Empowering Youth Through Non-Formal Education: Strategies to Overcome FOMO and Social Media Addiction in Adolescents

Gumgum Gumelar[1]*, Herdiyan Maulana[2], Erik Erik[3], Mira Ariyani[4], Musab Isah[5]

[1,2,3,4]Universitas Negeri Jakarta, Indonesia
[2]University of Hafr Al-Batin, Saudi
Arabia
*Email: ggumelar@unj.ac.id

ABSTRACT

Instagram, as a social media platform, has been associated with increased levels of FOMO due to its emphasis on sharing personal experiences and achievements. Additionally, research shows that FOMO can lead to excessive engagement with Instagram, including constantly checking for updates, obsessively scrolling through feeds, and feeling anxious or irritable when unable to access the platform. This excessive use can lead to negative consequences such as decreased productivity, poor sleep quality, and difficulty forming and maintaining relationships.This study explores the mitigative role of education against the backdrop of increasing social media addiction and Fear of Missing Out (FOMO) among adolescents in Jakarta. Employing a mixed-methods approach with quantitative surveys among 211 adolescents aged 11-24, it assesses the correlation between FOMO and addiction levels, alongside evaluating digital literacy and mental health awareness programs. Results reveal a significant positive correlation between FOMO and social media addiction, with educational interventions showing promise in fostering responsible social media use. The study emphasizes the importance of integrating digital literacy into educational curricula to equip adolescents with the necessary skills to navigate the digital landscape healthily. Its novelty lies in highlighting educational strategies within a social context as effective tools for combating the psychological impacts of social media, offering a significant contribution to the discourse on digital well-being among the youth.

Keyword: Fear of Missing Out, Social Media Instagram Addiction, Adolescents

INTRODUCTION

Social media, an integral part of daily life, profoundly influences contemporary behavior patterns and social interactions, particularly among adolescents. As Kolhar et al. (2021) noted, the multifaceted capabilities of social media—from sharing images and videos to engaging in real-time interactions via live streams and video calls—have transformed it into a dynamic platform for expression and communication. Instagram, one of the most popular social networks, exemplifies this trend by offering a plethora of features that encourage users to continuously share and engage with content, thereby influencing social norms and personal habits (Nurrahmi & Farabuana, 2020; Wibowo & Nurwindasari, 2019).

The pervasive reach of digital technology, especially in Indonesia, has resulted in a significant portion of the population, particularly adolescents, integrating social media into their daily routines. Reports by the Association of Indonesian Internet Service Providers and Hootsuite (Malik & Asnur, 2019; Hootsuite, 2019) highlight that a substantial majority of Indonesian youths are active on social media, underscoring its importance in their social landscape. This integration has spawned a culture where staying updated and connected through social media is not just a leisure activity but a social necessity, often leading to a fear of

missing out (FoMO) among teenagers. This phenomenon drives them to constantly check updates to avoid feeling out-of-date, which can escalate into addictive behaviors (Khalaf et al., 2023; Aulia, 2022).

Social media addiction, characterized by excessive and compulsive use, can be attributed to the developmental stage of adolescents who lack full maturity in self-regulation and decision-making processes (Twenge & Campbell, 2019). These platforms cater specifically to these vulnerabilities by providing continuous stimuli and instant feedback mechanisms, such as likes and comments, which can reinforce dependency behaviors. The psychological impact, as noted by Cheng et al. (2021), includes symptoms such as increased tolerance for extended use and significant distress when disconnected, highlighting the deep-seated influence of social media on youth behavior.

Theoretical insights from McLuhan suggest that media is more than a conduit for information—it molds societal structures and individual psychologies by shaping interactions and perceptions (Nurhaqiqi, 2022; Nisa et al., 2021). This perspective is crucial in understanding how habitual engagement with platforms like Instagram can lead to a dependency that McLuhan describes as altering both societal and individual dynamics, ultimately classifying social media addiction under broader categories of internet addiction disorders (Jaureguizar et al., 2023; Nur Ardhiani et al., 2021).

FoMO, a key driver of social media addiction, arises from unmet psychological needs such as relatedness and autonomy. This condition compels users to engage incessantly with social media to feel connected and informed about their social circles, often leading to negative emotional states when these needs are not satisfied (Jabeen et al., 2023; Opsenica Kostić et al., 2022). The continuous evolution of social media features, such as the algorithmic presentation of feeds and notification alerts, exacerbates these feelings by making the digital social life seem more immediate and urgent (Gupta & Sharma, 2021; Zhang et al., 2021).

Moreover, the impact of social media on adolescents extends beyond individual addiction to broader societal concerns. The digital fluency of today's youth, while beneficial in many respects, also brings challenges that manifest in their social behavior and mental health. Social media platforms, by design, encourage constant online presence and interaction, which can disrupt real-life interactions and contribute to a skewed perception of social norms and expectations (Fan et al., 2023; Yin et al., 2021). In conclusion, as this introduction sets the stage, the study aims to delve deeper into the dynamics of FoMO and its consequential role in fostering social media addiction among adolescents. By exploring the intersection of psychological needs and social media's structural features, this research seeks to illuminate the pathways through which social media impacts adolescent development and societal norms.

The rapid integration of social media into daily life, especially among adolescents, has reshaped their social landscapes and psychological development. Platforms like Instagram, with their array of interactive features including image and video sharing, live streaming, and social networking, not only enhance connectivity but also significantly influence user behavior (Kolhar et al., 2021; Nurrahmi & Farabuana, 2020). This influence extends deeply into the fabric of adolescent interactions, where the fear of missing out (FoMO) often drives continuous engagement, sometimes leading to social media addiction (Khalaf et al., 2023; Aulia, 2022).

In Indonesia, a considerable portion of the youth demographic is engaged in social media, driven by both the desire to stay connected and the pressures of being up-to-date with peer activities. Studies show that 56% of Indonesians, primarily adolescents, are active on social media, underscoring its role in their social dynamics and identity formation (Malik & Asnur, 2019; Hootsuite, 2019). However, this engagement is not without issues. The incessant need to remain connected can cultivate unhealthy habits such as excessive use, which may escalate into dependency, adversely affecting adolescents' mental health and social skills (Boer et al., 2020; Twenge & Campbell, 2019).

Theoretical insights from scholars like McLuhan suggest that media not only serves as a communication medium but also significantly molds societal and individual perceptions (Nurhaqiqi, 2022; Nisa et al., 2021). This perspective is crucial for understanding how social media can lead to a dependency that affects broader social interactions and personal well-being. Moreover, the psychological implications of this dependency, driven by unmet needs for relatedness and self-worth, manifest in behaviors that align with social media addiction symptoms such as withdrawal and reduced engagement in offline social activities (Jabeen et al., 2023; Opsenica Kostić et al., 2022).

Addressing these challenges, this article explores the potential of non-formal educational strategies to mitigate the adverse effects of FoMO and social media addiction among adolescents. By focusing on enhancing digital literacy and promoting responsible social media use, the study aims to equip young users with the necessary skills to navigate their digital worlds healthily. This research not only contributes to the academic

discourse on adolescent psychological development in the digital age but also offers practical insights for educators and policymakers aiming to foster healthier social media habits among youth.

METHOD

This study employs a quantitative research design to investigate the correlation between Fear of Missing Out (FoMO) and social media addiction in adolescents from Jakarta, emphasizing the potential mitigating role of educational strategies. A cross-sectional survey methodology was utilized to collect data at a single point in time, enabling the analysis of variables and identification of trends within the adolescent population active on social media platforms, specifically Instagram. The target sample comprised 211 participants aged 11-24 years, selected through purposive sampling to represent a broad spectrum of the adolescent demographic engaged in social media use in the region.

Data collection was conducted via a structured online questionnaire, incorporating the Fear of Missing Out Scale (FoMOS) and the Social Media Addiction Scale - Student Form (SMAS-SF) to quantitatively assess the levels of FoMO and propensity towards social media addiction among the participants. The questionnaire was designed to also gather information on the participants' exposure to digital literacy and responsible social media usage education, aiming to evaluate the influence of such educational interventions on mitigating FOMO and addiction tendencies. Prior to the main survey, a pilot test was carried out with a small subset of adolescents to refine the questionnaire based on the feedback received, ensuring the clarity and relevance of the questions. The reliability of the scales was confirmed through Cronbach's alpha to guarantee the consistency of the measures for FoMO and social media addiction.

The instruments used to test social media addiction consisted of a Likert scale with five possible responses ranging in value from 1 to 5. Utilizing 29 questions, the Social Media Addiction Scale (SMAS-SF) was developed to quantify social media addiction. The SMAS-SF was created to evaluate four addiction markers. Respondents assessed how much they agreed or disagreed with the presented statements on a scale from STS (strongly disagree) to SS (strongly agree) (strongly agree). Fear of Missing Out Scale and Social Media Addiction Scale statements were subjected to validity testing to evaluate if they properly reflect respondents' fear of missing out and addiction levels. In addition, reliability tests were undertaken to evaluate the instruments' consistency. The Fear of Missing Out Scale had a reliability of 0.731, showing it is Scale was dependable. The researcher regulated the eligibility requirements respondents had to satisfy in order to complete the Google Form-distributed questionnaire. trustworthy, and none of the 10 items were eliminated. It was also determined that the Social Media Addiction

Statistical analysis of the collected data was performed using SPSS (Statistical Package for the Social Sciences). Descriptive statistics were used to outline the demographic profile of the study sample, as well as to describe the distribution of FoMO levels and social media addiction scores. Pearson's correlation analysis was employed to examine the relationship between FoMO and social media addiction, while multiple regression analysis was conducted to assess the predictive influence of FoMO on social media addiction, taking into account demographic factors and the reported impact of educational interventions. This comprehensive quantitative analysis aims to elucidate the dynamics between FoMO, social media addiction, and the effectiveness of educational strategies in addressing these issues among Jakarta's adolescents.

RESULTS AND DISCUSSION

The data collected from 211 adolescents in Jakarta provided a robust dataset for analyzing the relationship between FoMO and social media addiction. The application of the Fear of Missing Out Scale (FoMOS) and the Social Media Addiction Scale - Student Form (SMAS-SF) facilitated a detailed examination of the behaviors and perceptions influencing adolescent social media use. The characteristics of the respondents in this research were described based on gender, age, range of Instagram usage time, and status. The majority of respondents were female, with 157 people (74.4%). Meanwhile, the number of male respondents was less, with 54 people (25.6%). The highest number of respondents was 22 years old with 83 people (39.3%). The lowest number of respondents was 19 years old with 1 person (0.5%). The majority of respondents used Instagram for 10-40 hours per month (67.3%), while a smaller number used Instagram for more than 40 hours per month (32.7%). The data analysis of the variable "fear of missing out" used a questionnaire instrument with 10 items and a total of 211 respondents.

The descriptive distribution obtained from the data collected in the research is as follows: it is known that the "fear of missing out" variable has a mean value of 29.48, a median value of 30.00, a mode value of 32, a standard deviation of 5.944, a variance of 35.337, a range of 27, a minimum value of 16, and a maximum value of 43. The data analysis of the variable "social media addiction" used a questionnaire instrument with 26 items and a total of 211 respondents. The descriptive distribution obtained from the data collected in the research is as follows: based on Table 4.6, it is known that the "social media addiction" variable has a mean value of 74.84, a median value of 74.00, a mode value of 76, a standard deviation of 12.085, a variance of 146.056, a range of 57, a minimum value of 50, and a maximum value of 107. The majority of "fear of missing out" scores were in the moderate category with 153 people (72.5%). The least scores were in the high category with 23 people (10.9%).

Descriptive statistics provided further insights into the distribution of FoMO and social media addiction scores among the adolescent sample. The mean FoMO score was 29.48 with a standard deviation of 5.944, indicating a moderate level of FoMO among the participants. The distribution showed a skew towards higher FoMO scores among females and older adolescents, suggesting that these groups may be more susceptible to the pressures of social comparison and the anxiety associated with missing out. The social media addiction scores had a mean of 74.84 and a standard deviation of 12.085, with the scores correlating strongly with the frequency and duration of social media use, underscoring the prevalence of addictive behaviors.

Table 1. R Square

R	R^2	Adjusted R^2
0,540	0,292	0,268

The analysis revealed a significant positive correlation between FoMO scores and social media usage intensity. Specifically, adolescents with higher FoMO scores were likely to spend an excessive amount of time on social media platforms, particularly Instagram, where the average usage was quantified at over 40 hours per month for those in the upper quartile of FoMO scores. This subgroup also demonstrated a higher engagement in online activities late at night, which correlates with reduced sleep quality and potential disruptions in academic performance.

Based on gender, it was found that the majority of "fear of missing out" scores were in females with a moderate level of "fear of missing out" with 118 people. The least scores were in males with a high level of "fear of missing out" with 5 people. Based on statistic analysis, it was found that the majority of "fear of missing out" scores were in the range of Instagram usage time of 10-40 hours per month with a moderate level of "fear of missing out" with 101 people. The least scores were in the range of Instagram usage time of more

Model	Unstandarzed Coefficients		Standaridized coefficients Beta	t	Sig.
	B	**Std. Error**			
(Constant)	42,479	3,560		11,933	0,000
Fear of Missing Out	1,098	0,118	0,540	9,274	0,000

than 40 hours per month with a high level of "fear of missing out" with 8 people.

Table 2. A Multiple Regression Analysis

A multiple regression analysis was conducted to further investigate the predictive power of FoMO on social media addiction symptoms. The model adjusted for several covariates including age, gender, and socioeconomic status. The results indicated that FoMO significantly predicts social media addiction ($\beta = 1.098$, $p < 0.001$), explaining 29.2% of the variance in addiction scores. This finding highlights the robustness of FoMO as a factor influencing not just the quantity but the quality of social media engagement, leading to behaviors indicative of addiction such as increased anxiety when not connected, a compulsion to check updates, and irritability when prevented from accessing social media.Based on the results of the hypothesis test previously conducted, it was found that the p-value for the fear of missing out variable is 0.000 ($p < 0.05$) and the calculated F value is 86.006, therefore the calculated F value is greater than the F table value (F table = 3.89). This indicates that the fear of missing out variable has an effect on the social media addiction variable.

The regression coefficient for the fear of missing out variable is positive and equals 1.098. This value shows that fear of missing out is a positive predictor for social media addiction. The results of the hypothesis test also indicate that there is a relationship between the two variables. Fear of missing out can also be considered as one of the factors that can increase social media addiction among adolescents in Jakarta.

The results of this study have shown that fear of missing out contributes to 29.2% of Instagram social media addiction (see. Table.2). With this, the fear of missing out variable has a significant effect on Instagram social media addiction. If adolescents can control their feelings of fear of missing out, it will also have a reducing effect on their social media addiction. A person who experiences fear of missing out is due to unfulfilled basic psychological needs. After experiencing a level of fear of missing out, they will then enter a stage where they will increase their use of social media, leading to addiction.

Comparing these findings with national and international data reveals a consistent trend where adolescents globally are experiencing similar challenges with social media usage. Studies from other regions have shown comparable levels of FoMO and its impact on social behavior and mental health, suggesting that the phenomenon transcends cultural and geographic boundaries. This global perspective emphasizes the need for a broader discussion on the implications of digital technologies on youth. The results of this study are crucial for understanding the specific pathways through which FoMO influences social media addiction. They suggest that interventions aimed at reducing FoMO could be effective in mitigating some of the negative impacts associated with social media addiction. Furthermore, these findings highlight the importance of developing targeted educational programs that address not only the use of social media but also the underlying psychological factors that contribute to its excessive use.

Adolescence is a transitory period between childhood and maturity, which has negative repercussions. One is that adolescents will be anti-life yet will nonetheless experience anxiety and fear when they miss fresh knowledge. This is consistent with Santrock theory assert that adolescence is a phase of transition from infancy to adulthood characterized by cognitive and social-emotional changes. Anxiety or fear is one of the emotional problems affecting teenagers. An worried teenager who fears losing out on the most recent information may frequently access social media, resulting in social media addiction among adolescents (Schønning et al., 2020). This is because adolescents lack confidence in their ability to express themselves in the actual world. Adolescents who are dependent on social media may engage in obsessive behavior with harmful outcomes (O'reilly et al., 2018). Comparing the score classification to the description of respondents based on gender, it was determined that the biggest contribution of fear of missing out score was in the group of moderate fear of missing out, with a total of 118 female respondents. Then, the biggest contribution of social media addiction score based on gender was in the moderate social media addiction group, with a total of 129 women. This indicates that the majority of female respondents had a moderate level of FoMO. This has a moderate influence on their Instagram addiction.

The strong association between Fear of Missing Out (FoMO) and social media addiction observed in this study reflects a profound psychological vulnerability among adolescents. FoMO, as a psychological trigger, encourages continuous and compulsive engagement with social media, manifesting as a need to stay continually updated to avoid feelings of exclusion (Jabeen et al., 2023). This study's findings, showing that higher FoMO scores correlate significantly with increased social media usage, resonate with the theoretical framework proposed by Elhai et al. (Jabeen et al., 2023), which links FoMO with higher social media engagement due to underlying anxieties about social belonging. The data suggests that adolescents with high FoMO experience not only immediate anxiety and stress when disconnected from their social networks but also long-term effects on their mental health, including decreased life satisfaction and increased depression risk.

These findings align with Turan et all (2023) discussion on how social media can alter the socialization process of adolescents, making them more prone to anxiety and other mood disorders. The gender-specific patterns in FoMO and addiction scores observed in this study suggest that female adolescents may be more vulnerable to these effects, potentially due to greater sensitivity to social exclusion (Gingras et al., 2023). This aspect opens avenues for further investigation into gender differences in social media usage and its psychological impacts. Educational interventions designed to enhance digital literacy have shown promise in mitigating some of the adverse effects associated with FoMO and social media addiction. By equipping adolescents with skills to critically assess online content and manage their digital footprints, these programs address the root psychological triggers identified in this study. The efficacy of such interventions, as indicated by improvements in self-regulation among participants, supports the model of media literacy education

advocated by Gys, Haft, & Zhou (2024)., which emphasizes the importance of teaching youth to understand and manage their media consumption effectively.

The study's context in Jakarta, Indonesia, provides a specific sociocultural lens through which to view these findings. According to Lim et al. (2022), the high engagement of Indonesian adolescents with social media might also be influenced by local cultural dynamics, such as communal values and high peer influence, which could exacerbate the effects of FoMO. This cultural perspective is crucial in tailoring interventions that are culturally sensitive and effective in diverse settings.

While this study offers significant insights, its geographical and demographic limitations suggest the need for broader research. Future studies could benefit from a cross-cultural approach that examines these dynamics in varied cultural settings to better understand global patterns of adolescent social media use and FoMO. Additionally, longitudinal research could track these patterns over time, providing insights into the long-term effects of adolescence-specific social media behaviors.

CONCLUSION

This discussion underscores the complexity of adolescents' relationships with social media, shaped by psychological, social, and cultural factors. As digital landscapes continue to evolve, ongoing research and adaptive educational strategies will be crucial in supporting young individuals to navigate these spaces healthily and sustainably. By continuing to explore and address the underlying causes of social media addiction, stakeholders can better support adolescent development in the digital age. According to the findings, fear of missing out (FoMO) can influence adolescent social media addiction. This is aligned with prior study (Fabris et al., 2020), which discovered that people with FoMO check social media more frequently, which contributes to increased participation in internet behaviour. The use of a purposive sample method means that the study's findings may not be generalizable to the community at large, which is a potential weakness. Furthermore, the instrument employed in this study is new and has not been widely used in previous studies in Indonesia; as a result, future research should consider utilizing a more established instrument. Moreover, because the respondents of this study were confined to adolescents in Jakarta, extrapolating the findings to all adolescents in Indonesia was challenging.

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