

Fear of Missing Out (FoMo) Tendencies Among Student Residents

Eva Imania Eliasa ¹, Muthi' Azmiatin Hasanah ²

¹ Universitas Negeri Yogyakarta, Indonesia; eva_imania@uny.ac.id

² Universitas Negeri Yogyakarta, Indonesia; muthiaz.hasan@gmail.com

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Abstract

Emerging adulthood is marked by a lot happening within it and its environment. Plus, the rapid development of technology makes the world at hand. This situation triggers FoMO in individuals, including students. This study aims to identify the prevalence of FoMO among students living in the Mujahidin Mosque Women's Dormitory at Yogyakarta State University. This study uses a quantitative approach with quantitative descriptive analysis. The participants in this study were all residents of the Mujahidin Mosque women's dormitory, totaling 75 female students, and the study used a total sampling technique. The research findings indicate that the respondents' Fear of Missing Out (FoMO) tendency predominantly falls into the low category, with 32 respondents, or approximately 42.7% of the total respondents. However, some students who exhibit FoMO tendencies at moderate levels, totaling 19 respondents (25.3%), while 15 individuals (20%) fall into the high category, and 7 respondents (9.3%) are classified under the very high category.

Keywords

Dormitory; Fear of Missing Out; Student

Corresponding Author

Eva Imania Eliasa

Universitas Negeri Yogyakarta, Indonesia; eva_imania@uny.ac.id

1. INTRODUCTION

The rapid development of technology makes it easy for humans to access all kinds of information at their fingertips. Not only information, but even all kinds of communication and interaction can also be done through a *smartphone* (Salaudin & Fiksi, 2021; Narti & Yanto, 2022). This can be done because there are various smartphone applications, including social media. Social media allows users to communicate with each other, sharing all kinds of information, whether contextual or moments that are being or have been felt by social media users. Not only that, but social media users can interact and collaborate (Arifianto, 2020; Hamzah, 2015).

Social media cannot be separated from the internet, because only with the internet can someone use social media. Regarding internet usage, Alvara Research Center (2022) found that people spend 7 to 13 hours per day on the internet, with this pattern observed among Generation Z (post-millennials). The McKinsey survey (2023) found that the most frequent social media users are Generation Z (post-millennials).

Recent research shows that Generation Z uses social media every day as part of their daily routine, primarily for communication, entertainment, and social interaction (Elkatmış, 2024). Blakley (Fromm, 2017) explains that this makes Generation Z (post-millennials) exhibit digital intuition, which is based on their use of digital technology. These characteristics gave rise to the designation of Generation Z,



namely the *iGeneration* or internet generation (Putra, 2016).

APJII (Indonesian Internet Service Providers Association) said that in the 2021-2022 period, there were 210.03 million people in Indonesia. Indonesia, which uses the internet. The number of internet users increased by 6.78% compared to the previous year (2019-2020), reaching 196.7 million. The increase in Indonesia's internet user base is to 77.02%. This fact shows that the pandemic has affected internet usage (APJII, 2022).

Schäfer & Miles (2023) reveal in their latest study that the average social media user now manages at least four accounts across various platforms, with very high usage frequency. Many users report checking their social media every hour, or even every 30 minutes, due to a psychological need to stay connected and avoid feeling digitally isolated from their social circles. Akbar et al. (2018) found that a person who is always on social media is always on social media. uses *his smartphone all the time because he is afraid of missing out on the latest information on social media and feels happy when he gets the latest updates or others' uploads*.

Fear of missing out on the latest information on social media and not wanting to be excluded from their environment are forms of anxiety caused by social media. This anxiety is called *Fear of Missing Out* (FoMo). Przybylski et al (2013) explain that FoMo is excessive anxiety when other people have more pleasant experiences and want to continue to connect with others. Individuals with FoMo will feel calm if they can continue to connect with others they think have pleasant or valuable experiences, so they can also feel those experiences.

Previous studies on Fear of Missing Out (FoMo) have generally been conducted among university students or among social media users at large. However, studies that specifically focus on religious communities—such as university students residing in mosque dormitories—remain relatively limited and have not yet received adequate scholarly attention. Przybylski et al. (2013) researched young adults, while a study by Elhai et al. (2016) involving individuals working in Amazon's Mechanical Turk labor market found that FoMo is a form of psychological dysfunction closely associated with excessive smartphone and social media use.

Yusuf et al. (2023), in their study of university students at a state university in Makassar, found that students experiencing FoMo engage in prolonged social media use, typically exceeding 5 hours per day. Similarly, Yusra and Napitupulu (2022) discovered that students who are unable to control their behavior and duration of smartphone and social media use are likely to experience symptoms of FoMo. In line with these findings, Hakim et al. (2023) found that the FoMo phenomenon among university students is significantly associated with the intensity of social media use.

The FoMo phenomenon is very common among adolescents and young adults (Gupta & Sharma, 2021). In the 18–25 age group, this condition is associated with early adulthood, a stage characterized by self-discovery and instability (Wood et al., 2018). According to Self-Determination Theory, FoMo emerges as a means of fulfilling basic psychological needs that are unmet in daily life (Milyavskaya et al., 2018).

Based on the discussion above, it is evident that the period of emerging adulthood is marked by numerous changes both within the individual and in their surrounding environment. The rapid advancement of technology has further made the world more accessible—literally in the palm of one's hand. This situation has led to the emergence of *Fear of Missing Out* (FoMo) among individuals, including university students. Therefore, we conducted a study on the FoMo phenomenon at the Mujahidin Mosque Female Dormitory in Yogyakarta. This research aims to identify the tendency of FoMo among female students residing in the Mujahidin Mosque Dormitory at Yogyakarta State University.

2. METHODS

This research employed a descriptive quantitative method, which aims to provide an overview of a particular phenomenon. The study merely describes existing conditions without examining relationships, influences, or differences between the variables involved (Periantolo, 2016).

The sampling technique used in this study was total sampling, meaning that the entire population was selected as the sample. This approach was chosen because the population of female students residing in the Mujahidin Mosque Dormitory at Yogyakarta State University is only 75, which is fewer than 100 respondents. According to Sugiyono (2019), when the population is less than 100, the entire population should be used as the sample, hence the use of the total sampling technique. The sample consisted of students who actively use social media in their daily lives.

Data collection was conducted through a questionnaire distributed via Google Forms to all participants. The questionnaire developed by Kusnadi (2022) comprises 11 statement items. The dimensions measured to determine FoMO tendencies included:

- The Self dimension is indicated by feelings of anxiety when others have more enjoyable or valuable experiences.
- The Relatedness dimension is indicated by a desire to remain constantly connected with others.

Instrument validity was tested using content validity through expert judgment by an expert in the field of Guidance and Counseling. Meanwhile, instrument reliability was tested using IBM SPSS 26. The reliability test results showed that the FoMO scale had a reliability coefficient of 0.798, indicating high reliability. According to Sugiyono (2019), an instrument is considered reliable if its reliability coefficient exceeds 0.60.

The data analysis technique used in this study is descriptive statistical analysis, which aims to describe and summarize the research findings based on the distribution of each variable (Mishra et al., 2019). Categorizing the levels of each variable is a descriptive analysis procedure that provides a systematic overview of the data distribution. The total scores of all questionnaire items were classified into five categories using a formula based on norms derived from the mean and standard deviation as follows:

Table 1. Data Analysis Category

Very High	: $X > \mu + 1,5 \sigma$
High	: $\mu + 0,5 \sigma < X \leq \mu + 1,5 \sigma$
Moderate	: $\mu - 0,5 \sigma < X \leq \mu + 0,5 \sigma$
Low	: $\mu - 1,5 \sigma < X \leq \mu - 0,5 \sigma$
Very Low	: $X \leq \mu - 1,5 \sigma$

Description:

μ : Theoretical mean (average)

σ : Standard deviation units

X: Score

3. FINDINGS AND DISCUSSIONS

Findings

Participants

The most participants in this study were 18 years old, totaling 16 people (21.3%), while the fewest were 25 and 26 years old, each with a percentage of 1.3%. This can be seen in Table 2 below;

Table 2. Age of Participants

Age	F	%
17	3	4%
18	16	21,3%
19	15	20%
20	7	9,3%
21	13	17,3%
22	5	6,7%
23	12	16%
24	2	2,7%
25	1	1,3%
26	1	1,3%
Total	75	100%

Table 3. Number of Social Media Owned by Participants

Number of Social Media	F	%
1	4	5,3%
2	20	26,7%
3	27	36%
4	18	24%
5	6	8%
Total	75	100%

Table 3 describes the number of social media accounts owned by each participant. Based on the table, it can be seen that the participants with the most social media are those with 2 to 4 social media, with 26.7% (20 participants) having 2 social media, and 36% (27 participants) having 3 social media. As many as 24% of participants, or 18, have 4 social media accounts on *their smartphones*. When aggregated, 86.7% (65 participants) have 2-4 social media applications on *their smartphones*.

Table 4. Social Media Used by Participants

Social media	F	%
Instagram	74	97,4%
YouTube	68	89,5%
TikTok	39	51,3%
Twitter	30	39,5%

Social media	F	%
Facebook	14	18,4%

According to Table 4, the 3 most widely used social media platforms among participants are Instagram (97.4%), YouTube (89.5%), and TikTok (51.3%). Researchers did not include *WhatsApp*, *Telegram*, *Line*, or *Snapchat* as social media because these applications primarily focus on instant messaging.

Social Media Tendencies

Table 5. Participants' Social Media Tendencies

Indicator	N (%)
Can spend 7 hours a day accessing the internet / playing social media	58 (76,3%)
Can spend all day playing on your phone	46 (60,5%)
Applications that are often opened while using mobile phones:	
1. Instagram	64 (84,2%)
2. YouTube	43 (56,6%)
3. TikTok	31 (40,8%)
4. Twitter	18 (23,7%)
5. Facebook	1 (1,3%)
Accounts owned in each social media application:	
1. One account	33 (43,4%)
2. Two accounts	34 (44,7%)
3. Three accounts	7 (9,2%)
Social media apps that have more than one account:	
1. Instagram	56 (73,7%)
2. YouTube	14 (18,4%)
3. TikTok	10 (13,2%)
4. Twitter	8 (10,5%)
5. Facebook	3 (3,9%)
Pain in the wrist or neck due to frequent cell phone use	47 (61,8%)
Restless if not holding or playing a cell phone	36 (47,4%)
Busy using cell phones even when with friends	23 (30,3%)
Feeling like something is missing when away from your cell phone	53 (69,7%)
Immediately look at notifications on your phone when you wake up	37 (48,7%)

Based on Table 5, participants spend more than 7 hours a day using gadgets to access the internet. The most frequently used applications are Instagram, YouTube, and TikTok. Then, participants have more than two accounts. Participants have pain in their wrists and necks because they use cell phones for too long; feel something is missing when they do not hold a cell phone, and feel anxious when they cannot use their cell phones.

FoMO

Table 6. FoMO in Participants

FoMO Indicator	N (%)
Anxious about not knowing what his friends are doing	11 (14,5%)
Restless when he sees his friends having fun	16 (21,1%)
I was afraid that my friends would have more valuable experiences than I.	14 (18,4%)
I always want to know what my friends are doing, even on my days off.	24 (31,6%)
I wish I could do fun things like other people or friends do.	64 (84,2%)
Seeing my friends' posts having fun without me makes me insecure.	16 (21%)
I spend a lot of time on social media to see what my friends and others are doing.	15 (19,7%)
I love finding out what is trending on social media.	37 (48,7%)
I feel like I should know what my friends and others are doing.	11 (14,5%)
I feel anxious if I miss out on the latest information.	46 (60,5%)
My friends' or other people's posts about their achievements that are more than mine make me insecure.	48 (63,1%)

Based on Table 6, the most experienced FoMO tendency is the desire to do fun things like others do, and then seeing friends or others share their achievements makes participants feel insecure. Participants also feel disturbed if they miss the latest information.

FoMO Tendencies

Table 7. FoMO Scale Calculation

Calculations	Results
Minimum Value	11
Maximum Value	30
Mean	16.6
Standard Deviation	3.2

Based on Table 7, the lowest score on the Fear of Missing Out (FoMO) scale reported by respondents was 11, while the highest was 30. The mean score obtained was 16.6, with a standard deviation of 3.2. The following table presents the categorization of respondents' levels of *Fear of Missing Out* (FoMO):

Table 8. Respondents' FoMO Categories

Kategori	Skor	N (%)
Very High	$X > 21,4$	7 (9.3%)
High	$21,4 > X \geq 18,2$	15 (20%)
Moderate	$18,2 > X \geq 15$	19 (25.3%)
Low	$15 > X \geq 11,9$	32 (42.7%)
Very Low	$X \leq 11,9$	2 (2.7%)

Based on Table 8, the majority of respondents (32, 42.7%) experienced Fear of Missing Out (FoMO) at a "low" level. The lowest frequency was observed in the "very low" FoMO category, with only 2

respondents (2.7%). This indicates that most respondents exhibited a low level of FoMO. The second-highest category was “moderate”, with 19 respondents (25.3%). Following that, 15 respondents (20%) were categorized as having “high” levels of FoMO, and 7 respondents (9.3%) were categorized as having “very high” levels of FoMO.

Discussion

Social Media Participants

One factor contributing to FoMO is social media use, as Triani and Ramdhani (2017) stated: the more time a person spends on social media, the higher the level of FoM. Based on Table 3, 6 participants used 5 social media platforms. The six participants include two people aged 18, three people aged 19, and one person aged 23. Then, participants who have 4 social media accounts are at the age of 17 years, as many as three participants, 18 years, as many as five participants, 19 years, as many as two participants, 20-22 years, each as many as one participant, 23 years, as many as four participants, and 25 years, as many as one participant. Furthermore, participants who have 3 social media applications are at the age of 18 years, as many as five participants, 19 years, five participants, 20 years, four participants, 21 years, 7 participants, 22 years, two participants, 23 years, three participants, and 24 years, one participant. Participants who have 2 social media accounts are at the age of 18 years, as many as three participants, 19 years, as many as five participants, 20 years, as many as one participant, 21 years, four participants, 22 years, two participants, 23 years, four participants, and 24 years old, as many as one participant. Finally, there are 4 participants with 1 social media account, namely at 18, 20, 21, and 26 years old.

Table 1 shows that participants aged 18 and 19 are the most represented in this study. Based on the explanation in paragraph two, participants aged 18 and 19 years have, in the majority, 2-5 social media applications. However, participants aged 18 have 3-4 social media accounts on their smartphones, while participants aged 19 have 2-3. This phenomenon is also reported by APJII, which states that 13-18-year-olds are the most internet users, with a 99.16% share. Then, the second-largest group is 19-34 years old, with a 98.64% share. Based on this data, most internet users are in the teenage-to-adult age group, namely 13 to 34 years old. This increasing internet use can cause social concerns and anxiety in the community, especially in adolescence and adulthood, as adolescents and adults in 2023 enter the Millennial generation and the Alpha generation (Putra, 2016).

Based on the findings in Table 5, on average, more than 7 hours are spent accessing the internet each day. This finding is in line with the results of the Alvara Research Center survey, there are 34% of people from generation Z (Post-Millennial) who are addicted users, as many as 20.9% access the internet 7-10 hours a day, then there are 5.1% of people who access the internet 11-13 hours a day, and there are 8% who access the internet for more than 13 hours a day.

In March 2022, ICwatch (Alvara Research Center, 2022) conducted an internet usage survey, which found that people spend up to 9 hours a day online. Time spent accessing the internet is mostly used to play on social media (Wibowo & Nurwindasari, 2019). This is supported by the findings of (Schäfer & Miles, 2023), who revealed that each person currently manages an average of more than 4 social media accounts and checks them frequently, even hourly. This phenomenon creates psychological dependency, where the inability to access these platforms makes someone feel protected or marginalized from their social circle. Data Indonesia. I submitted a report by Napoleon Cat stating that 88.86 million Indonesians were active Instagram users in February 2024. In this study, Instagram is the social media platform of interest to participants.

Based on Table 4, 74 participants use Instagram; this shows that almost all participants have Instagram on their smartphones, with only 1 participant not having it. Annur (2021) said that the 18-24 age group is the largest on Instagram. The second-most-used social media platform among participants is YouTube, with 68 participants. TikTok is the third-most-used social media among participants, with

39 participants having it on their smartphones.

Participants' Social Media Tendencies

Zahroh & Sholichah (2022) state that the rapid growth of technology makes social media users always want to use it. The features on social media allow users to participate directly by liking and commenting to connect with people who they think have a pleasant experience. This makes users closer to social media.

Frequency, intensity, duration, and emotional attachment to social media can affect a person's risk of FoMO (Bestari & Iwan, 2018). Participants in this study tend to use social media. Table 5 shows that 58 (76.3%) participants use the internet/social media for 7 hours a day, and 46 (60.5%) use it all day. Applications that participants often open on their smartphones: at the first level, Instagram is the Most Used, with 64 (84.2%) participants. Second is YouTube, with 43 (56.6%) participants, and third is TikTok, with 31 (40.8%) participants.

In Table 4, it can also be seen that participants have 2 to 3 accounts on each social media application they use. Participants also revealed that the social media applications they use have more than one account: Instagram, secondly, YouTube, and thirdly, TikTok. Instagram is the social media platform chosen by 56 (73.7%) participants to have more than one account.

In Table 4, there are also impacts of frequent smartphone use on social media use. These impacts include participants feeling wrist pain, anxiety when not holding or playing with cellphones, being busy using cellphones even when with friends, feeling something is missing when away from cellphones, and getting used to immediately seeing notifications on cellphones when waking up. These things prove that FoMO makes the intensity of social media use increase in individuals and social media addiction (Bestari & Iwan, 2018; Fathadhika & Afriani, 2018).

FoMO in Participants

Based on Table 6, participants feel most strongly about three indicators. The first is the participant's indicator, "hoping to do fun things like other people or friends do"; 64 (84.2%) participants chose this indicator. The second indicator most felt by 48 (63.1%) participants was "the upload of friends or other people about their achievements that are more than mine makes me insecure". Finally, 46 (60.5%) participants reported feeling anxious when they missed the latest information. These findings align with the statement by Abel et al. (2016), who argue that individuals who experience FoMO (Fear of Missing Out) will become addicted to gadgets and feel very anxious when they miss new information from others on social media.

FoMO makes participants experience various negative impacts, such as physical symptoms, namely pain in the wrists and neck, due to holding gadgets for too long; symptoms of depression, and reduced mindfulness (Baker et al., 2016). This opinion reinforces the researcher's findings that FoMO can bring various negative impacts on a person.

Excessive FoMO, such as having multiple accounts on a single social media platform and spending more than 7 hours a day, indicates that the FoMO perpetrator is highly motivated to seek other people's information. This indicates that a person has a high level of FoMO. This condition will also affect his low levels of satisfaction and well-being (Jood, 2017). The statement above is supported by research conducted by Groenestein et al. (2025) which shows that FoMO is associated with negative psychological conditions such as reduced well-being and unmet psychological needs, as well as increased social media use. Research by Li et al. (2023) has also demonstrated that FoMO acts as a mediating variable in the relationship between loneliness and social media use, highlighting its close association with negative emotional states such as loneliness.

People are continually comparing themselves to others, whether they are friends or members of larger social groups, as a result of technological improvements, which also spark curiosity about what

other people are doing. Social media platforms offer a wealth of information about other people, which makes it easier for users to compare themselves to one another (Park & Baek, 2018). This circumstance is linked to increased and excessive social media use and further encourages people to compare their experiences (Lewin et al., 2022).

Excessive FoMO conditions need to be addressed because students with high levels of FoMO will have an impact on decreasing productivity, motivation to learn, academic achievement, emotional well-being, and increasing time in gadget use, which can affect the learning process (Alt, 2016; Duke & Montag, 2017; Samaha & Hawi, 2016).

FoMO Among General University Students Compared to Dormitory-Resident Students

Research conducted by Cahyadi (2021) on Generation Z university students found that the majority of respondents (87%, 240 individuals) fell into the moderate category of Fear of Missing Out (FoMO). This indicates that they experienced moderate levels of restlessness, anxiety, and fear, even when not constantly connected with others through social networks.

Similarly, Perdana et al. (2024) investigated the FoMO phenomenon among Generation Z students in the Faculty of Social Sciences. They found that FoMO is primarily driven by habitual, excessive use of social media, particularly Instagram. The high intensity of internet use, continuous access to social platforms, and the availability of diverse features that enable real-time interaction and visibility were found to be key drivers of individuals' constant connection.

Rahardjo and Soetjningsih (2022) also found that 46 students (68.66%) experienced moderate levels of FoMO, which aligned with a moderate level of social media addiction among students. Studies conducted by Fitri (2020) revealed that most of their respondents exhibited moderate levels of both FoMO and social media addiction.

Yusuf et al. (2023) found that university students typically spend more than 5 hours a day on social media. Students were also frequently observed comparing their lives with those of others and being easily influenced by their social environments, both offline and online. Al-Furaih and Al-Awidi (2021) measured FoMO levels among 2,084 undergraduate students at Kuwait University during the academic period. One aim of their research was to determine whether FoMO could predict academic distraction and disengagement. The findings indicated that students experienced high levels of FoMO.

Based on the various studies above, it is apparent that the phenomenon of *Fear of Missing Out* (FoMO) and social media addiction among university students generally falls within the moderate category, involving feelings of anxiety, restlessness, and the need for social connectedness. The high intensity of social media use—particularly on platforms like Instagram—and the tendency to compare oneself to others are dominant triggers. Moreover, FoMO has also been identified as a potential predictor of concentration difficulties and disengagement from academic activities.

In contrast, the present study found that the majority of respondents showed a low level of FoMO, with 32 individuals or approximately 42.7% of the total sample. However, a notable portion of students experienced moderate (25.3%), high (20%), and even very high (9.3%) levels of FoMO. This indicates the presence of a group of students who experience FoMO intensely, although their proportion is relatively small. These findings suggest that most students in the studied community do not experience excessive anxiety or concern about missing out on digital interactions or information. When compared with previous studies that report Generation Z students as generally having moderate levels of FoMO, these findings show a more diverse distribution, with the low category being the most dominant. This implies that although some students do experience FoMO at moderate to high levels, within religious communities such as mosque dormitory residents, FoMO symptoms tend to be more controlled. This may be influenced by spiritual routines, a supportive social environment, and more disciplined media usage practices.

These findings reinforce the importance of religious community-based approaches in fostering healthier digital behavior and support the argument that structured and faith-oriented environments can serve as protective factors in mitigating the negative impacts of social media use, including the FoMO phenomenon.

4. CONCLUSION

FoMO experienced by university students is often unavoidable. This is due to a high level of curiosity about their surroundings, peer developments, and news circulating on social media. Based on the data analysis conducted in this study, it can be concluded that the tendency of *Fear of Missing Out* (FoMO) among female students residing in the Mujahidin Mosque Dormitory at Yogyakarta State University generally falls into the low category. This is reflected in the largest proportion of respondents—42.7%—who exhibited FoMO at this level. These findings indicate that the majority of students in this religious community do not experience significant anxiety or excessive concern about missing out on information or social engagement on digital media.

Nevertheless, the data also reveal that a portion of students fall into the moderate (25.3%), high (20%), and very high (9.3%) FoMO categories. The presence of this subgroup suggests that FoMO remains a psychosocial reality for some students, even within a religious and structured environment. This condition demonstrates that spiritual values have not yet fully served as a protective factor for all individuals, particularly amid the fast-paced, overwhelming dynamics of social media.

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