Fear of Missing Out and Smartphone Addiction in Youth

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Abstract

Smartphone's can potentially make users more efficient and productive when they use them in advantageous manner instead of as a distraction after all they are getting valuable tools in the form of applications. Smartphone overuse may lead to some mental or behavioral problems and may cause maladaptive behavioral difficulties, interfere with school or work, reduce real-life social interaction, and lead to relationship disorders. Fear of Missing Out (FOMO) is very common in teenagers and young adults. They fear something cool or interesting might be happening somewhere. The total population consisted of 300 students. The approximate age range of the sample was 16-24 years. Correlational analysis carried out in the study revealed that there is a significant correlation between FOMO with Smartphone addiction and its dimensions.

Keywords: *Fear of Missing Out, Smartphone Addiction*

Introduction

Smartphones that today have become our inseparable companions are contemporary, because mobile technologies witnessed its revolutionary development only during recent years. The need of being updated about everything virtually is defined as the phenomenon of FOMO (fear of missing out). FOMO was 1st identified by Dr. Dan Herman in 1996. Herman was a marketing strategist. Collins Dictionary defines FOMO as an "Anxiety that an exciting or interesting event may currently be happening elsewhere, often aroused by posts seen on social media" . Smartphone addiction is the excessive use of Smartphone's in a way that is difficult to control, and its influence extends to other areas of life in a negative way (Park & Lee 2012). Smartphone addiction is a phenomenon that pertains to uncontrollability of Smartphone use. People with this problem encounter social, psychological, and health problems (Heron and Shapira, 2004; Young, 1999). studies have indicated that FOMO is strongly related to both problematic Smartphone use (Wolniewicz , Tiamiyu , Weeks & Elhai 2018; Duke & Montag, 2017)

Objectives

The present study was conducted keeping in view the following objectives:

1. To assess fear of missing out (FOMO) among youth.
2. To assess Smartphone addiction among youth.
3. To study the relationship between fear of missing out and Smartphone addiction among youth.
4. To study the difference in fear of missing out among youth with respect to various socio-demographics.
5. To study the difference in Smartphone addiction among youth with respect to various socio-demographics.

Sample and Sampling method

As a nature of the population, purposive sampling was devised in order to carry out the study scientifically. From every institution adolescents and young adulthood were considered. The total population consisted of 300 students. The approximate age range of the sample was 16-24 years. A detailed description of the sample group is given in the table that follows :-

Demographic variables	Groups	Frequency	Percentage
Gender	Male	145	48.3%
	Female	155	51.66%
Age in years	15-19	161	53.66%
	20-24	139	46.33%

Research Instruments/Tools

Depending upon the nature & requirement of a research, following tools were selected for study.

Smartphone Addiction scale was originally developed by Kwon, Lee et; al (2013). It is a 33-item scale having 6 dimensions namely Daily disturbances, Cyberspace oriented relationship, Withdrawal, Tolerance, Positive Anticipation and Overuse. The items are measured on a six-point likert scale and a total score ranging from 33 to 198.Higher scores indicate more severe addictions. SAS is relatively valid and reliable scale with Cronbach's alpha of 0.97

Fear of Missing Out scale (FOMO) was compiled by Przybylski et al. (2013) in their study of motivational, emotional, and behavioral correlates of FOMO. The questionnaire was reduced to 10 items from the initial 32 items. Przybylski et al. (2013) undertook an elaborative process of validating the questionnaire. The items were rated on a five-point Likert scale as follows: strongly applies to me, applies to me, somewhat applies to me, applies to me very little, does not applies to me at all, scored 5 4 3 2 and 1 respectively.

Results

Table 1.1 Showing Range of scores with respect to Dimensions of Smartphone Addiction

Smartphone Addiction	Mean	S.D	LL-UL	Low	Average	High
Daily Disturbance	3.982	1.133	2.84 – 5.11	≤ 2.84	2.85 – 5.11	≥ 5.12
Positive Anticipation	3.595	1.026	2.56 – 4.62	≤ 2.57	2.58 – 4.62	≥ 4.63
Withdrawal	3.11	1.13	1.97 – 4.24	≤ 1.97	1.98 – 4.24	≥ 4.25
Cyber space-oriented relationship	3.26	1.09	2.16 – 4.35	≤ 2.16	2.17 – 4.35	≥ 4.36
Overuse	2.99	1.02	1.97 – 4.02	≤ 1.97	1.98 – 4.02	≥ 4.03
Tolerance	2.92	1.11	1.81 – 4.03	≤ 1.81	1.82 – 4.03	≥ 4.04

Table 1.1 reveals an overview of the mean scores of Daily disturbance (3.9827), Positive Anticipation,(3.5950),Withdrawal,(3.1144),Cyberspaceorientedrelationship,(3.2638),Overuse(2.9992) and tolerance (2.9267) among smartphone users.

Table 1.2 Showing number and percentage of the sample in the three levels (Low, Average and High) with respect to the dimensions of Smartphone addiction.

Smartphone Addiction	Low		Average		High	
	f	%	*f*	%	*f*	%
Daily Disturbance	49	16.33	191	63.66	74	24.66
Positive Anticipation	52	17.33	199	66.33	49	16.33
Withdrawal	50	16.66	199	66.33	51	17
Cyberspace Oriented Relationship	50	16.66	193	64.33	57	19
Overuse	39	13	221	73.66	40	13.33
Tolerance	46	15.33	209	69.66	45	15

The above table indicates that 16.33% of respondents were found to have low level; 63.66% were found to have average level and 24.66% were found to have high level of daily disturbance.17.33% of respondents were found to have low level, 66.33% were found to have average level and 16.33% were found to have high level of positive anticipation.16.66% of respondents were found to have low level, 66.33% were found to have an average level and 17% were found to have high level of withdrawal.16.66% of respondents were found to have low level; 64.33% were found to have an average level and 19% were found to have high level of Cyberspace oriented relationship.13% of respondents were found to have low level 73.66% were found to have an average level and 13.33% were found to have high level of overuse.15.33% of respondents were found to have low level, 69.66% were found to have an average level and 15% were found to have high level of tolerance.

Table 1.3 Showing Range of scores of F.O.M.O(fear of missing out) among Smartphone users.

Construct	Mean	Standard Deviation	LL- UL	Low	Average	High
FOMO	2.705	.798	1.90-3.50	<1.907	1.91 -3.50	>3.51

Table 1.3 presents an overview of the mean scores of F.O.M.O among Smartphone users. It is revealed from the above table that the mean scores of the F.O.M.O is 2.705.

Table 1.4 Showing Frequency Distribution of F.O.M.O(fear of missing out) among Smartphone users.

	Low		Average		High	
	f	%	*f*	%	*f*	%
FOMO	59	19.66	193	64.33	48	16

Table 1.4 indicates that 19.66% of respondents were found to have low level 64.33% were found to have an average level and 16% were found to have high level of F.O.M.O(Fear of missing out).

Table 1.5 showing Pearson's correlation F.O.M.O and dimensions of Smartphone addiction.

	Daily disturbance	Positive Anticipation	Withdrawal	Cyberspace Oriented relationship	Overuse	Tolerance	Smart phone addiction
FOMO	.233**	.295**	.457**	.363**	.507**	.521**	.506**

** Correlation is significant at 0.01 levels

Table reveals that there is significant positive relationship of FOMO with Smartphone addiction and its dimensions.

Discussion and Conclusion

In the present study, as far as descriptive analysis is concerned, out of sample group of 300,with respect to the dimension of Smartphone addiction (Daily disturbance) 16.33%fall in low level;63.66%were found to have average level and 24.66%were found to have high level of daily disturbance.17.33%of respondents were found to have low level,66.33%were found to have average level and 16.33%were found to have high level of positive anticipation.16.66%of respondents were found to have low level, 66.33% were found to have average level and 17%were found to have high level of withdrawal.16.66%of respondents were found to have low level,64.33%were found to have an average level and 19%were found to have high level of cyberspace oriented relationship.13% of respondents were found to have low level and 73.66%were found to have average level and 13.33%were found to have high level of overuse.15.33% of respondents were found to have low level ,69.66%were found to have an average level and 15%were found to have high level of tolerance. In case of FOMO 19.665 of respondents were found to have low level, 64.33%were found to have average level and 16% were found to have high level of FOMO (Fear of missing out). Correlational analysis carried out in the study revealed that there is a significant correlation between FOMO with Smartphone addiction and its dimensions.

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