

The Relationship Between Fear Of Missing Out With Problematic Internet Use In K-Pop Fans

Ristia Ananda Susaria^{1✉}, Pundani Eki Pratiwi²

¹Department of Psychology, Universitas Negeri Semarang, Indonesia

Keywords

*fear of missing out,
problematic internet use, k-
pop*

Abstract

The emerging Korean Wave phenomenon is known to have affected all groups, both teenagers and adults and is supported by the rapid development of information technology. So the internet has an important role in connecting fans with K-Pop artists or celebrities. K-pop fans will check their social media accounts for hours to find the latest information about their idols, thus interfering with other activities. The impact of internet dependence and addiction affects physical and psychological conditions and other aspects of life so this behavior can be categorized as Problematic Internet Use (PIU) behavior. One of the factors that cause PIU is Fear of Missing Out (FoMO). This study aims to determine the relationship between K-pop fans' fear of missing out and problematic internet use. This study uses quantitative methods with quota sampling techniques. The number of samples in this study was 318 people. The analysis technique used is correlation using statistical software. The results of the analysis show that there is a relationship between fear of missing out and problematic internet use in K-pop fans. If the fear of missing out is high, problematic internet use is also high.

✉Correspondence address:
E-mail: ranandasusaria12@gmail.com

INTRODUCTION

The Hallyu or Korean Wave phenomenon has become a trend in Indonesia since 2000 through music, drama, movies, and food. Korean music (K-pop) has an energetic and trendy style that attracts attention from the public, both teenagers and adults. This is made easier by developing information and communication technology for fans. This makes the internet important for connecting fellow fans to K-pop artists or celebrities. The Cirebon City K-Pop community stated that there were positive and negative impacts from them as K-Pop fans, the positive impact was that they became motivated and enthusiastic, had many friendships, could relieve stress, and generate profits from online sales that smelled of K-Pop (Ri'aeni et al., 2019). The negative impacts are being consumptive, having messy sleep patterns, irritability regarding their idols, eye health, fanaticism, and idol worship (celebrity worship). If the impact of internet dependence and addiction affects physical, psychological, and other aspects of life, then this behavior can be categorized as Problematic Internet Use (PIU) behavior. According to Griffiths (2000), Problematic Internet Use is an addictive behavior in accessing the Internet. Individuals who experience internet addiction tend to engage in negative behavior.

The desire to use the internet continuously can make individuals not want to socialize with the real world. Not only psychologically or socially, but PIU can affect physical health. According to Güzel et al. (2018) found that PIU can cause headaches, stiffness, back pain, and neck pain. Individuals who access the internet for more than 2 hours a day can increase problematic internet use (Mauli et al., 2022). According to Maxian (2014), K-pop fans consider social media as an important need to interact with them and their favorite idols so that they can form emotional attachments to their idols. K-pop fans spend hours looking for the latest information about their idols, watching videos of their favorite idols, and exchanging information with fans of other idols. Getting the latest information about their idols is a satisfaction for K-pop fans. Based on a survey by Julianingsih et al. (2022), K-pop fans access the internet for hours to get information about their idols, so they forget to eat, are too lazy to shower, do activities, and do not care about the surrounding environment.

Reyes et al. (2018) stated that Problematic Internet Use (PIU) can arise due to Fear of Missing Out (FoMO). Przybylski et al. (2013) state that Fear of Missing Out or FoMO is a person's fear of losing social opportunities that encourage individuals to follow the latest news/info continuously. Marseal et al. (2022), regarding the fear of missing out on K-pop fans, show that the behavior that arises is the desire to know what is done and is happening with their idols, thus making participants open social media continuously. When there are rumors that their idols are affected by cases or illnesses, participants will immediately look for the latest information on their idols. The relationship between FoMO and social media addiction is inseparable from the intensity of social media use. The desire to continue using social media caused by FoMO can cause high-intensity internet use, which can lead to social media addiction in individuals. This study aims to determine the description of the fear of missing out in K-pop fans, the description of problematic internet use in K-pop fans, and the relationship between the fear of missing out and problematic internet use in K-pop fans.

METHOD

The approach used in this research is a quantitative approach. According to Ali et al. (2022), quantitative research is a type of quantitative research that produces new findings obtained using statistical or other procedures from a measurement. Furthermore, this study uses a correlational design. Correlational research shows correlation index research that is appropriate for explaining the quality of the relationship between variables. Fear of Missing Out is the independent variable (X), and Problematic Internet Use is the dependent variable (Y).

This study uses the quota sampling method, a sampling technique that determines the number of sample members. The minimum sample size is 63 people. The sample determination is calculated

using the G*Power application. Then, in the results, the respondents' data amounted to 319 K-Pop fans throughout Indonesia. The instrument used to measure the two variables is using a questionnaire. The next scale used to measure the PIU variable is the Problematic Internet Use Questionnaire Indonesian version developed by Agriyani and Widyastuti (2024) by adapting the Problematic Internet Use Questionnaire developed by Demetrovics et al. (2008). Meanwhile, the instrument to measure FoMO uses the Indonesian version of the FoMO Scale developed by Kaloeti et al. (2021).

The validity of the Problematic Internet Use Questionnaire (PIUQ) measured in this measuring instrument is construct validity (Agriyani et al., 2024). The method used in calculating this measuring instrument's construct validity is Confirmatory Factor Analysis (CFA). The CFA fit indices used in this measuring instrument are chi-square, Comparative Fit Index (CFI), Goodness of Fit Index (GFI), Root Mean Square Error of Approximation (RMSEA), and Standardized Root Mean Square Residual (SRMR).

Meanwhile, the validity of the Fear of Missing Out Scale (FoMOS) measured on this measuring instrument is a structural validity test and Confirmatory Factor Analysis (CFA). To measure the external criteria (discriminant validity and convergent validity) of FoMO, this measure correlates with the FoMO scale, General Health Questionnaire Scale-12 (GHQ-12), and Depression and Anxiety Stress Scale-21 (DASS-21).

Table 1. CFA PIUQ Measurement

Item	Indicator Reliability (IR)	Standard Error (SE)	Critical Ratio (CR)
ME1	0.54	0.068	13.87**
ME2	0.43	0.079	14.84**
ME3	0.39	0.067	13.78**
ME4	0.57	0.070	16.20**
ME5	0.46	1	1
CO1	0.43	0.116	10.68**
CO2	0.42	0.083	10.09**
CO3	0.43	0.106	10.89**
CO4	0.34	0.105	10.57**
CO5	0.27	1	1
CF1	0.77	0.072	14.96**
CF2	0.81	1	1

Reliability in the Problematic Internet Use Questionnaire (PIUQ) scale using Cronbach's alpha internal consistency. The reliability analysis technique on this measuring instrument uses a computer program, namely JASP 0.16. The overall reliability of the Problematic Internet Use Questionnaire (PIUQ) Indonesian version instrument is 0.850, with the reliability of each obsession, neglect, and control disorder dimensions 0.724, 0.637, and 0.711. Reliability in fear of Missing Out Scale (FoMOS) using the internal consistency coefficient using Cornbach's alpha which shows a coefficient of 0.91 for the total scale, and for the four factors 0.69 (missed experience), 0.69 (compulsion), 0.77 (comparison with a friend). In this study, the normality test was carried out using the Kolmogorov-Smirnov test. The results of the Kolmogorov-Smirnov test in this study are as follows.

Table 2. Kolmogorov-Smirnov Test Results

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
PIU	.113	318	.000	.973	318	.000
FoMO	.117	318	.000	.971	318	.000

Based on Table 2, it can be seen that the significance score of the Kolmogorov-Smirnov test on each variable is obtained <0.05 . Therefore, the data in this study were not normally distributed, so non-parametric tests were used.

RESULT AND DISCUSSION

The results of this study indicate that the level of PIU in K-pop fans is in the moderate category. Based on the results of the research that has been carried out, it can be obtained an overview of the fear of missing out on K-pop fans, an overview of problematic internet use by K-pop fans, and the relationship between fear of missing out and problematic internet use on K-pop fans, which is as follows overview of problematic internet use in K-pop fans the results of this study indicate that the level of PIU in K-pop fans is in the moderate category with an average value of 54.15. This proves that most K-pop fans spend time using the internet or social media to find information about their idols in more time than planned but can still manage their daily activities. The results on the obsession aspect are in the medium category with an average value of 16.47. This shows that K-pop fans feel anxious, worried, or uncomfortable when not accessing the internet, but can still carry out daily activities. Then the results on the neglect aspect are in the moderate category with an average value of 18.01. This shows that K-pop fans ignore the activities around them when using social media, such as lack of sleep, irregular eating patterns, and so on. These results are in line with research conducted by Marseal et al. (2022), which shows that K-pop fans feel addicted to social media because they open social media for ten hours or more a day, which has an impact on lack of sleep, disturbed eating patterns, and rarely communicate with the surrounding environment.

The results on the control disorder aspect are in the moderate category with an average value of 19.68. This shows that K-pop fans feel dissatisfied with internet use and find it difficult to stop the habit despite realizing its impact. This is in line with research conducted by Etikasari (2018), which states that K-pop fans have difficulty controlling behavior and emotions when someone mocks the idol directly or online. Overview of fear of missing out on K-pop fans. The results of this study indicate that FoMo's description in K-pop fans is moderate. This is aimed at the majority of K-pop fans who do not want to miss information about their idols by always opening their social media, such as watching their idols' latest music videos, following their idols' activities, and exchanging information with fans of other idols, but not interfering with their daily activities Korean fans will tend to look for information about Korea more often because of curiosity about their idols or Korea and more often look for information that is viral or trending about their idols (Maulidya et al., 2023).

The results on the missed experiences aspect are in the medium category, with an average value of 14.55. This shows that K-pop fans feel sad/disappointed if they are not involved in an activity but can still be controlled. There is another study conducted by Putri (2023) shows that K-pop fans feel jealous and anxious if they do not participate in discussion activities with their fandom, so they need to check their social media repeatedly so they don't miss the latest news. The compulsion aspect shows an average value of 15.91 which is in the moderate category. This shows that K-pop fans always check the internet or social media to avoid missing the latest information about their idols (up-to-date). K-pop fans use the internet to avoid stress or worry, despite still being able to control primary responsibilities. This is in line with research conducted by Oprita et al. (2023), which states that K-pop fans can spend from 2-7 hours on the internet, and when they miss the latest updates about their idols, they will feel afraid to worry about the state of their idols, so that it can affect their feelings such

as lack of motivation and bad mood. Then, compared to friends, it is in the medium category with an average value of 5.40. This shows that K-pop fans compare themselves with their friends on social media regarding achievements or following idol trends but do not feel excessively depressed. Another study by Oprita et al. (2023) states that when K-pop fans compare how they become K-pop fans, The relationship between fear of missing out and problematic internet use in K-pop fans.

Table 3. Spearman's Rho Correlation Test Results
Correlations

			FoMO	PIU
Spearman's rho	FoMO	Correlation Coefficient	1.000	.703**
		Sig. (2-tailed)	.	.000
		N	318	318
	PIU	Correlation Coefficient	.703**	1.000
		Sig. (2-tailed)	.000	.
		N	318	318

**. Correlation is significant at the 0.01 level (2-tailed).

Significant results were obtained based on the data collection and analysis process through the correlation test. This study accepts the hypothesis that “there is a relationship between fear of missing out and problematic internet use in K-Pop fans”. The results show that FoMo has a significant relationship with PIU, $r=.703$; $n=318$; $p<0.05$; two-tailed (Ho rejected, Ha accepted). Based on this, it shows that if the higher the FoMo experienced, the higher the PIU will be. Vice versa, the lower the FoMo, the lower the PIU behavior. This study's results align with previous research conducted by Alt and Nissim (2018), which states that there is a positive relationship between FoMo and PIU, where social media users may be formed by someone's fear of losing the opportunity to interact via the internet. The research conducted by Fauzia et al. (2020) states that there is a significant relationship between FoMo and social media addiction, that the higher the FoMo, the higher the social media addiction experienced. The results of this study are also in line with research conducted by Benzi et al. (2024), which states that there is a significant relationship between FoMo and PIU in early adulthood, which indicates that the more individuals worry about not being part of a valuable experience with their peers, the more difficulty they experience in using the internet. Based on this discussion, it can be described that FoMo on social media users is likely formed by the fear that someone will lose the opportunity to interact through the internet.

The research conducted by Franchina, et al., (2018) supports this result by stating that FoMo as one of the factors that make up individuals can experience problematic internet and social media behaviors. Individuals who experience FoMo will relatively divert their anxiety by paying attention to the lives of others through social media and continuously accessing and connecting through the internet. The behavior of FoMo and PIU has a significant positive relationship and provides a reciprocal relationship with each other. This is in line with research conducted by Risdayanti, et al., (2019) which states that a person who experiences FoMo will tend to divert their worries and fears by monitoring other people's lives through their social media. The results of this study illustrate the intensity of social media use that FoMo feels, is one of the main causes of social media addiction in K-Pop users, this is driven by the feeling of an urgent need to stay connected and get the latest information, this is in line with the previous theory put forward by Marseal et al. (2022) that FoMo triggers obsessive behavior to find out the latest information about their idols, especially on topics or certain rumors about their idols. This study also reveals how FoMo contributes to PIU as stated by Reyes et al. (2018) that excessive FoMo behavior makes internet use problematic

CONCLUSION

The level of FoMO in K-Pop fans is in the medium category, which is described in the aspect of missed experiences, which is in the medium category, the aspect of compulsion, which is in the medium category, and the aspect of comparison with friends, which is in the medium category. The level of PIU among K-pop fans is in the moderate category, described in the obsession aspect in the moderate category, the neglect aspect in the moderate category, and the control disorder in the moderate category. FoMO has a significant relationship with PIU with a correlation result of .703**.

Based on the results of the entire process that has been carried out in this study, there are several suggestions, namely as follows: For K-Pop fans, limit the use of social media by managing time as needed. Social media can be entertainment, but it should be used at the right time so that it does not become negative for you. For future researchers, because in this study, the number of respondents was not balanced between women and men, there can be more male respondents in the future. Parents should pay more attention to the time or activities in using their children's social media so that there are limits to the use of social media from an early age so that they do not experience social media addiction, which can interfere with the surrounding environment or activities.

REFERENCES

- Agriyani, M. A., & Widyastuti, T. (2024). Adaptasi Skala Problematic Internet Use Questionnaire (PIUQ) Versi Indonesia. *Psikodimensia*, 22(2), 157–167. doi.org/10.24167/psidim.v22i2.10117
- Alt, D., & Boniel-Nissim, M. (2018). Parent-adolescent communication and problematic internet use: The mediating role of Fear of Missing Out (FoMO). *Journal of Family Issues*, 39(13), 3391–3409. doi.org/10.1177/0192513X18783493
- Ali, M. M., Hariyati, T., Pratiwi, M. Y., & Afifah, S. (2022). Metodologi Penelitian Kuantitatif Dan Penerapannya Dalam Penelitian. *Education Journal*, 2(2), 1–6.
- Benzi, I. M. A., Fontana, A., Lingiard, V., Parolin, L., & Carone, N. (2024). “Don’t Leave me Behind!” Problematic Internet Use and Fear of Missing Out Through the Lens of Epistemic Trust in Emerging Adulthood. *Current Psychology*, 43(15), 13775–13784. doi.org/10.1007/s12144-023-05440-0
- Demetrovics, Z., Szeredi, B., & Rózsa, S. (2008). The three-factor model of Internet addiction: The development of the Problematic Internet Use Questionnaire. *Behavior Research Methods*, 40(2), 563–574. doi.org/10.3758/BRM.40.2.563
- Etikasari, Y. (2018). Kontrol Diri Remaja Penggemar K-Pop (K-Popers). *Jurnal Riset Mahasiswa Bimbingan Dan Konseling*, 4(3), 190–202
- Fauzia, S. F. A., & Diantina, F. P. (2020). Hubungan fear of missing out dengan adiksi Twitter pada fanskingdomX1. *Prosiding Psikologi*, 6(2), 708–711. <http://karyailmiah.unisba.ac.id/index.php/psikologi/article/view/24292>
- Franchina, V., Vanden, A. M., Van Rooij, A., Lo Coco, G., & De Marez, L. (2018). Fear of missing out as a predictor of problematic social media use and phubbing behavior among flemish adolescents. *International Journal of Environmental Research and Public Health*, 15(10), 2319.
- Griffiths, M. D. (2000). Does internet and computer “addiction” exist? Some case study evidence. *Cyberpsychology and Behavior*, 11, 731–733. doi.org/10.1089/109493100316067
- Güzel, N., Kahveci, İ., Solak, N., Cömert, M., & Turan, F. N. (2018). Internet Addiction and Its Impact on Physical Health. *Turkish Medical Student Journal*, 2, 32–36. doi.org/10.4274/tmsj.2018.05.03.0002
- Julianingsih, T., & Damayanti, I. (2022). Locus of Control, FoMO, Kecenderungan Kecanduan Internet pada Penggemar Korean Wave. *Persepsi: Jurnal Riset Mahasiswa Psikologi*, 1(1), 23–37

- Kaloeti, D. V. S., Kurnia S, A., & Tahamata, V. M. (2021). Validation and psychometric properties of the Indonesian version of the Fear of Missing Out Scale in adolescents. *Psicologia: Reflexao e Critica*, 34(1). <https://doi.org/10.1186/s41155-021-00181-0>
- Marseal, A. P., Al Fatihah, A. D., Lestari, I. A., Christina, S., Wardono, T. S. Z. G., & Cahyono, R. (2022). Fenomena Fear of Missing Out pada Penggemar K-Pop. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM)*, 2(1), 599–606. doi.org/10.20473/brpkm.v2i1.32310
- Mauli, F. & Agustina (2022). Dampak Celebrity Worship Terhadap Problematic Internet Use Pada Remaja Penggemar K-Pop Di Masa Pandemi Covid-19. 6(2), 351–358
- Maulidya, R., Safitri, D., & Istiqomah, N. (2023). FoMO (Fear of Missing Out) pada Mahasiswa Penggemar Korea (Studi Deskriptif Mahasiswa Pendidikan IPS Fakultas Ilmu Sosial Universitas Negeri Jakarta). *FoMo (Fear of Missing Out) Pada Mahasiswa Penggemar Korea*, 7(1), 27–35. doi.org/10.21009/EIPS.007.1.04
- Maxian, W. (2014). Power to the People? Emotional Components of Media Power, Mobile ICTs, and Their Potential to Alter Individual-Media Dependency Relations. *Mass Communication and Society*, 17(2), 274–298. doi.org/10.1080/15205436.2013.830133
- Oprita, G. O., Rinaldi, Hartati, N., & Utami, R. H. (2023). Hubungan Antara Social Comparison Dengan Fear of Missing Out (Fomo) Pada Komunitas K-Pop “K-Popers Padang.” *CAUSALITA : Journal of Psychology*, 1(3), 88–98. doi.org/10.62260/causalita.v1i3.45
- Przybylski, A. K., Murayama, K., Dehaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*, 29(4), 1841–1848. doi.org/10.1016/j.chb.2013.02.014
- Putri, Tiara Tiani (2023) Pengaruh Fear Of Missing Out dalam Bermedia Sosial Terhadap Smartphone Addiction pada Penggemar Korean Pop. Undergraduate thesis, Universitas Pembangunan Jaya.
- Reyes, M. E. S., Marasigan, J. P., Gonzales, H. J. Q., Hernandez, K. L. M., Medios, M. A. O., & Cayubit,
- Ri'aeni, I., Suci, M., Pertiwi, M., & Sugiarti, T. (2019). Pengaruh Budaya Korea (K-POP) Terhadap Remaja Di Kota Cirebon. In *Communications* (Vol. 1, Issue 1, pp. 1–26). <http://journal.unj.ac.id/unj/index.php/communications/article/view/9460/6798>
- Risdyanti, K. S., Faradiba, A. T., & Syihab, A. (2019). Peranan Fear of Missing Out Terhadap Problematic Social Media Use. *Jurnal Muara Ilmu Sosial, Humaniora, Dan Seni*, <https://doi.org/10.24912/jmishumsen.v3i1.3527>
- R. F. O. (2018). Fear of Missing Out and its Link with Social Media and Problematic Internet Use Among Filipinos. *North American Journal of Psychology*, 20(3).