

# THE EFFECT OF SOCIAL MEDIA ADDICTION ON FEAR OF MISSING OUT AMONG GUIDANCE AND COUNSELING STUDENT

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## ABSTRACT

Objectives this study aims to determine the effect of social media addiction on the fear of missing out among guidance and counseling students. Methods the research study used in this study was descriptive, this study focused on active students with a population of 197 students and a sample of 49 students. Data collection techniques using observation, questionnaires, and analyzed using descriptive percentages. Findings this study shows that there is a significant influence of social media addiction on the fear of missing out among guidance and counseling students. Conclusion it's better to interact in the real world, because the stronger the relationship, the less likely you are to use social media and exclude the phenomenon of fear of missing out (FOMO).

**KEYWORDS:** Addiction, Fomo, Fear, Social Media, Student.

## 1. INTRODUCTION

The internet as a medium for accessing situations and conditions online, the internet is currently developing very rapidly and all people can use the internet. With the current sophistication of the internet, social media has become a daily consumption of searching for information, work, shopping and greetings. The existence of social media provides space for individuals to communicate with others and makes it easier to access information that is happening or the latest at this time.

Social media is the development of a new internet-based web technology, which makes it easier for everyone to be able to communicate, participate, share and form an online network, so that they can disseminate their own content. Social media that appears can be used as the fastest and cheapest medium for disseminating information and is useful for some people in any part of the world to interact easily. Addiction is defined as the compulsive habit to engage in a particular activity or use a substance, regardless of the consequences for the physical, social, spiritual, mental, and financial health of the individual.

The results of the Global Web Index survey (2018) also reveal that Indonesians access social media accounts for more than 3 hours per day. Social media that continues to improve and update the features in it has made individuals spend more time using it. APJII (2018) shows that internet users in Indonesia reach 171.17 million people (64.8%). Referring to internet users based on age, it was found that the most internet users were in the age range of 15-19 years with 91% using the internet. Then followed by internet users in the age range of 20-24 years with 88.5% using the internet. Social media users who are addicted in general can spend between 40-80 hours per week. Social media addiction is a behavioral disorder in excessive use of social media and leads to a tendency to continuously use social media (Ulfa, 2020). Addiction to the internet can be seen from the intention of time that is used by individuals to be glued in front of a computer or all kinds of electronic devices that have an internet connection which results in a lot of time being wasted. In addition, addiction is the habit of engaging in certain activities or using substances, which adversely affects the physical, social, spiritual, mental and financial well-being of the individual.

Addiction is a condition that can result in individuals not being able to control themselves and the negative effects caused by their habits and can refer to compulsive behavior that leads to negative impacts. The duration of excessive use of social media can result in users experiencing addiction. Another impact for users that is worse than social media addiction results in depression as well as anxiety. Excessive anxiety will also result in distractions, in which individuals generally experience excessive anxiety about things such as addiction to

playing social media, anxiety if they miss certain moments, as well as the phenomenon of fear of missing out or anxiety about missing a moment.

Fear of Missing Out (FOMO) is the fear of losing valuable moments of individuals or other groups where the individual cannot be present and is characterized by a desire to stay connected with what other people are doing through the internet or cyberspace (Przybylski et al., 2013). Fear of Missing out (FOMO) is a phenomenon where individuals feel afraid of other people having pleasant experiences but are not directly involved, causing individuals to try to stay connected to what other people are doing through the media and the internet (JWT Intelligence, 2015). In simpler terms, Fear of Missing out (FOMO) can be interpreted as a fear of missing out on interesting things out there and/or a fear of being considered non-existent and up to date.

Individuals with high FOMO feel the need to stay connected to social media in order to find out what other individuals are doing, such as information about other individuals' profiles, news or the latest statuses. FOMO encourages individuals to continue using social media, which if not addressed will have an impact on the mental health and psychological well-being of its users. FOMO is related to stress, depressive symptoms, negative mood experiences, social media and anxiety which can influence social anxiety disorder. Fear of missing out is a combination of feelings of annoyance, anxiety, fear, and feelings of deficiency in the individual himself with these feelings increasing the use of social media. Individuals with an intensity level of following and seeing updates from certain other people on social media will feel left behind. The higher the individual's FOMO level, the higher the interest in using social media and the resulting addiction to playing social media. This makes individuals feel left out and dissatisfied with themselves, anxiety, fear, and feelings of worthlessness. This is the purpose of this study to determine the level of addiction to social media in guidance and counseling students, to determine the level of the phenomenon of fear of missing out among guidance and counseling students, and to determine the effect of social media addiction on fear of missing out among guidance and counseling students. Counseling.

## 2. METHODOLOGY

This study uses a quantitative approach, namely research that emphasizes its analysis on numerical data processed by statistical methods. Basically a quantitative approach is carried out in the framework of testing the hypothesis and realizing the conclusion of the results at a nil probability of rejecting the hypothesis error. With the quantitative method will be obtained the significance of group differences or the significance of the relationship between the variables studied. In general, quantitative is a large sample (Arikunto, 2012). the type of research used is comparative or comparative research.

This research was conducted using a quantitative approach with correlational research methods. According to (Arikunto, 2012) correlational research (Correlational Studies) is research that is intended to determine whether there is a relationship between two or several variables. The hallmark of correlational research is that it does not require too many research subjects. The data collection techniques used are observation, questionnaires, interviews, data collection techniques will affect the research data (Arikunto, 2012). While the presentation of the results of the analysis used for observing the results of research data is an answer to a problem that has not been solved by analyzing this data the problem can be solved.

## 3. DISCUSSION

Social media provides a way for individuals to let other individuals know the behaviors that occur in their lives as a form of individual self-esteem and when other individuals see the perception that is raised, this is translated as a form of true happiness (AK Przybylski et al., 2013). Fear of Missing Out (FOMO) creates feelings of loss, stress, and feeling distant if you don't know about important events of other individuals or groups. This is based on the view that social media has the effect of providing comparisons between individuals regarding the level of well-being and perceptions of happiness according to other individuals.

The phenomenon found in students is found to use at least three social media accounts, within a day being able to open social media five to dozens of times opening social media every day. It was found that the phenomenon of students having an interest in looking at other people's social media accounts to find out about activities in daily life or just see what is happening and follow this phenomenon so as not to be left behind in trends or not updated. This phenomenon, students experience social media addiction with indications of fear of missing out, this is due to students who do not want to miss certain moments in their lives in cyberspace.

Achievement of the research objective of the influence of social media addiction on the fear of missing out among Guidance and Counseling students of the Teaching and Education Faculty at Pancasakti University, can be seen from the value achieved in the salinity aspect of (16%), the mood modification aspect (15%), tolerance aspect (20%) conflict aspect (49%), relapse aspect (24%). The results obtained at the level of addiction to social media are in the very high category in terms of the conflict aspect, the most preferred choice by students occurs in students' self-problems.

This is in line with the opinion of (Akbar et al., 2019) Social media addiction occurs due to psychological problems, such as personality extraversion, loneliness, lack of self-esteem, low self-esteem, depressive character, neuroticism. This is where conflict arises from the individual self and social media becomes a place of escape from the real world because too often opening social media and causing addiction is also included in the conflict aspect.

Achievement of research objectives on the effect of social media addiction on fear of missing out among Guidance and Counseling students. It can be seen from the score achieved on the relatedness aspect (15%), and on the autonomy aspect (32%). The results obtained at the level of fear of missing out are in the very high category on the aspect of autonomy. The results obtained at the level of fear of missing out are in the very high category on the aspect of not fulfilling the psychological need for autonomy, the thing that is the most choice by students occurs in students' self-problems.

This relates to the aspect of fear of missing a moment or fear of missing out which does not fulfill the psychological need for autonomy, which is the experience of feeling choice, support, and willingness related to starting and ending behavioral engagement (Akbar et al., 2019). Therefore, individuals often find out what is going on and always update their environment or group so they don't miss a moment.

The research results obtained from the discussion whether there is an influence of social media addiction on the fear of missing out among Guidance and Counseling students. With the hypothesis obtained shows that the significance value obtained is 0.000 and tcount is 5.823 where  $0.000 < 0.05$  and  $5.823 > 2.096$ . So it can be said that  $H_0$  is rejected and  $H_a$  is accepted or there is a significant influence on social media addiction to fear of missing out among Guidance and Counseling students.

#### 4. CONCLUSION

Based on the findings of the research, it is possible to draw the conclusion that social media addiction has a major detrimental impact on students who study guidance and counseling's fear of missing out. The study's findings came from a conversation about the impact of social media addiction on students who study guidance and counseling's perception of missing out. According to the results of the hypothesis, tcount is 5.823 and the significance value is 0.000, where  $0.000 < 0.05$  and  $5.823 > 2.096$ . Accordingly, it may be claimed that  $H_0$  is rejected and  $H_a$  is embraced, or that there is a big impact on social media addiction and the fear of missing out among students in guidance and counselling. Influence, which entails that the student has greater levels of dread of missing out and vice versa the more addicted they are to social media. Influence, or the idea that a student's fear of missing out is more and vice versa the more addicted they are to social media. The researchers are thus quite hopeful that both students and the general public will be able to control their use of social media in order to avoid having unintended negative impacts.

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