

FEAR OF MISSING OUT(FOMO) AND THE USAGE OF SOCIAL MEDIA  
TOWARDS YOUNG ADULTS IN MALAYSIA

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## APPROVAL FORM

This research paper attached hereto, entitled “Fear of Missing Out (FOMO) and the usage of social media towards young adults in Malaysia” prepared and submitted by Koo Kai Yan in partial fulfilment of the requirements for the Bachelor of Media and Creative Studies (Hons) is hereby accepted.

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## ABSTRACT

This study is conducted to understand the relationship between social media usage and Fear of Missing Out (FOMO) among the young Malaysian adults. Humans are natural social beings and with the advance of technology, smartphones become an indispensable invention to allow connection with everyone in our daily life. The given privilege to constantly connect with people, especially through social media results to excessive use which could interfere with one's well-being, especially with the apprehension of FOMO. With the insufficient data understanding FOMO's manifestation, behaviours and well-being of Malaysian users on Instagram, this study aims to provide further clarification in users behaviours in Instagram in relation to FOMO through data collection using questionnaire. This will provide further data to understand the influences that can impact the wellbeing of young adults. The study purpose is to find out the types of FOMO available in Malaysia young adults and to analyse the relationship between FOMO and social media usage on young adults in Malaysia. A total of 51 participants are being survey based on a questionnaire and data collected in analyze through google form and r software. Results show there is up to 60% participants having FOMO and there is positive correlation between social media usage with FOMO. Future study with implementation in gender differences and ethnicity variant can be explore for wider perspective.

## DECLARATION OF ORIGINALITY

I declare that this report entitled “**FEAR OF MISSING OUT(FOMO) AND THE USAGE OF SOCIAL MEDIA TOWARDS YOUNG ADULTS IN MALAYSIA**” is my own work except as cited in the references. The report has not been accepted for any degree and is not being submitted concurrently in candidature for any degree or other award.



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# Chapter 1

## Introduction

### 1.1 Background of this study

Today, the world has been exposed to various technologies to keep people in touch on information from the latest news to updates of friends and acquaintances. Gadget like smartphones provide its users the ability to contact through various methods such as emails, phone calls or even using text through social media. The current smartphones are equipped with social media applications like Instagram, Facebook, Youtube, and Whatsapp characterised to provide social interaction, sharing of content and provide collective intelligence (Alfawareh & Jusoh, 2017).

The exposure of social media technologies gradually converted the daily routines and habits to not only perform easy access to contacts but continuously keep updated to daily lives of people. Humans are known to be social being that naturally belong in groups, regardless of the size of a small group of a family or a larger group as a community in a village or even metropolis. The accessibility of social media though convenient but can provide unprecedented effects in different degrees towards each age groups and at times affects people individually as social media becomes the tool that is needed to exploit and satisfy human's sense of belonging (Beyens, Frison, & Eggermont, 2016; Nadkarni & Hofmann, 2012).

According to few studies, the widespread and inseparable attention of utilizing social media can give a potential negative effect on young adults' mental health (Baker and

Algorta, 2016). Through various research, there is consistency in showing young adults who are active social media users are at risk in suffering through psychological distresses (Twenge, 2017 as cited in Perna, 2020). Through national research, a survey has been performed among young adults showing the usage of up to three social media platforms has proof to significantly raise the risk of anxiety and depression compared to lesser usage of platforms. Through such findings, it brings concern and shows the significant to raise concern towards the mental well beings of the young adults in Malaysia. A study conducted in Malaysia revealed young adults who are undergraduates, active social media users show the inverse relationship between uses of social networking and psychological well-being (Chen et al., 2021). The study mentioned proves the links between the effects in social media may produce detrimental effects towards the mental well-beings of Malaysia young adults.

Instagram is one of the most popular social media applications among young adults. According to Sharma (2022), Instagram consist of 1158 million active users globally, with up to 62.70% aged 18-34 years and 30.8% are young adults from 18–24 years old. The fact Instagram is such popular among young adults and millennials is because the diverse of trends and vast culture that roams in the digital spaces for the youths (Hassim et.al, 2020). Malaysia has approximately 4 million active users (Hassim et.al, 2020 as cited in Lim, 2016). With the current technology, it is undeniable that the internet and social media will thrive with more young adult users.

It is vastly understood social media mainly is designed to simplify the interpersonal interactions, however there are studies indicating that social media usage fails in providing the social benefits but linked to negative outcomes (Ryan et al., 2017 as cited in Chen et al., 2021). It is also founded that among other social media applications,

Instagram users possess a higher level of risk of fear of missing out (FOMO) (Safronova, 2015 as cited in Moore, 2021).

FOMO is the fear of being left out where others are having a more enjoyable time and experience without the individual (Blackwell et al., 2017; Przybylski et al., 2013 as cited in Moore, 2021). The Fear of Missing Out (FOMO) is known to be a pervasive apprehension where one feels the absence in experiencing a rewarding situation others might be having (Przybylski et al., 2013 as cited in Aslan,2020). According to Perna (2020), studies had shown the Fear of Missing Out can be resulted from deficits from psychological needs which includes the need to belong, where individual with the absent in psychological needs starts engaging to continuous of social surveillance like tracking and monitoring social media activities to fulfil the mentioned needs and the void feeling of missing out in social events.

With the increasing numbers of social media users in Malaysia, it brings consideration towards the wellbeing of the majority users, the young adults who are the potential group that prone to experience higher risk of mental health conditions (Jurewicz, 2015).

## **1.2 Problem statement**

Historically, it is seen that humans are social animals that desires interaction among themselves. Hence, the determination of humans invented easier way to communicate and provide technologies with higher efficient to remain contact and bonded which known to be the social media. In this technological era, the use of social media is frequently used in our lives especially for the young adults. Social media has been used to maintain social connections through sharing of posts and keep people updated towards their lives. In accordance with the main reason of the creation of social media,

which allow easier connection among people, the presence of social media should bring benefits and positive outcomes. However, research has found social media networking has a positive correlation with interpersonal stress (Perna, 2020). Studies have shown the use of social media can influence the wellbeing of users, especially young adults with the relation in the Fear of Missing Out (FOMO) especially using Instagram (Safronova, 2015 as cited in Moore, 2021). Hence, this study aims to find out the relationship between the usage of social media may contribute affecting the wellbeing of young adults with FOMO issues.

Fear of Missing Out (FOMO) was discussed, where tech-savvy youths suffer from anxieties with the absence of social media due to the fact of fear in being excluded from social activities, news updates as well as important status updates (Nguyen, 2014 as cited in Hassim et.al, 2020). With the convenience this era brings to use social media, there should be a rise of awareness towards the majority users of social media, the young adults. It is shown that nearly one in five adolescents had suffered diagnosable mental health concerns like depression and suicide (Nesi, 2020). Researcher has suggested the excessive usage of new technologies which includes social media like Instagram, may be a particular addiction to young adults (Kuss & Griffiths, 2011 as cited in Moore, 2021). Even though much awareness is needed, little effort has been allocated in researching about why young adults would use Instagram (Moore, 2021) and how FOMO in young adults today that had affected the well beings of young adults, especially in Malaysia. Many of the research were being conducted in the West countries, which may not be applicable to Malaysia with the cultural differences from each country (Chen, 2021).

It is crucial to seek an understanding on the effects of Fear of Mission Out (FOMO). According to Hayran & Anik (2021), the FOMO mainly focuses on understanding

towards how social media posts or updates brings a person's desire or attraction due to an unattended experience that is happening in the physical world (eg., a friend's birthday party or a group trip abroad), however, during the pandemic with the presence of quarantine measure during the Covid-19 lockdowns, individuals still have the feeling of missing out even without the need of a physical situation. (Hayran & Anik, 2021). The feelings of FOMO have changed from physical activities to online activities while practicing social distancing like the fear of missing out on virtual gatherings and other online social activities (Hayran & Anik, 2021).

### **1.3 Significance of the study**

The significance of the study is firstly to address the rise of social media addiction. According to Tung et al., (2022), up to 98% of Malaysian are using the Internet for social networking use (98.0%). The excessive use of social media can associate with many negative outcomes which makes it significant on conducting relevant studies, especially for young adults which is known to be the highest in social media usage compared to other stages of age. The cultural differences may also influence the outcome of the study and with little sources provided on this study towards Malaysian, it is significant for the conduct of the study to increase more information of such. It is also found with relevance studies the apprehension of FOMO may have changed because of phenomenon from the pandemic, it is to prior knowledge FOMO only appears where individuals fear of missing out on physical events but recent studies found virtual meeting can trigger FOMO (Hayran & Anik, 2021). This shows there is the need to conduct further research and updates on studying FOMO and its relations with its users. Hence, the present study on understand FOMO with social media use on the young adults, the highest group in social media usage with higher risk of FOMO.

#### **1.4 Research objectives**

The purpose of this study are mainly focuses on the following objectives:

- 1) To analyse the relationship between FOMO and social media usage on young adults in Malaysia
- 2) To investigate the types of FOMO available in young adults in Malaysia

#### **1.5 Hypothesis**

- (i) Stronger sense of FOMO increases the intensity of social media usage.
- (ii) Up to 50% of participants has at least experienced or have a kind of FOMO classification.

#### **1.6 Keywords**

Digital addiction - an emerging phenomenon where it is defined to be an excessive use of a particular software-mediated operation to a certain reach of requirement (Alutaybi et al., 2020).

The Fear of Missing Out (FOMO) - a pervasive apprehension where one feels the absence in experiencing a rewarding situation others might be having (Przybylski et al., 2013 as cited in Aslan,2020).

## Chapter 2

### Literature Review

#### 2.1 Digital media and exposure to society

The popularity of smartphones has risen in the recent years to an extent where it becomes unimaginable for users to stay away, even for just a minute (Bartwal & Nath, 2019). The advancement of the smartphone with its features and tools, especially social media has made it inseparable from smartphones. Social media is described as websites or applications where users can publish material, exchange images and videos, and establish social networks by corresponding with other users in real-time (Szeto et al., 2021). According to Copper (2022), social media is defined as internet-based application or websites that can promote communication, the sharing of user-generated content and user participation on a large form of scale.

Today, social media provides the ability to communicate, entertain as well as provide the information needed. People now use social media as their daily way to reach out to people and keep updated with people and communities. Social media also provide the freedom to express and share ideas with people online, it has the characteristic to be personalized based on users preference and allows users to share their feelings privately or to the public. Some of the popular platforms used are Facebook, Twitter, Instagram, Whatsapp as well as Youtube (Dollarhide, 2019).



## **2.2 Social media addiction and its effects**

Social media is known to be beneficial in terms of providing its benefits in being ubiquitous, entertaining, and informative as well as an easy communication tool to contact and maintain connections. However, with its variety of functionalities, it has become inseparable, leading to a downside where users become addicted to social media. Younger users tend to get so attached to their mobile devices performing everyday tasks, they get carried away by spending excessively long hours online, even at night asleep, their mobile devices are at arm's reach (Al-Samarraie et al., 2021).

The addiction may lead to unprecedented effects bringing detrimental outcomes to the users. Social media is argued to have a great influence on social connections, it is said to be creating an illusion of connection and decrease the need for actual human interaction in the physical world (Cooper, 2022). Social media users have shown the effects of social media impact to their well-being. According to Karim (2020), there is up to a 70% increase in self-reported depressive symptoms in the group of social media users. The introduction of a theoretical model by Davis about the cognitive behavioural model in Internet usage shows there is an association between the use of the Internet with several psychological well-being variables which includes the influence of self-esteem, loneliness, depression, and being shy. According to Al-Samarraie et al.(2021), these theories given is well supported by publications about the excessive use of social media networks and their effects on the well-being of people in general.

In previous research, there is an expansion of research perspectives where researchers started focusing on another negative effect of social media, it is believed that social media may induce the fear of missing out (FOMO) to the users (Zhang et al., 2021).

The increase in social media dependence on daily activities has highly encouraged researchers to investigate on FOMO (Xi et al., 2022). The over usage of social media is known to be highly associated to FOMO.

The overuse of social media can be known as an addiction that may bring adverse effects to users. Digital addiction is known to be an emerging phenomenon where it is defined to be an excessive use of a particular software-mediated operation to a certain reach of requirement (Alutaybi et al., 2020). The obsession use of the social media can bring tremendous impact on the routine and life of the users. It has known to affect the user's social life and well-being in general which can lead to the lack of social and recreational activities, split, break relationships, reduced involvement in the physical life and communities, poor parenting as well as depression and sleep deprivation (Alrobai et al., 2014 as cited in Alutaybi et al., 2020). Fear of Missing Out has been mentioned to be associated with symptoms of addiction where individuals preoccupy their time using social networks because of their fear of social exclusion or the scenario where others may be having a more rewarding experience than them (Alutaybi et al., 2020).

### **2.3 FOMO and its relation with social media**

Human beings are all social beings, and our environment has a big influence on our mindset and actions. As humans, we observed and interpret from our five senses, and react to the things we see, hear, touch, and taste. According to Allport (1968) as cited in Alutaybi et al. (2020), humans are influenced by the presence of others, whether real, suggested, or imagined. The rise of social media has made the presence of people to be ubiquitous. The extent of time and number of encountering people has increased

ever since the invention of social media. In the past, people are not always able to socialize and interact. Now, the evolution of communication and interaction, social media has increased interactions among people to an unlimited extent. People can communicate with one another without the limitation of distance. The prevalent use of social media has created unprecedented effects to users and one of the phenomena found is the apprehension of Fear of Missing Out (FOMO).

According to Zhang et al., (2021), Fear of Missing Out (FOMO) is becoming more common in the age of social media, with the study indicating that 66% of individuals have it at some point in their lives, with it being worst late in the day and on weekends. FOMO is defined as "a pervasive fear that others may be having a more rewarding experience that one is missing" where it refers to the bad emotion that emerges from becoming aware of ignored experiences (Hayran & Anik, 2021). In a study, Griffiths and Pakpour (2018 as cited in Aslan, 2020) mentioned that smartphone popularity along with the continuation of high use of social media affects people's life. In the length of five years, issues in mobile phone usage have increased, linking to "no mobile phone phobia" known as nomophobia which is said to be related to FOMO. Existing studies related to FOMO has revealed the experience of FOMO may lead to detrimental health consequences as well as severe psychological issues such as stress, anxieties, signs of depression, sleep deprives, decline in academic performance, other issues in the use of the smartphone and social media (Hayran & Anik, 2021). People who have linkage with the Fear of Missing Out (FOMO) are highly linked to having a high level of anxiety and the fear of being socially excluded (Blackwekk et al., 2017 as cited in Moore,2021).

## **2.4 FOMO and Instagram**

According to Destino (2019 as cited in Aslan, 2020), it is hypothesized that Instagram has a higher level of FOMO. This prediction has been seen in many studies and has been said to have a big relevance to the features provided on Instagram. It is understood that being social media users, it is undeniable that information is all over social media. The constant and unlimited access to social media has always brought users to understand information and updates of the people on Instagram. This leads to the availability for social media users to view what they are missing, as they scroll through media to see what their friends or other Instagram users are enjoying their life and experience. This ultimately leads to the feeling of dissatisfaction, anxiety, doubt resulting to lower in self-esteem and the feeling of not being worthy enough. These traits are all contributions to being under the Fear of Missing Out. This shows that features and the way Instagram functions can provoke FOMO. According to Zhang et al., (2021), the social media type in the perspective of media characteristics has a high influence and significance in affecting the association of social media use and FOMO.

According to Moore (2021), Instagram has a total of five distinctive ways or functions:

The first is that Instagram drives online social interactions with the use of pictures. Instagram is picture-oriented and focuses on photos and videos as its main content. The social media application has mostly pictures enlarge and of focus about when compared to their wording. The platform is mainly engaged using visuals like pictures and videos. The reactions made are all mainly focused on the picture as well as the reaction or comments made will be mainly about the picture posted. According to Zhang et al. (2021 as cited in Wu et al., 2020), the exposure to image information can provoke positive bias leading to the

individual arousal to FOMO and a desire to be concerned on the dynamics of others.

Secondly, the characteristic of Instagram is distinctive whereby, people are allowed to follow people or users on Instagram without the need to be of acquaintance. The users don't have to meet or know each other in the physical world to follow them on Instagram. Instagram accounts that are public can be followed by anyone. The followers of the account will be having updates of that specific user appearing on Instagram. This provides information and current updates from the following user and views on their daily postings. Following others on Instagram can be celebrities, people who share updates from their own perspective of life with others, sharing their daily life like providing updates on their career, trips, or even their daily experience. Compared to Facebook, Instagram can only follow and not be friends like Facebook. The difference is that being friends on Facebook means receiving each other's updates, where the connection is reciprocal. Instagram, however, is one-sided, when you follow that person, you only can see their updates posted on Instagram while the person you get information about can't see any updates posted by you on your Instagram account.

Third, Instagram has hashtag features that you can add to your posts. When a photo has a hashtag on it, it will be searchable on Instagram. This means when relevant keywords in the hashtags are searched, the post will be linked and appear at users search results.

The fourth characteristic is that Instagram provides users to filter and edit before posting a post. The difference between Facebook is that Instagram is skewed

more to only positive perspectives where it provides a positive overview in enhancing their photo bringing users to a better experience (Lup et al, 2015 as cited in Moore, 2021).

The fifth characteristic is that Instagram only provided the heart icon to react on others' posts as a liking to their post. There are no other options like Facebook where it provides different emotions in reacting to the post. This in a nutshell provides that Instagram has its uniqueness in allowing users to react and use the platform which may provide a higher apprehension of FOMO.

Based on the characteristics, the use of photos or video as the main subject of the post provides clarity to users on the experience, they have which provides a higher level of anxiety when others view upon. When compared to other social media like Twitter which focuses on mainly words in expression, the visual in Instagram provides a more thorough view and perspective of the experience, providing the sense of awe to have the feeling to join and participate. It is possible as images can attract people with its vivid colours and objects. This as a result, forms the anxiety of not being able to experience more easily where others may be experiencing a better time. This applied similarly with the fourth and fifth point where Instagram users can edit and filter their post increasing the positive image of the post but compare to Facebook there are no options to add on feelings that are negative like the emoji in Facebook status. This goes the same to the heart icon in Instagram, where there are no other choice to give like a dislike or any other emotions. It only provides the positive feeling which skewed people into thinking everyone is having its best as no negative emotions or perspective are

revealed as compared to other social media like Facebook. This may result to why Instagram will likely have a higher FOMO than other social media.

According to Rozgonjuk (2019) as cited in Moore (2019), individuals have higher tendency to overestimate the experience to be positive and underestimate it to be a negative emotional experience in Social Network Sites like Instagram. As a result, people believed and automatically skewed that others are having a happier and more successful live than they are experiencing. When regarding the Instagram, it is also understood to the cause where users may have higher levels of anxiety or depression as users are connected to follow celebrities as well as public figures. Celebrities and public figures are known to keep in shape and only shows their best out to the public. The post on Instagram is mostly planned perfectly before posting. The following of their accounts can lead to the users feeling less privileged than the celebrities or figures triggering FOMO with the user's increased of anxiety and depression.

## **2.5 Self-Determination Theory**

The Self-Determination Theory (SDT) is known to be a broad influential framework that is related to the field of psychology that explains the motivation and behaviours of humans. According to Alutaybi (2020), self-determination theory is said to be a motivational theory that explains about individuals are sensitive to FOMO when engaged in social behaviours due to the deficits in psychological needs. The apprehension of FOMO has been argued to drive individuals to social media use because of the assumption to users that social media provides them with a self-regulation tool for them to satisfy their psychological needs (Przybylski et al., 2013 as cited in Alutaybi, 2020). SDT has suggested that individuals have three types of basic

psychological needs which are autonomy, competence, and relatedness (Deci & Ryan 2000). According to Wang et al., (2019), autonomy is the need to own or have the feel of ownership of one's behaviour, relatedness is the desire or need to feel connected to others and competence is the need to reach or product desired outcomes and to experience mastery.

Autonomy is referred as the need to feel in control on one's behaviour and decision. In social media, there can be relevance to autonomy when individuals feel the threat or pressure to keep up with people like friends on social media. Some of the contexts are the need to constantly check on their social media accounts and avoid overlooking or missing out on important updates or events happenings as well as maintaining a certain image (Blachnio & Przepiorka, 2018).

Relatedness refer to the necessity to feel connected with others and be part of the social group or community. In a research shown, the social media is able to enhance the feel to be socially connected and to reduce feelings of loneliness (Parker et al., 2021). However, the social media has also proven to create negative effects like the feelings of social comparison as well as certain anxiety where users feel they are missing our on activities or events organised (Verduyn et al., 2017).

As for competence, it refers to the users to have a feeling of effectiveness and the capability to be in one's pursuits. The social media is shown to be providing opportunities to express oneself and also share their idea and creativity where it enhances the feeling of competence (Baumeister & Vohs, 2019). Though, when there is excessive use on social media it can lead to feeling of being inadequate and produces negativity like having lower self-esteem (Tang et al., 2021). This in resulted showing that social media brings the effect to be fulfilling one's need as well be of a threat in



the need in autonomy, relatedness and competence, where it indirectly creates the experience of FOMO.

# Chapter 3

## Approach

### 3.1 Method of approach

The main purpose of this research is to analyze the relationship between the usage of social media and the fear of missing out (FOMO) towards young adults in Malaysia. The approach of this study is conducted through quantitative approach. The quantitative approach provides the analysis that deals with statistics and numerical data. This approach is suitable as the data collected will be measurable compared to qualitative data as the information gathered are collected through standardized questions for comparison and calculations rather than in depth and descriptive. This can provide us a data analysis on a sample group.

### 3.2 Sampling

The targeted population for this study is Malaysian young adults that range from age 18- 24, who are known to be heavy social media users (Hassim et.al, 2020), potential association with Fear of missing out and are a higher risk group in mental health conditions (Jurewicz, 2015). Young adults have no specific age group and are generally categorised, it has a vast range and has an uncertainty in age determination. The age group for this current study is selected through few considerations. Younger age groups are proven to have higher potential to FOMO (Rozgonjuk et.al, 2021). Instagram's most populated age group with up to 31.7% is at the age of 25- 34, which followed by

30.2% for the age group of 18-24. The percentage of the users for both age groups are slightly similar. The study research relates to understanding FOMO which are prone to younger age group, hence, the selection on the age group of 18-24. For future research in related area, the most populated age group can be research to compare the data between the other age group as there is still insufficient information relating such topic areas in Malaysia.

The technique implemented is the non-probability sampling technique. The participants will be selected through a convenience sampling strategy which is through self-selection. The method is chosen to enhance efficiency in obtaining participants. This technique is one of the most efficient and effective approach where targeted participants can be found quicker, and it is inexpensive.

The location of the sampling will comprise of both students and working adults as long as they fulfil the requirement of the inclusion criteria for the survey. The participants are mainly located in the Selangor state where students are mainly collected through university.

### **3.3 Research design and Measurement**

The research design of this study is considered to be a pilot study which is also known as feasibility study, where it acts as a research protocol that are often studied using a smaller-sized study in assisting in planning and modifying for future (In, 2017).

The data collection of the study is conducted through a survey questionnaire created through Google Forms. The questions for the survey are standardized and fixed for all participants. Potential participants will first be directed for confirmation of the inclusion criteria to take part in the survey. If the participant does not meet the requirement of the

inclusion criteria, they will be excluded to participate in the survey. Potential participants with fulfilled requirements will be directed to a demographic questions section and then the survey instruments.

The inclusion criteria include (a) Malaysian citizen (b) 18-24 years old (c) Consist of an active Instagram account.

There is a total of 5 sections in the questionnaire. In the first section, there will page to confirm the participant's eligibility, that the participant has satisfied every requirement of the inclusion criteria. The first section is the demographic section where participants will provide their gender and their current working status. The second section will be a Likert scale used to rate the usage of social media using situational statements that was inspired by the Bergen Social Media Addiction scale. The Bergen social media addiction scale scoring mentioned the higher the score on the indicator the individual is more at risk to social media addiction (Tung et al., 2022). The third section is on the indication of FOMO where the scale mentions on situation and how it reflects the experience on the situation. The scale is a similar version to the FOMO scale used on the study on adaption of fear of missing out scale where the scale is a 5-point Likert scale and indicate the higher the score the higher the fear of missing out (Can & Satici, 2019 ). The fourth section analyzes the types of FOMO, where participants choose the situation of experience according to the types of FOMO. The fifth section is about the relationship between FOMO and usage of social media where users will be question using a yes, no based answer technique and also a direct multiple choice on the most and least triggered FOMO type. For data collection, the survey will be gathered to an Excel sheet for analysis once all questions have been answered. The data collected will remain participants to be anonymous for the research.

Measurement for data collection will make use of Google sheets, Excel sheet and Google Forms. The generation of charts and graphs will use of Google Sheets and R software. Statistical measurement will be used as well. The person correlation coefficient is a statistical measure that will be implemented to understand the correlation between usage of social media and FOMO. The Pearson correlation coefficient acts as a measurement of the strength and direction of the linear relationship between two variables (*LibGuides: SPSS Tutorials: Pearson Correlation*, 2020). The person correlation coefficient( $r$ ) is set to be a positive correlation when the value is 0 to 1, where one variable change will influence the other variable in the same direction. The p value is to indicate the significance of the correlation between the two variables, ranging from 0 to 1, where 0 indicates there is high significant of correlation while 1 indicates there is no significant in correlation (Turney, 2022).

### **3.4 Procedure**

Potential participants will be receiving notification through one of the different channels like emails, social media, and physical requests. Participants will only be included in the study based on inclusion criteria. If the inclusion criteria are all satisfy, the participants will be answering through the questionnaire given and the data will be collected through google sheets.

The questionnaire is mainly made from two scales, the participants will be answering demographic details using nominal scale used to classify and collect fixes variables like gender as well as status. The other will be the ordinal scale which is known to be a rank of ordering scale measurement like Likert scale (Cha et al., 2021).

# Chapter 4

## Research Findings

### 4.1 Introduction

This objective aims to investigate the impact of Fear of Missing Out (FOMO) among young adults on Instagram based on their daily lives. The research analysis will implement the use of quantitative method, to analyze numerical data collected through a survey using a questionnaire. Furthermore, descriptive analysis is used to provide a clear data overview represented using tables, charts and graphs. Parts of the illustration will be generated using RStudio which is used for statistical computing and graphics.

### 4.2 Participants' Demographic Profile

The sample of the research analysis comprises 51 participants that are grouped based on 2 categories of data which are gender and current work status. To be eligible in participating in the questionnaire provided, individuals are required to meet the following criteria, to have a Malaysian citizenship, aged between 18 to 24 years old, and have an Instagram account.

## 4.2.1 Gender

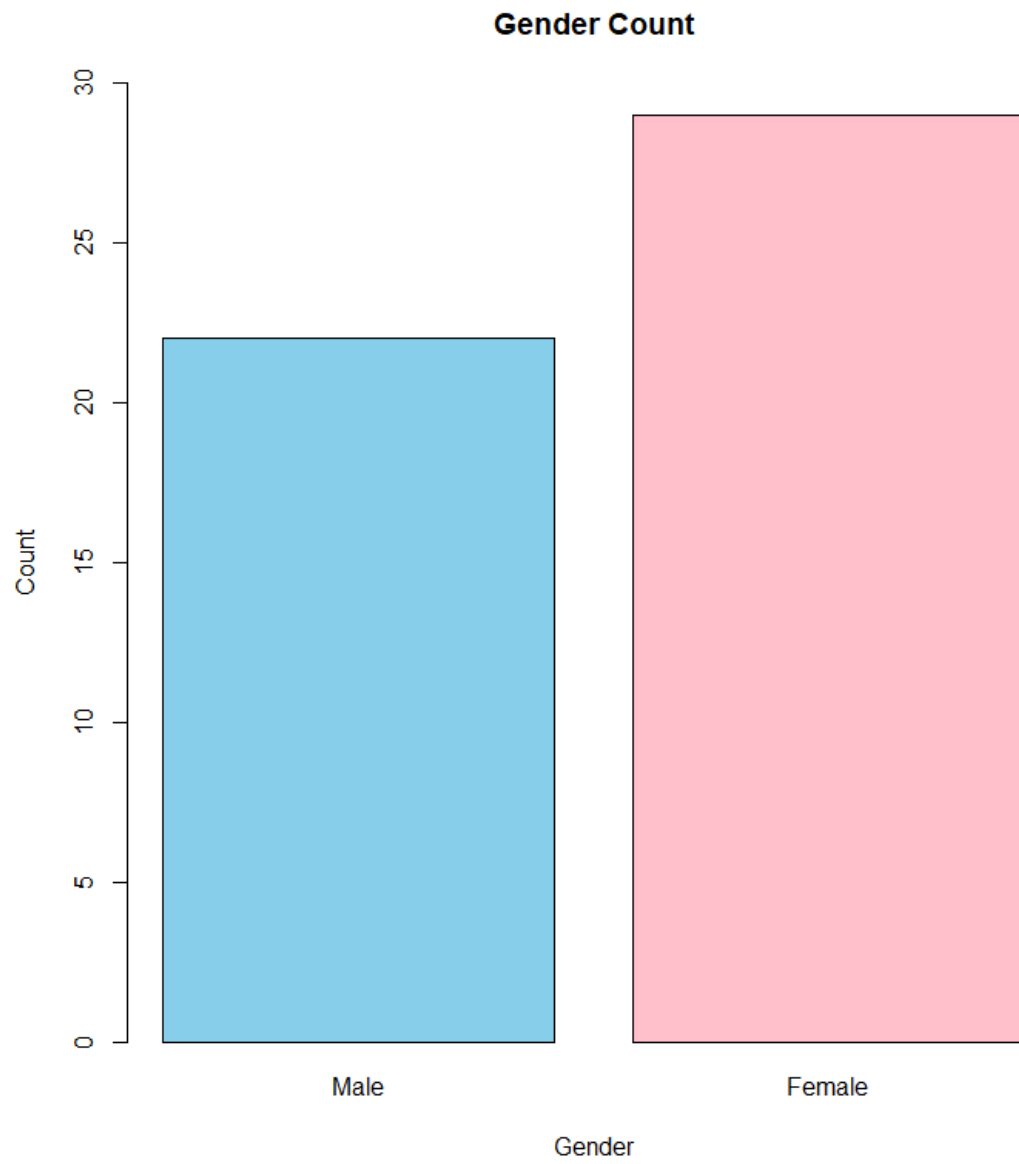


Figure 4.1 Bar Chart of Gender Count of Sample Size

Table 1

*Frequency Table of Gender*

Gender	Count	Percentage	Cumulative Frequency	Percentage Cumulative Frequency
Male	22	43.14	22	43.14
Female	29	56.86	51	100.00

The total number of 51 participants are grouped by gender, with 22 participants identified as male while 29 of them as female. Based on the table given above, the male participants make up 43.14% of the entire sample and 56.86% for the female participants. This indicates that the number of female participants is higher than male participants.



### 4.2.2 Current Work Status

Table 2

*Frequency Table of Current Work Status*

Current Working Status	Count	Percentage	Cumulative Frequency	Percentage Cumulative Frequency
Student	48	94.12	48	94.12
Employed	3	5.88	51	100.00
Unemployed Graduates	0	0.00	51	100.00

The participants are categorized by current working status that are either student, employed or unemployed graduates. There are a total of 48 participants that identified themselves as students, 3 as employed and non-participants are unemployed graduates. These findings suggested that the majority of the participants are currently studying, only a minority are employed while none are unemployed. The reason for having no unemployed graduates may be because of the technique used, non-probability sampling technique, the exposure of participants for are mostly students and the employed are mostly graduates with access to work opportunities. It is possible the coverage of the unemployed is overall smaller in percentage compared to the other two status, hence with the limited number obtained bringing to none in the data collection. Based on the frequency table above, the student category has the highest percentage count which is

94.12% while employed have 5.88% and unemployed graduates have 0%. This indicates that the majority participants in this are students.

#### 4.3 Usage of Instagram

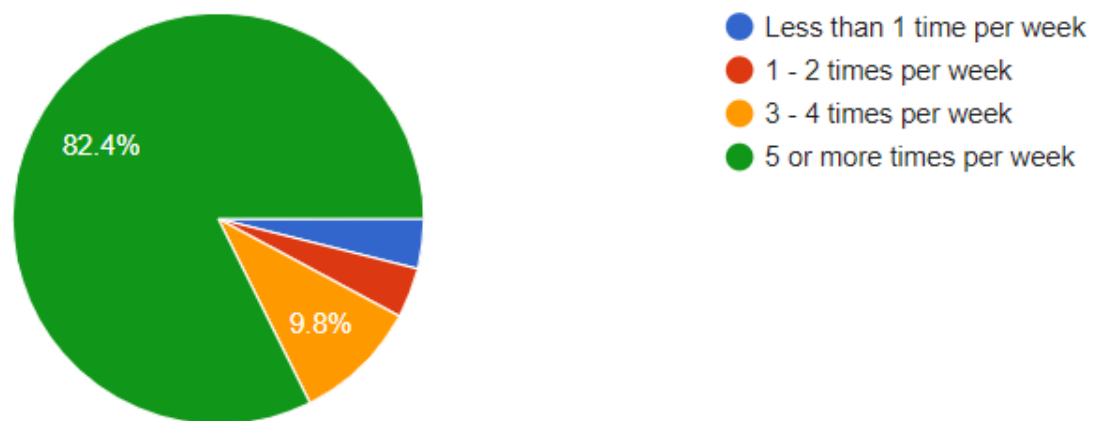


Figure 4.2 Percentage of Usage of Instagram In A Weekly Basis

Table 3

*Frequency Table of Instagram Weekly Usage*

Instagram Usage (Per Week)	Count	Percentage	Cumulative Frequency	Percentage Cumulative Frequency
Less than 1 time	2	3.92	2	3.77
1 – 2 times	2	3.92	4	7.84

3 – 4 times	5	9.80	9	17.64
5 or more times	42	82.35	51	99.99

The participants are required to rate themselves according to their estimated usage count of the social media application, Instagram in a week. According to the frequency table above, the majority of the participants, which have a count of 42 people (82.35%) reported that they use Instagram 5 or more times per week. Furthermore, there were 5 people (9.80%) stated using the application 3-4 times while both categories of less than 1 times and 1-2 times are the least picked. Each of the two selections has only 2 people. The findings suggest that most young Malaysian adults frequently use Instagram in their daily lives.

#### 4.4 Instagram Usage Based on Specific Situation

Table 4

*Frequency Table of Instagram Usage Based on Specific Situations*

State of Situation	Sample Size, N	Mean	Standard Deviation	Mean Rank	Standard Deviation Rank
Wake Up / Getting to Sleep	51	3.33	1.31	8	2
Leisure Time	51	3.88	1.08	1	11

Social Event / Gathering	51	3.59	1.13	4	9
Attending Lecture / Working	51	2.67	1.18	11	6
Studying / Doing Assignments	51	2.69	1.16	10	7
Have Trouble Sleeping	51	3.29	1.30	9	3
Reduce Stress	51	3.55	1.11	5	10
Act As Distraction	51	3.61	1.21	3	5
Reconnect With People	51	3.67	1.15	2	8
Take Short Breaks from Daily Routines	51	3.39	1.28	6	4
Share Something	51	3.37	1.34	7	1

The mean rank is calculated based on the average rank of a certain situation while the rank of standard deviation acts as an indication of variability along with spread of the data. Based on the findings above, it can be concluded that most young Malaysian adults tend to use Instagram mostly during leisure time with the highest mean score of 3.88, following up with reconnecting with people and using the social media application as a distraction from current situations. Moreover, attending lectures or working along with studying or doing assignments have the lowest mean scores of 2.67 and 2.69 respectively which indicates that in terms of situations where they are occupied with their university tasks or during work, they tend to use Instagram the least.

#### 4.5 Indication of FOMO Scale

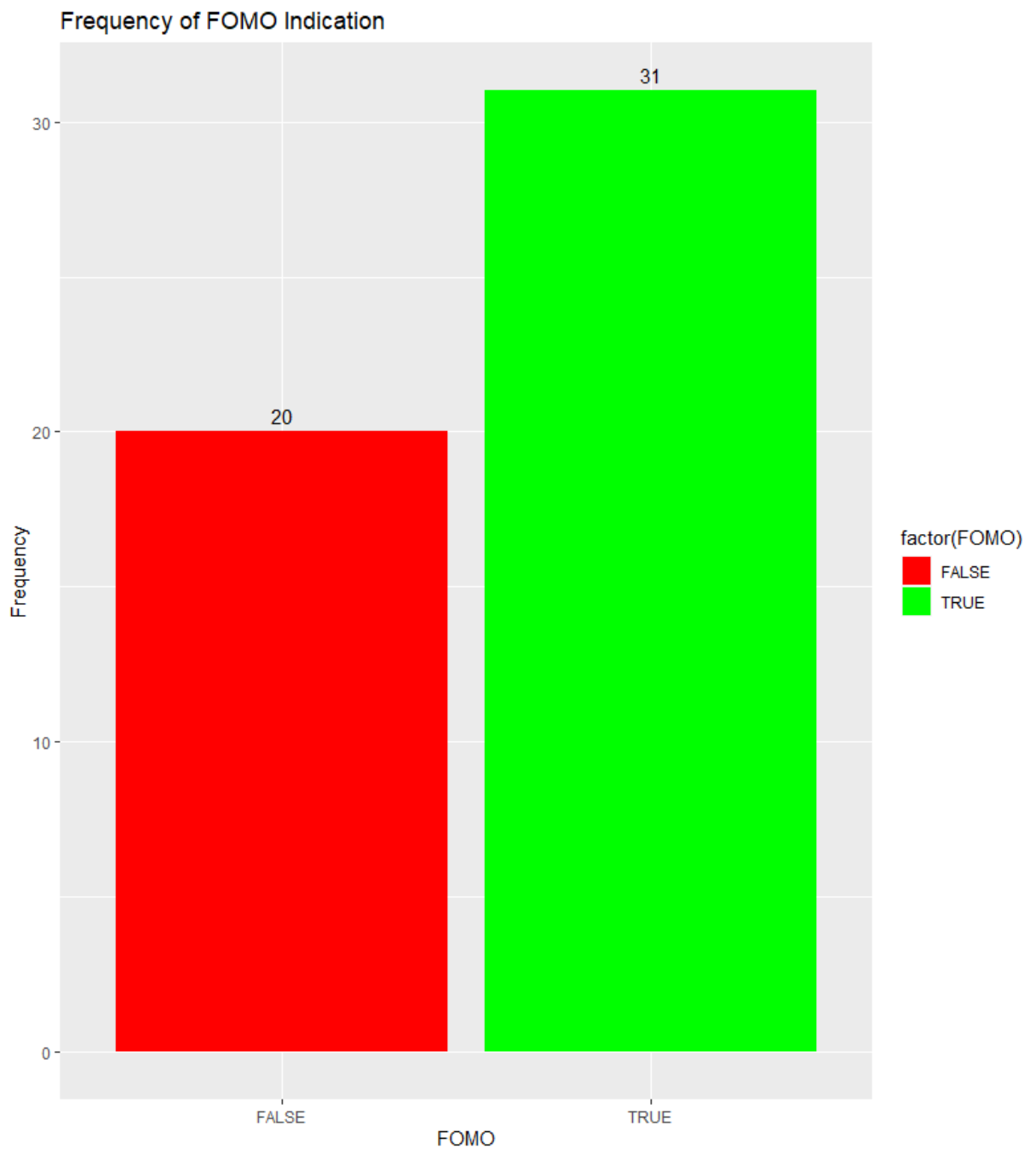


Figure 4.3 Bar Chart Representation of Frequency of FOMO indication Among Participants

The frequency of FOMO indicated there are up to 31 participants having FOMO. The indication of FOMO is calculated based on the aggregated score of participants in

their daily experience and opinion on different matters. The result above shows that up to 60% of participants have experienced FOMO.

#### 4.6 Type of FOMO

Table 5

*Type of FOMO along with Situation Percentage and Ranking*

Type of FOMO	Situation	Percentage	Ranking
FOMO when others do not interact as expected	Don't receive the outcome I expected	23 (45.1%)	4
	Friends receiving more likes and comments	13 (25.5%)	
	Not enough interesting topics to share	27 (52.9%)	
	Wonder Instagram profile is being active enough	16 (31.4%)	
	Worry if did social media trends correctly	8 (15.7%)	
	Miss important updates or announcements due to volume of posts	21 (41.2%)	3
	Miss out opportunities to connect with different people	24 (47.1%)	

FOMO when unable to interact or connect as you would like to	Miss out on time-limited offers or promotions from brands and influencers	23 (45.1%)	
	Can't respond to messages or comments in time	19 (37.3%)	
	Miss out on opportunities to gain potential followers	5 (9.8%)	
FOMO when unwilling to engage in social interaction	Miss out on important information or updates	37 (72.5%)	1
	Be misunderstood or seen as rude if don't interact on Instagram even though not always in the mood to socialize	21 (41.2%)	
FOMO when having a need to engage in continuous untimed interactions	Come across as rude or inconsiderate if do not respond to message or comments promptly	26 (51.0%)	2
	Worry that accidentally hurt someone's feelings or miss opportunity to leave a good impression if don't reply promptly	27 (52.9%)	
	Feel the need to reply to others and show appreciation when others leave a comment	23 (45.1%)	
	Worry that might make others feel ignored if don't respond to messages or comments promptly	18 (35.3%)	

	Feel the need to respond to message or comments promptly in case they contain valuable information or opportunities	9 (17.6%)	
	Feel the need to stay connected to others and keep up with their lives	11 (21.6%)	
FOMO when an online social event or gathering is expected	Anxious when could not attend online gatherings or live chat	14 (27.5%)	5
	Feel missed out if didn't participate or connect with people who share similar interest or values	37(72.5%)	
	Worry that might miss out opportunities to increase my social rank or status on Instagram	9(17.6%)	

There are a total of 5 different types of FOMO differentiated and analyzed based on the situation. Results showed that the first ranking of the FOMO types that participants have is FOMO when unwilling to engage in social interaction. There are up to 37 people experiencing the situation where they have the fear they might miss out on important information or updates, which is shown to be the highest in the situational experience compared to other situations. The second type of FOMO in ranking is the FOMO when having a need to engage in continuous untimed interactions where if they have FOMO they worry that they may accidentally hurt someone's feelings or miss an opportunity to leave a good impression if they don't reply promptly. Third is the FOMO when



unable to interact or connect as you would like to and Forth is FOMO when others do not interact as expected. The last in ranking is the FOMO when an online social event or gathering is expected. This shows that Malaysians mostly have the type of FOMO where FOMO when unwilling to engage in social interaction where situations of the fear of missing out on important information or updates and the situation of fear being misunderstood or seen as rude if don't interact on Instagram even when they are not in the mood to socialize.

#### 4.7 Relationship between FOMO and usage of social media

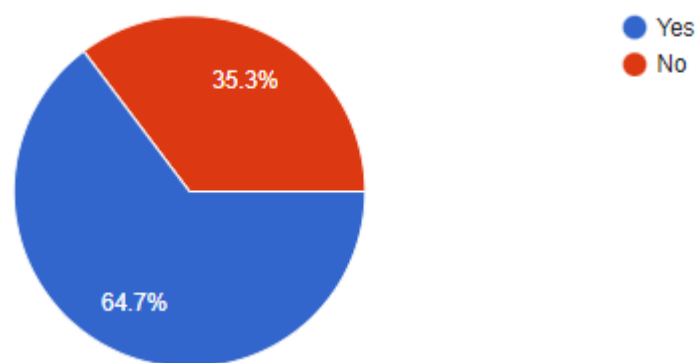


Figure 4.4 Pie Chart Representation of Usage of Social Media To Decrease FOMO

Based on Figure 4.4, the above chart shows if people would utilize Instagram more to decrease the feeling of FOMO. It is seen that up to 64.7 percent of participants chose yes, where they have the sense of acknowledgement, showing awareness where the usage of social media may trigger FOMO.

#### 4.8 Most triggered FOMO

Table 6

*Most Triggered FOMO Rankings with Percentage*

Type of FOMO	Ranking Most Triggered FOMO (Percentage)
FOMO when others do not interact as expected	4 (13.7%)
FOMO when unable to interact or connect as you would like to	3 (19.6%)
FOMO when unwilling to engage in social interaction	1 (37.3%)
FOMO when having a need to engage in continuous untimed interactions	2 (21.6%)
FOMO when an online social event or gathering is expected	5 (7.8%)

Based on the table above, it shows the types of FOMO with given data based on ranking on the most triggered FOMO along with the percentage of participants who have chosen the particular type of FOMO. According to the data given, the most triggered FOMO is the fear of missing out when unwilling to engage in social interaction. It is ranked first with a percentage of 37.3% of participants choosing it as their most triggered FOMO. The FOMO type of when having a need to engage in continuous untimed interaction is ranked second, with 21.6%. Furthermore, the following ranks are FOMO when unable to interact or connect as you would like to, FOMO when others do not interact as expected, FOMO when an online social event or gathering is expected with listed percentage of 19.6%, 13.7% and 7.8% respectively. The most triggered type of FOMO is when unwilling to engage in social interaction while the least triggered type of FOMO is when an online social event or gathering is expected.

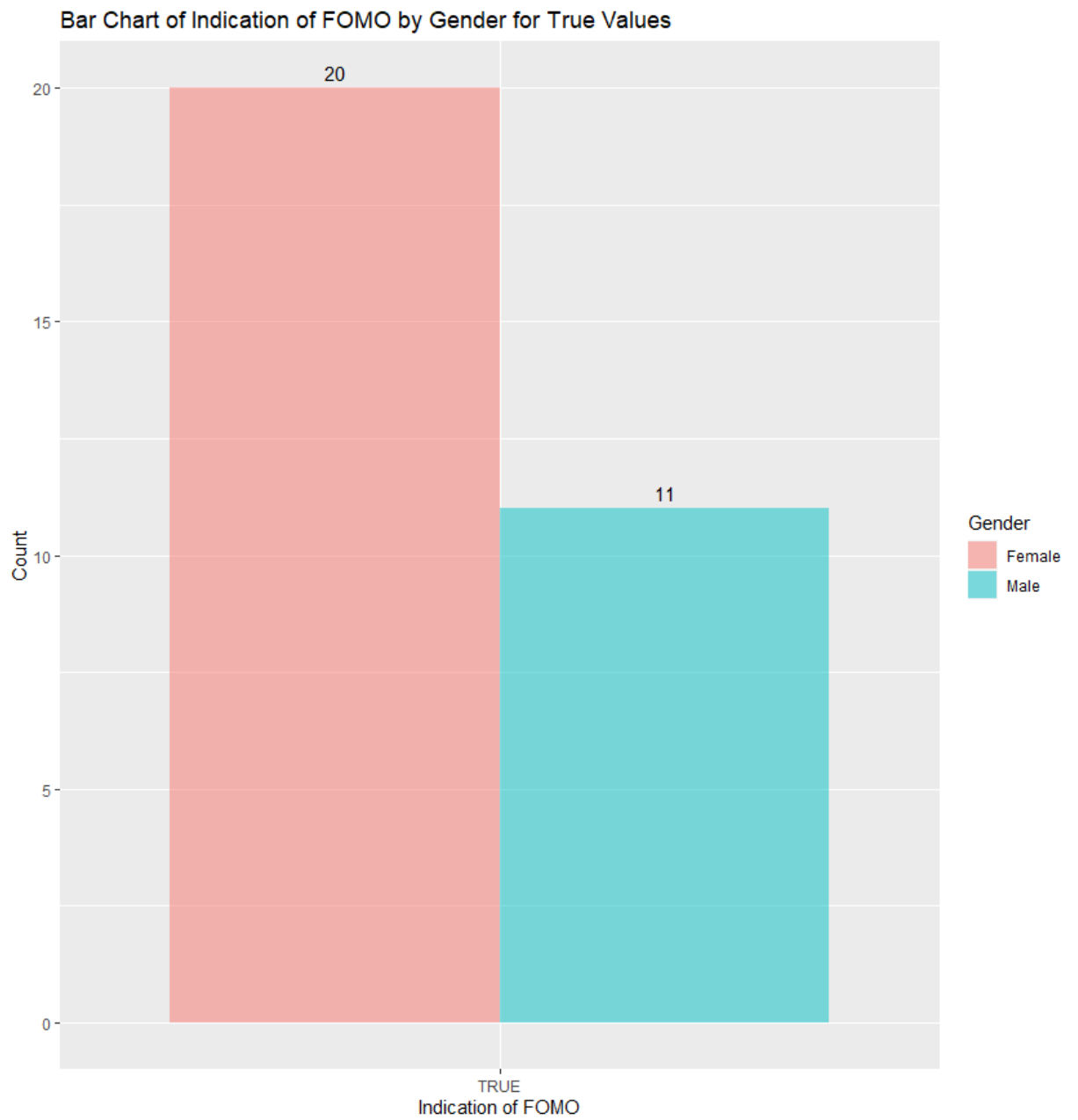


Figure 4.5 Bar Chart Representation of Indication of FOMO by Gender For TRUE value

Table 7

*Indication of FOMO by Gender with Percentage*

	Total Sample Count	Indication of FOMO	Indication of FOMO (percentage)
Male	22	11	50.0%
Female	29	20	69.0%

Based on the findings, there are 51 participants whereby 22 of them are male and 29 are female. Among the total count, approximately 60% of the total sample have an indication of FOMO. The male participants have a percentage of 50.0% of indication of FOMO while female participants have a percentage of about 70% of indication of FOMO. It could be suggested that gender differences have a relevance of the occurrence of FOMO among young Malaysian adults.

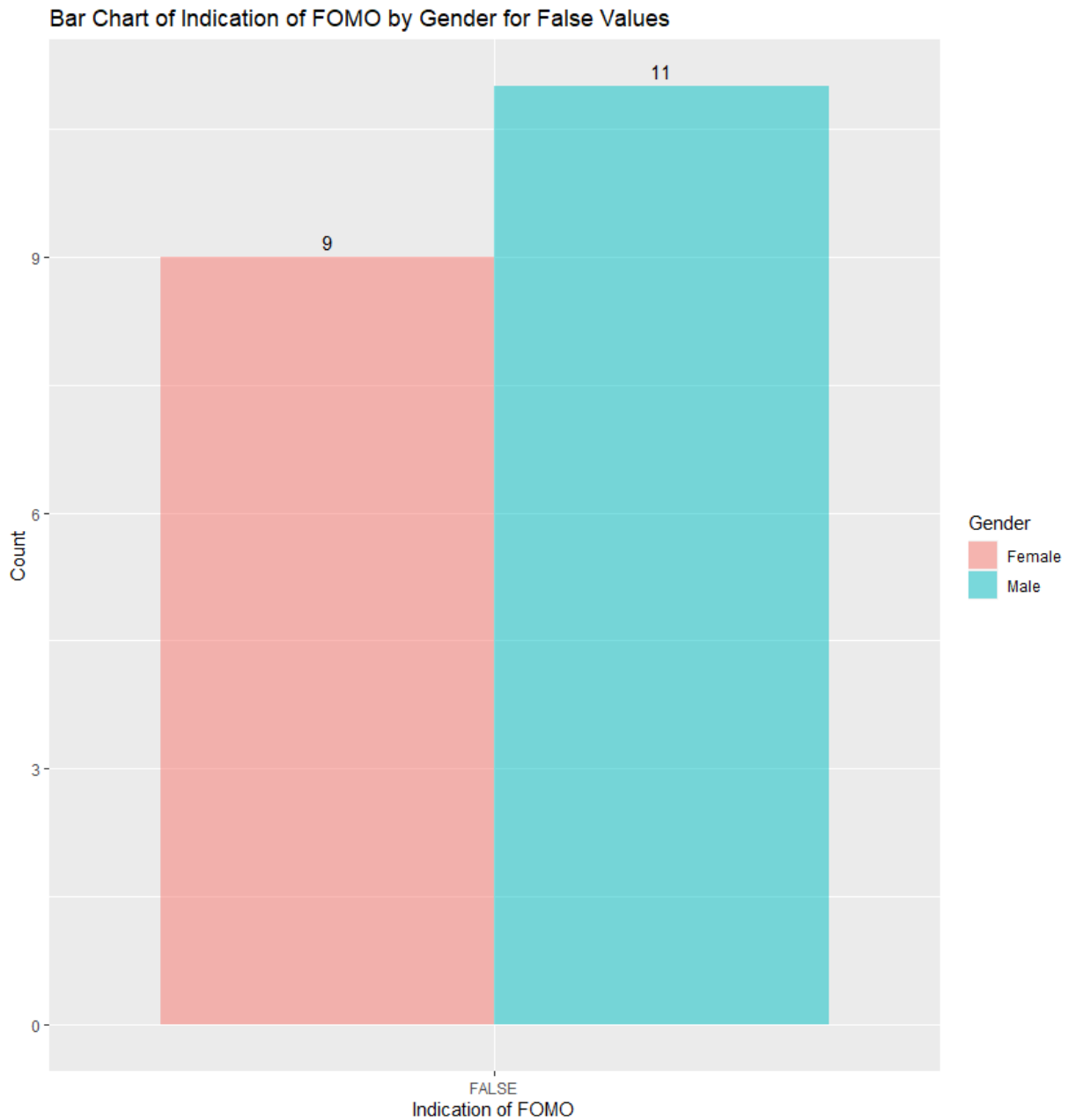


Figure 4.6 Bar Chart Representation of Indication of FOMO by Gender For FALSE value

The bar chart given above shows the total number of participants that do not have the indication of FOMO. Among the 51 participants, there are 20 participants that have no indication of FOMO whereby 11 of them are male and 9 of them are female.

The present study involves 51 participants in the analysis. Pearson correlation was used in calculating the correlation between the usage of social media and FOMO of

participants and the p-value will be used to determine the correlation between usage of social media and FOMO. Results shown showed a significant correlation between the two variables ( $r= 0.48532$ ,  $p= <0.001$ ), which indicates there is a moderate strong in linear relationship where the usage of social media has a strong relationship or impact on to the apprehension of FOMO, bringing statistically significant change based on the change of the variable.

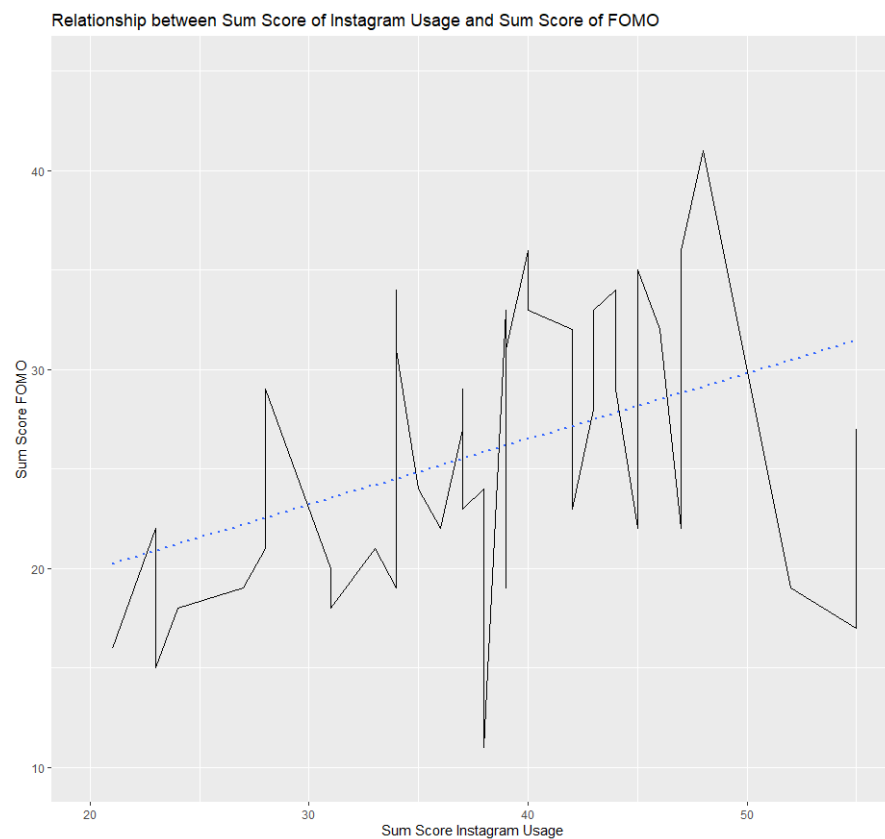


Figure 4.7 Line Chart Representation of Relationship between Sum Score of Instagram Usage and Sum Score of FOMO

## Discussion

The emergence of social media has truly changed how people communicate. With the constant availability use social media to socialize and as entertainment, it is becoming a major concern for the well-being of the user on being addicted to social media usage. The purpose to analyze the relationship between FOMO and social media usage in young adults in Malaysia and also investigate the types of FOMO available in young adults in Malaysia. Results were found that the relationship has a certain of relatability or linkage in the use of social media, where it contributes in affecting young adults to the apprehension of FOMO. In a previous study, it is provided there is positive associations between FOMO with social media intensity (Roberts & David, 2020). This shows that there is a linkage of the present study with self-determination theory.

As the study hypothesized, there is a positive correlation between FOMO and the usage of social media. The Pearson correlation coefficient ( $r$ ) has shown strong positive correlation with  $r = 0.48$ . This shows when there is an increase in social media usage there will be an increase to FOMO.

The present study shows the most triggered type of FOMO is when they are unwilling to engage in social interaction, especially in situations when they worry about missing out on important information or updates. According to Alutaybi et al., (2020), participants are having this type of FOMO as they might fear the loss of the benefit of being the group, worry on missing important information. With the unprecedented effects of the COVID-19 pandemic, communication and interaction has never been as much when there are lockdowns and social distancing. The excessive of information from social media during the COVID-19 pandemic can contribute to negative effects to the well-being of users such as anxiety and depression (Ashiru et al., 2022). This is because the essential need for interaction and socialization are all aggregated to social



media which causes an overload in information. It can be worrisome to users as they might miss information while being fed up of the excessive information they need to catch up. Hence bringing them FOMO when they are unwilling to engage in social interaction. In my opinion, the pandemic has bought the increase of this type of FOMO as many need to social using social media and it can be too much at time. As mentioned in the previous study, FOMO in social media has connectivity to the instinctive eagerness to unite and be participating in activities along with others (Malik et al., 2020 as cited in Ashiru et al., 2022).

In the present study, the second hypothesis is accepted. The hypothesis about having 50 % of participants at least experience or have a type of FOMO classification is validated as the result showed up to 31 participants of young adults out of 51 face FOMO when using Instagram. According to Barry & Wong (2020), it is particularly common in the current generation of adolescents and young adults. This shows the influence of social media toward stimulating FOMO in young adults are typically common.

In the present study, it is found there is a significant appearance in the survey where female participants are higher than male. This can be explained through a study where this phenomenon is also been encountered. In the second phase of the mentioned study, the research showed higher response from women (71.6%) compared to men (46.9%). According to Moore 2021, this phenomenon is consistent as it has a similar occurrence to prior research of women showing higher response rates in surveys.

In the study, the Self-Determination Theory (SDT) emphasizes three fundamental psychological needs: autonomy, relatedness, and competence. Individuals must meet these needs in order to establish and sustain a sense of well-being, motivation, and personal growth. The use of social media can either meet or threaten these demands.

When people feel compelled to keep up with their social media profiles or maintain a specific image, their autonomy is jeopardized. Social media can improve relatedness, but it can also have negative consequences such as social comparison and anxiety about missing out. Social media can improve competence, but excessive use can lead to feelings of inadequacy and poor self-esteem. Individuals may develop FOMO and social media addiction if these demands are threatened or unsatisfied as a result of problematic social media use.

### **Research limitation**

Though the survey is open to all Malaysian, there is no specific portion equally divided to the main races of the three ethnicities which are Malay, Chinese and Indian. Limited detail is retrieved on the ethnicity of the participants leading to unknown calculation to the differences in size based on the ethnicity of participants. This might provide a difference in data since three ethnicities have certain cultural and religious differences. The present data can be categorized as potential data for Malaysian in their relation of usage of social and FOMO.

In the present study, there is a general overview in determining social media usage. There is an oversimplifying of the consumption of social media where any consumption of social media is considered an influence on FOMO. According to Roberts & David (2020), it is mentioned in certain research that time spent on social media does not dictates the relationship with the well-being to users leading to FOMO, but it is to the time spent on social media. The lack of analyzing and retrieving data on how frequently users spend on Instagram for what purpose should be implemented for better clarity to understand the association between usage of social media and FOMO.

## **Recommendation**

The present research can contribute to extending research on FOMO in Malaysia. In the study, it is found that there is an influence from gender differences affecting the results to the relationship between the usage of social media and FOMO. According to Zhang et al., (2021), the males and females have different in their preferences in media usage where male prefer game apps while females prefer social apps. Zhang et al(2021) mentioned that females will have a higher level of social media use compared to males as females are more likely to be exposed to activities experienced by others than themselves which increases the likeliness to worry and fear about the experience resulting in the risk of FOMO. This shows that the study on usage of social media and FOMO based on gender differences can be studied in order to understand and explore their relationship more in-depth.

The study of the usage of social media and FOMO can also be studied based on cultural difference. There should be an analysis and record of the cultural differences in ethnicity on their responses. This is to understand whether there is any influence of ethnicity in the relationship, Besides the cultural difference in the ethnicity of Malaysia, there can be a comparison to other countries. This can provide comparison in the intensity and experiences of FOMO to open another perspective in the study. Karimkhan (2021) mentioned in his study the collectivism as well as ethnic identity shows significant correlation with the apprehension of FOMO and can be use as predictors of FOMO, mentioning that FOMO is highly cultural based (Karimkhan, 2021).

## Chapter 5

### Conclusion

Based on the results of the study, it can be seen there is close relevance to the self-determination theory where each of the three characteristics links to the FOMO and usage of social media. Instagram is seen to be influential in creating apprehension of FOMO especially among young adults based on its social media characteristic. It is also found that there is a positive correlation between the use of social media and the FOMO where higher usage of social media links to higher FOMO, accepting the two hypothesis stated in the present study. There is up to 60% having experienced FOMO on social media. In future studies, there should be attention brought to ethnicity, cultural upbringing, and gender differences as it the present and previous studies has found the variable may bring differences and new perspectives in contributing the result of social media use and FOMO. In conclusion, there is complexity in relationship between social media usage and FOMO and little data collection of the Malaysian on social media usage and FOMO, it is recommended that further study is encouraged to be study in this field.

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## Appendices

### Questionnaire for survey study

# Fear of Missing Out (FOMO) and the usage of social media towards young adults in Malaysia

Hello, my name is Koo Kai Yan, an undergraduate student major in Media and Creative Studies (HONS) at Universiti Tunku Abdul Rahman.

I am conducting a research project on the Fear of Missing Out (FOMO) and social media usage among young adults in Malaysia for my final year project. The aim of this study is to identify the different types of FOMO experienced by young adults in Malaysia and analyze the relationship between FOMO and social media usage.

To achieve this goal, I have created a survey consisting of four sections: Usage of Instagram, Indication of FOMO scale, FOMO in Instagram, and Relationship between FOMO and usage of social media. The survey will take approximately five minutes to complete. Your participation in this study is invaluable and will help ensure its success.

Your responses to this survey will be completely anonymous and only used for academic purposes. I encourage you to respond truthfully and provide as much detail as possible. The information you provide will be critical in understanding the relationship between FOMO and social media usage among young adults in Malaysia.

If you have any questions or concerns about the study, please do not hesitate to contact me at [kaiyankoo86@gmail.com](mailto:kaiyankoo86@gmail.com).

Thank you for your time and participation in this study.

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Please check the box if each requirement fulfills: \*

- Malaysian citizen
- 18-24 years old
- Has an Instagram account

Criteria fulfilled

---

Demographic section ✕ ⋮

Description (optional)

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What is your gender? \*

Female

Male

---

What is your current working status? \*

Student

Employed

Unemployed (Graduates)

Other...

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Fear of Missing Out (FOMO) is a feeling of anxiety or insecurity when one thinks they might miss an exciting opportunity or experience that others are enjoying.

This phenomenon is particularly prevalent in today's digital age, where people have access to constant updates about their friends, family, and acquaintances via social media.

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**Usage of Instagram**

Description (optional)

How often do you use Instagram in a week? \*

- Less than 1 time per week
- 1 - 2 times per week
- 3 - 4 times per week
- 5 or more times per week

Kindly use the scale below to indicate how often you will use Instagram during the past week in the following situation and place. \*

When you wake up in the morning or getting to sleep

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

During leisure time \*

(e.g., sitting, watching tv, relaxing, taking a stroll, etc.)

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

When you are at a social event or gathering \*

(e.g., wedding, party celebration, etc...)

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

---

When you are attending lecture or working \*

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

---

When you are studying or working on assignments or work-related projects \*

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

---

When you can't sleep \*

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

When you need to reduce your stress (mentally, emotionally, or physically) \*

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

---

When you need to be distracted from current situation or environment \*

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

---

When you want to reconnect with people \*

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

---

When you want to take a short break from daily routines \*

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always

When you want to share your feelings, or something you know about \*

	1	2	3	4	5	
Rarely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always



I will be anxious if I don't know what my friends are up to. \*

	1	2	3	4	5	
Not at all true	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely true

---

Sometimes, I wonder if I spend too much time keeping up with what is going on. \*

	1	2	3	4	5	
Not at all true	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely true

---

When I have a good time, it is important for me to share my experience online (status update). \*

	1	2	3	4	5	
Not at all true	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely true

---

It bothers me when I miss an opportunity to meet up with my friends. \*

	1	2	3	4	5	
Not at all true	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely true



...

\*

When I go on a trip, I will keep in touch on what my friends are doing.

	1	2	3	4	5	
Not at all true	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely true

---

\*

When I miss out a planned get-together it bothers me.

	1	2	3	4	5	
Not at all true	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely true

Tick the following if it relates to your experience using Instagram.



FOMO = Fear of Missing Out



FOMO when others do not interact as expected

- I feel worried when I **don't receive the outcome i expected** from the things I shared on Instagram
- I feel uneasy when I see **friends receiving more likes and comments** than me
- I sometimes feel like there are **not enough interesting topics** to share on my Instagram
- I would think of whether my **profile in Instagram is being active enough**
- I sometimes worry if I **did social media trends correctly**



FOMO when unable to interact or connect as you would like to

- Sometimes I **miss important updates or announcements** in Instagram due to the **volume of posts**
- I feel I might be **missing out on opportunities to connect** with different people
- I sometimes **miss out on time-limited offers or promotions** from brands and influencers
- Sometimes I **can't respond to messages or comments in time** that I will miss opportunities to engage an...
- Sometimes I feel **messed out on opportunities to gain potential followers**

\*

FOMO when unwilling to engage in social interaction

- Sometimes I feel **miss out on important information or updates** because I'm not willing to engage in so...
  - I worry I might **be misunderstood or seen as rude** if I don't interact on Instagram even though I'm **not alw...**
- 

\*

FOMO when having a need to engage in continuous untimed interactions

- I worry that I might come across as **rude or inconsiderate** if I **don't respond** to messages or comments ...
  - There are times when I worry that I **might accidentally hurt someone's feelings** or miss an opportunity to...
  - I feel the need to **reply** to others and **show appreciation when others leave a comment**
  - I worry that I might **make others feel ignored** if I don't **respond** to their **messages or comments immedia...**
  - I feel the need to **respond quickly to messages or comments** in case they contain **valuable information ...**
  - I feel like I **need to stay connected to others** and **keep up with their lives**
- 

\*

FOMO when an Online Social Event or Gathering is expected

- I get **anxious** when there's an online gatherings or live chat happening that I **can't attend** (e.g. from a frie...
- I sometimes **feel missed out** if I **didn't participate or connect** with someone who shares **similar interest...**
- I worry that I might **miss out on opportunities** to **increase my social rank or status** on Instagram

**Relationship between FOMO and usage of social media**

Description (optional)

---

Would you utilize Instagram more to decrease the feeling of Fear of Missing Out (FOMO)? \*

Yes

No

---

Tick on one type of **FOMO that triggers you the most** in using Instagram \*

FOMO when others **don't interact as expected** (don't receive respond intended or misinterpretation)

FOMO when **unable to interact as intended** (missed interaction and opportunities)

FOMO when **unwilling to engage** in social interaction (no mood to socialize but need to reply or interact)

FOMO when having a need to **engage in continuous untimed interactions** (keep interacting to not hurt f...)

FOMO when online **social events or gathering is expected** (avoid missing out)