

# Social Media and Fear of Missing Out Among B.Ed Students

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## Abstract

Nowadays smart phones and computing system became an integral part of life. The time spent on smart phones has increased. Over use of smart phones created undesirable behaviors among adolescents and teenagers. One such behavior is FOMO or fear of missing out. Among younger generation an anxiety or impatience is created because of the extensive use of smart phones. This study tries to find out how social media develops FOMO among younger generation. The study examines social media and fear of missing out among BEd students. The study was conducted among fifty first year BEd students. The research design selected was survey with a questionnaire on FOMO. The data were analysed using statistical technique of percentage analysis. The outcome of the experiment reveals that anxiety about FOMO is present among BEd students. It can have a negative impact on their academic performance.

**Key words:** FOMO, Computing system, BEd students, Social media.

## Introduction:

Social media became an integral part of our daily life. It is a very essential technological tool. The social media users' statistics shows that among the total population 70% above have internet access. Among them majority are social media users. Face book is the first in the social network category with highest number of users, then comes Whatsapp, Instagram, Twitter etc. communication, planning and other activities become very fast by using these social medias. The increasing demand of internet and cheaper price of smart phones resulted in popularity of social media. Young generation spent more time on social network accounts.

The social networking system made some impacts on the attitude and behaviors of the users. They may become additive, compulsive and dependent. They were struggling for life satisfaction and spend more time on social media for satisfaction. It is proved that frequently checking mobile phone is a symbol of developing FOMO. If they are continuously checking or following other individuals, groups or their profiles or status are also is a sign of FOMO. Such individuals are curious to see others shared messages and post. This type of behavior leads the individual not to miss anything from their friends or others to whom they are connected. FOMO is related with missing of important social and emotional information. This study helps to understand the level of FOMO among B.Ed students. If the level is high the institutional authority should provide platforms to take provisions to bring down the eagerness about FOMO among prospective teachers.

## Objectives:

To analyse the social media usage among BEd students.

To find out the level of fear of missing out among BEd students. To suggest measures to reduce the level of FOMO.

## Methodology:

The research design selected was survey. The investigation is intended to find out the status quo of the selected sample. The sample is one unit of fifty first year BEd students studying different optional subjects in education.

**Data analysis and interpretation:****Gender:**

<b>TABLE 1</b>		
<b>Gender</b>	<b>Number</b>	<b>Percentage</b>
Male	8	16
Female	42	84
Total	50	100

Table 1 display the Gender of respondents. Total number of responses is 50. Among them 16% are male and 84% are female.

**Age:**

<b>TABLE 2</b>		
<b>Age</b>	<b>Number</b>	<b>Percentage</b>
Under 22	7	14
22-25	38	76
Above 25	5	10
Above 30	Nil	
Total	50	100

Table 2 exhibit the Age of respondents. Total number of responses is 50. Among them 14% are Under 22 years, 76% are between 22-25 years and 10% above 25 years.

**Optional Subjects:**

<b>TABLE 3</b>		
<b>Optional Subject</b>	<b>Number</b>	<b>Percentage</b>
English	9	18
Malayalam	7	14
Mathematics	8	16
Natural Science	10	20
Physical Science	8	16
Social Science	8	16
Total	50	100

Table 3 present the optional subjects of respondents. Total number of responses is 50. Among them 18% are from English optional, 14% from Malayalam, 16% from Mathematics, 20% from Natural Science, 16% from Physical Science and 16% from Social Science.

**Duration of Smart Phone Ownership:**

<b>TABLE 4</b>		
<b>Duration</b>	<b>Number</b>	<b>Percentage</b>
Under a year	2	4
1-3years	10	20
3-5years	21	42
5-7years	13	26
Above 7 years	4	8
Total	50	100

Table 4 conveys the Duration of Smart Phone Ownership of respondents. Total number of responses is 50.

Among them 4% are using smart phone under a year,20% between 1 and 3 years,42% between 3 and 5years ,26% between 5 and 7 years and 8% above 7 years.

#### Duration of having social network accounts:

TABLE 5		
Duration	Number	Percentage
1-3years	15	30
3-5years	17	34
5-7years	16	32
Above 7 years	2	4
Total	50	100

Table 5 communicates the Duration of having social network accounts of respondents. Total number of responses is 50. Among them30 % are using social network accounts between 1 and 3 years, 34% between 3 and 5 years, 32% between 5 and 7 years and 4% above 7 years.

#### Active user of social networks on smart phone: Yes : 34

%

No : 66 %

The data shows that 34% are active users of social networks on smart phone and 66% are not active users of social networks on smart phone.

#### Daily online usage of smart phone:

TABLE 6		
Duration	Number	Percentage
Under an hour	3	6
1-3 hours	23	56
3-5 hours	14	28
5-7 hours	4	8
Above 7 hours	6	12
Total	50	100

Table 6 produces the Duration of daily online usage by smart phone of respondents. Total number of responses is 50. Among them 6% have daily online usage of smart phone under an hour,56% between 1 and 3 hours,28% between 3 and 5 hours ,8% between 5 and 7 hours and 12% above 7 hours.

#### Do you keep checking your phone frequently :Yes : 82

%

No : 18 %

The data shows that 82% are keep checking their phone frequently and 18% are not checking theirphone frequently. This is a relevant sign of Fear of missing out.

#### Does your phone have notification alert:Yes : 78

%

No : 22 %

The data shows that78% of respondents phone have notification alert and 22% are not set phone notification alert. This is also a sign of Fear of missing out.

**Do you check others profiles and status regularly:Yes : 26**

%

**No : 74 %**

The data shows that 26% are keep checking others profiles and status regularly and 74% are not checking others profiles and status regularly.

**Do you post your special moments in social media:Yes : 52**

%

**No : 48 %**

The data shows that 52% of respondents post their special moments in social media and 48% are not post their special moments in social media. This is also a sign of mild Fear of missing out.

**Is your phone kept close to you while sleeping:Yes : 20**

%

**No : 32 %****Some times : 48 %**

The data shows that 20% of respondents kept their phone close to them while sleeping and 32% are not kept their phone close to them while sleeping. 48% are sometimes keeps their phone close to them while sleeping.

**Checking my mobile phone is the first activity in my daily routine:Yes : 40**

%

**No : 60 %**

The data shows that 40% of respondents have Checking the mobile phone is the first activity in their daily routine and 60% are not checking the mobile phone as the first activity in their daily routine. This is also a sign of mild Fear of missing out.

**How often do you update your social media profile and status:Once a week :****16 %****Rarely : 80%****Never : 4%**

The data shows that 16% of respondents often update their social media profile and status and 80% are not update their social media profile and status. 4% are never updates their social media profile and status

**How many friends do you have on social media:Below****100 : 32 %****About 500 : 64 %****Above 1000 : 4 %**

The data shows that 32% of respondents have below 100 friends on their social media and 64% have about 500 friends on their social media. 4% have above 1000 friends on their social media

**Conclusion:**

The youth with increased level of FOMO in their community life have greater risk of adjustment in their socialization process. It was adversely influence the behavior, attitude and professional career of every individual. The number of students who were using smart phones are increasing day by day.

Youngsters become addict to social networks and smart phones. As an outcome of this students have attention problems and they were not able to focus on class room activities. This experimentation made the BEd students aware of the sign of fear of missing out among them and to analyse various solutions to get away from the complications of FOMO in proportionate to different situations that can change the attitude and behavior of the learner. To keep away from FOMO the youth should engage in community related activities like public programmes, cultural activities meetings etc. they should spend more time in sports and games. These social events and relations bring down the consequence of ruinous affect of FOMO among netizen generation to come.

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