using social media?	male	24	2.29	1.122	.229
	female	26	2.62	1.203	.236
have you ever experienced negative emotions after using social media?	male	24	2.63	1.245	.254
	female	26	2.65	1.129	.221
Do you feel compelled to respond immediately to notifications from social media apps?	male	24	2.33	1.090	.223
	female	26	2.19	1.167	.229
Have you ever compared your number of followers/likes to others and felt inadequate?	male	24	1.63	.970	.198
	female	26	1.96	1.455	.285
Do you feel pressure to portray a perfect life on social media?	male	24	1.88	1.154	.236
	female	26	1.73	1.251	.245
Have you ever experienced difficulty focusing on tasks due to checking social media?	male	24	2.42	1.176	.240
	female	26	2.69	1.408	.276
	male	24	2.46	1.318	.269

Do you feel like you are missing out on important events or updates if you are not active on social media?	female				
		26	2.73	1.313	.258

Table H2

Hypothesis 2:

“There is a no any significant gender difference on the effect of FOMO among young online journalists”

In Hypothesis 1, it was found that there was a significant effect of FOMO among social media users. Another Hypothesis was that though Male and Female are distinct in their mental properties, but the excessive usage of social media is affecting the same way to both the genders be it Male or Female. There might be some minimal differences but not in the terms of effect of FOMO.

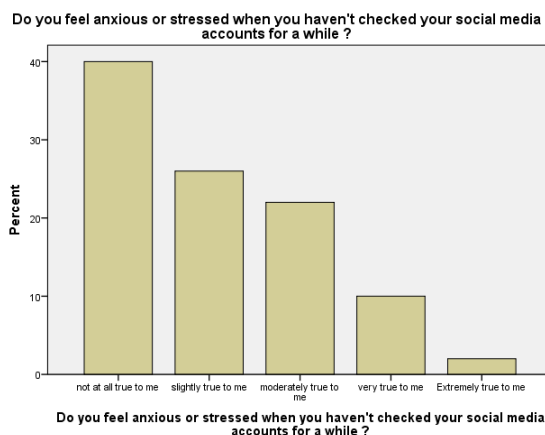
In Table H2, the test has been conducted by separating 24 male and 26 female, and when the mean of the result was tested and observed then it was found that there are some minimal differences on individual effect or any particular question but when the whole result was observed then it was found that there was no any significant difference in the effect of FOMO on Male and Female. FOMO was affecting significantly to both male and female young journalists.

Hypothesis 3:

“Social media and anxiety have a relationship”

In the above two results it was observed that the Effect of FOMO was significant among young online journalists and had no significant gender difference in terms of effect.

Though, FOMO affects the psychological well-being and life cycle of young online journalists, it can also lead to serious consequences like stress and anxiety.



Graph H3

In, Graph H3 and H1.2, we can see that 40% respondents did not feel anxiety or stress but 60% of the respondents felt anxiety and stress after using social media for a while. So, the Hypothesis that social media and anxiety have a relationship is proven to be true.

Hypothesis 4:

“Males are more prone to anxiety and stress in comparison to female young online journalists”

Do you feel anxious or stressed when you haven't checked your social media accounts for a while?	male	24	2.25	1.294	.264
	female	26	1.92	.891	.175

Table H4

Though , as a whole we can see that the Effect of FOMO was significant among social media users and there wasn't any significant gender difference. But when it comes to anxiety and stress, it was found that Male are more prone to anxiety or stress. Table H4 shows that the mean of anxiety and stress in male was 2.25 and the mean value of female was 1.92. So, the hypothesis that male are more prone to anxiety and stress is proven right.

Analysis and Discussion**The effect of Fear of Missing Out among young online journalists**

All the findings and Results were got from the gathered data and interpreted and analysed according to them. The aim of the study was to Study the effect of FOMO or Fear of Missing Out among young online journalists. As hypothesized, it was found that there was a significant effect of FOMO among social media users. These findings suggested that higher levels of Internet usage was associated with lower levels of psychological well-being and could lead to severe mental health issues like anxiety and stress. As studied from mental health journals, such mental issues can result in depression and high internet usage can also lead to fatigue.

The widespread availability, accessibility, and explosive growth of internet and social networking sites, youth are a particularly vulnerable group on account of the time they spend on the internet and social media. This study showed that high social media usage had negatively associated with psychological well-being of youths.

In this study, it was seen that FOMO effects the young online journalists in various terms, i.e. problematic psychological well-being, anxiety, stress, lowered self-esteem, losing track of time, feeling left out of events or updates due to not being active on social media, checking social media accounts so often, comparing life with others, feeling left out by seeing the posts of others, feeling pressured to post on social media, feeling negative emotions, urge to respond immediately to notifications, feeling low after comparing likes/followers, feeling pressurised to portray perfect life on social media, lack of focus in tasks etc. all these factors clearly suggested that FOMO was affecting the social media users irrespective of age or gender.

The psychological, emotional and behavioural effect of FOMO among young online journalists

This study also aimed to understand the psychological, emotional and behavioural effect of FOMO among young online journalists. This study wanted to identify the effect and then further help in enhancing the psychological well-being. The responses clearly stated that higher usage of social media was leading to FOMO as various symptoms of FOMO could be witnessed by observing the responses of the relevant questions. In questions regarding to different mental behaviour, it was found that the effect of FOMO was significant. However, in some serious consequences like feeling of anxiety, stress, comparing likes/followers, comparing life with others, it was seen that half of respondent did not feel that, but almost 50% respondents were facing these issues. Hypothesis testing also rejected null hypothesis and proved alternate hypothesis which means that FOMO had a effect on psychological, emotional and behavioural well-being of young online

journalists. In almost every other question like feeling of exclusion or left out, losing track of time while using social media, experiencing negative emotions after using social media, experiencing difficulty in focusing on tasks, missing out on important events on social media, feeling left out after seeing posts of friends and acquaintances, feeling of more connectedness or disconnectedness when using social media, feeling compelled to respond immediately etc., it was found that more than 70% of respondents felt all these issues.

Thus, this study clearly reveals that FOMO caused by social media usage is affecting the young online journalists psychologically, emotionally and behaviourally.

Conclusion

This research focused on two major objectives; to understand the effect of FOMO among young online journalists and to understand the psychological, emotional and behavioural effect of FOMO among young online journalists. This study showed that social media was affecting young online journalists negatively. Online journalists work on digital platforms therefore they have to be on social media platforms due to professional compulsions. They are the people who know various journalistic ethics and then operate on the platform. If they had a feeling of Fear of Missing Out (FOMO) then what about the common users? It is a very grave concern, because mental well-being of young people is a cornerstone of the progress of a country. If they are anxious and mentally unsatisfied then as a society we need to see these issues very seriously.

This study was conducted with only 50 young online journalists. Further this study may be conducted on a country-wide big sample size, which would give a clear picture on the mental well-being of young online journalists. This study may be replicated on journalists of traditional media also so that a comparison may be drawn between online journalists and traditional journalists.

Social media is a very effective tool and it has multiple positive benefits but its adverse effect is so problematic and dangerous that it has been a main cause of multiple mental health issues. FOMO is one of the most common effects of social media usage which is currently faced by the majority of social media users. If this problem is taken seriously then it can affect the psychological well-being of masses in coming years. We as a community should raise awareness about the positive use of social media and reducing the effect of FOMO and other serious issues which are caused by excessive use of social media.

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