Fear of Missing Out in Relationship to Emotional Stability and Social Media Use

Jacqueline N. Germaine-Bewley
Dominican University of California

Survey: Let us know how this paper benefits you.


This Event is brought to you for free and open access by the Student Scholarship at Dominican Scholar. It has been accepted for inclusion in Scholarly and Creative Works Conference 2020 by an authorized administrator of Dominican Scholar. For more information, please contact michael.pujals@dominican.edu.
Eighty-seven participants (ages 18–33) were used in the study. Researchers found that in the study reported higher levels of FoMO and young men in particular scored the highest on FoMO. Participants who are more likely to experience higher levels of FoMO than women. However, younger participants lives. Findings suggested that age and FoMO were negatively correlated and that men were more likely to experience higher rates of emotional instability.

Method
Participants
108 participants (72 females and 30 males)
- Ranging in age from 19 to 68 with a mean age of 32 and a standard deviation of 15
- 68% of participants identified themselves as Caucasian or White, 10% identified themselves as Asian or Pacific Islander, 6% identified themselves as Hispanic or Latino, 4% identified themselves as African American or Black, 1% identified themselves as Native American, and 7% identified as other
- 66% of participants use Facebook, 64% use Instagram, 59% use Snapchat, 38% use Twitter, 17% use Google+, and 15% use Tumblr
- Participants were divided into four groups based on education level: Freshman – Sophomore group, Freshman and Sophomore grouped together due to small numbers, Junior group, Senior group, and Earned Degree Group

Materials/Procedure
Used SurveyMonkey to create and administer survey
- Participants were sent a link requesting their participation in the study. The survey contained three scales:
  - The Fear of Missing Out Scale (Przybylska et al. 2013) – A higher score on the FoMO scale means a participant is experiencing higher rates of FoMO
  - The Emotional Stability sub scale from Goldberg’s Five Factor Model (1992) – A higher score on the Emotional Stability scale means a participant is more emotionally stable

A social media usage questionnaire created by the researcher

Conclusions
- Experiencing the Fear of Missing Out is not related to the education level attained by the individual.
  - The younger the individual is the higher the likelihood of using social media extensively.
  - The younger an individual is the more likely he or she will experience the Fear of Missing Out.
  - Individuals experiencing the Fear of Missing Out are more likely to use social media platforms at a higher rate.
  - People who are more emotionally stable are less likely to experience the Fear of Missing Out.
  - People who are less emotionally stable (neurotic) are more likely to use social media extensively.

Figure 1: FoMO Scores as they relate to Education Level

![Figure 1: FoMO Scores as they relate to Education Level](image1)

Figure 2: Negative correlation between total social media use score and participant age

![Figure 2: Negative correlation between total social media use score and participant age](image2)

Figure 3: Negative correlation between FoMO score and participant age

![Figure 3: Negative correlation between FoMO score and participant age](image3)

Figure 4: Positive correlation between FoMO score and total participant social media use score

![Figure 4: Positive correlation between FoMO score and total participant social media use score](image4)

Figure 5: Negative correlation between FoMO score and emotional stability score

![Figure 5: Negative correlation between FoMO score and emotional stability score](image5)