



(MUDIMA)



The Relationship Between Life Satisfaction and *Self-Control* with *Fear of Missing Out (Fomo)* Among Adolescents Who Use Social Media

Anisia Anggun Khinanthi^{1*}, IGAA Noviekayati², Niken Titi Pratitis³

University 17 August 1945 Surabaya

Corresponding Author: Anisia Anggun Khinanthi 1522000024@surel.untag-sby.ac.id

ARTICLE INFO

Keywords: Fear of Missing Out, Life Satisfaction, Self-Control

Received : 3 July

Revised : 22 August

Accepted : 24 September

©2025 Khinanthi, Noviekayati, Pratitis:
This is an open-access article distributed
under the terms of the [Creative Commons Attribution 4.0 International licence](https://creativecommons.org/licenses/by/4.0/).



ABSTRACT

Fear of Missing Out (FoMO) among adolescents gives rise to compulsive social media use. Young people often feel compelled to remain connected to the digital world in order not to fall behind, generating persistent anxiety that may disrupt their mental well-being. The phenomenon of FoMO was observed in Kalang Magetan Village, where it was found that FoMO among rural adolescents is primarily influenced by limited social interaction (life satisfaction). The purpose of this study was to investigate the relationship between life satisfaction, *Self-Control*, and FoMO. The participants comprised 186 adolescents from Kalang Magetan Village. The research adopted a quantitative, correlational design. Data were collected using a Likert scale questionnaire with five response options, and analysis was conducted through multiple linear regression. The findings revealed a significant negative relationship between both life satisfaction and *Self-Control* with FoMO tendencies in adolescents. Specifically, there was a significant negative correlation between life satisfaction and FoMO, as well as between *Self-Control* and FoMO. The practical contribution of life satisfaction to FoMO was 2.5%, while that of *Self-Control* was 32.1%, resulting in a combined effective contribution of 34.6% from both variables

INTRODUCTION

With the advancement of technology, social media has become an essential aspect of everyday life, particularly among adolescents. Riyanto (2021) notes that the number of active social media users worldwide exceeded 4.5 billion in 2021, illustrating the vast reach and influence of these platforms on global society. Adolescents, as the most active age group, utilise platforms such as Facebook, Instagram, Twitter, and TikTok not only for communication but also as a medium for self-expression and the construction of social identity (Wahyunindya & Silaen, 2021).

Frequent use of social media among young people has the potential to generate psychological effects, one of which is the *Fear of Missing Out* (FoMO). This refers to the sense of anxiety or unease that emerges when individuals feel excluded from or uninvolved in the information and experiences shared by others on social media (Alabri, 2022). This phenomenon is closely tied to the psychosocial development of adolescents, which is influenced by social interactions. Feelings of isolation or disconnection from peers in online environments may increase the likelihood of experiencing FoMO (Bloemen & Coninck, 2020).

Research by Jingjing (2018) indicates that adolescents are more prone to FoMO than adults, with more than 50% of Australian teenagers reporting anxiety when unaware of their peers' social media activities. Excessive use of social media can also affect adolescent well-being, leading to tendencies such as dependency, which in turn may cause anxiety, loneliness, and dissatisfaction. Many adolescents even feel compelled to constantly keep up with information shared by their peers online, which further amplifies the potential for experiencing FoMO (Annisa, Salsabil, & Rahmayanti, 2022).

FoMO refers to a sense of anxiety or concern that arises when an individual feels excluded or uninvolved in information or experiences shared by others on social media (Alabri, 2022). This condition is prevalent among adolescents, as they are in a stage of psychosocial development that is powerfully

shaped by social interaction. Adolescents who perceive themselves as isolated or detached from their peers through social media are more likely to experience heightened levels of FoMO (Bloemen & Coninck, 2020). A survey conducted by Jingjing (2018) highlights that young people are more susceptible to FoMO than adults. The study found that 56% of adolescents in Australia are heavy users of social media, which contributes to FoMO; furthermore, 54% of them feel worried when their peers have more valuable experiences, 60% are anxious upon learning that friends are enjoying themselves without them, and 63% feel upset when missing a planned gathering. A similar trend was observed in Indonesia by Abdulloh (2021), who discovered that out of 409 students in Pekanbaru, the majority experienced high FoMO (34.5%) to very high FoMO (3.4%). Complementary findings were presented by Savitri (2019), who reported that among 400 respondents aged 18–25 years in Yogyakarta, 24.75% experienced high levels of FoMO.

Preliminary observations and interviews with 186 adolescents who use social media revealed that they employ these platforms to build relationships and share personal stories, whether on Instagram, TikTok, or similar applications. Respondents explained that they often form groups and use social media to demonstrate their presence within these circles. On average, they spent six to eight hours daily on social media, engaging with at least two different platforms.

Interestingly, research by McKee et al. (2022) suggests that students with elevated FoMO levels are more likely to engage in maladaptive behaviours, including academic dishonesty, alcohol consumption, illicit drug use, and other unlawful activities. Similarly, Przybylski (2013) found that individuals with high FoMO tend to check their phones excessively, such as upon waking, before going to sleep, or even while driving. Jannah and Rosyidiyani (2022) further reported that adolescents with FoMO often access social media without any clear purpose and are prone to updating their status across multiple platforms.

Bloemen and Coninck (2020) argue that one of the underlying causes of FoMO in adolescents is low life satisfaction. According to Przybylski (2013) and Daravit (2021), low evaluations of life quality generally emerge when adolescents' social needs are unmet. Supporting this, Intania, Hyunanda, and Muttaqin (2022) found that adolescents who maintain positive friendships are more likely to satisfy their need for relatedness, thereby enhancing life satisfaction. In this context, Jannah and Rosyidiyani (2022) emphasise that adolescents experiencing FoMO often attempt to fulfil this social need by remaining constantly connected with others, which results in excessive reliance on social media. Conversely, Kiyassathina (2021) and Daravit (2021) highlight that adolescents with high life satisfaction tend to experience lower levels of FoMO.

Life satisfaction itself refers to an individual's overall evaluation of the quality of life across different dimensions, encompassing satisfaction with the past, present, and future (Diener et al., 1999). Those who feel content with their lives generally maintain a positive attitude and optimism about what lies ahead. Adolescents with higher life satisfaction are less likely to feel anxious about missing out on information or experiences shared via social media. On the contrary, those with lower satisfaction are more vulnerable to FoMO, especially when they compare themselves to their peers. Social media often facilitates such comparisons of achievements and experiences, which may provoke feelings of inferiority, envy, or exclusion (Reagle, 2015). Thus, high life satisfaction can help minimise the drive to compare oneself with others, as individuals feel secure and content with their own lives.

High life satisfaction helps to minimise anxiety about being excluded. Teenagers who are content with their social lives generally do not feel isolated or neglected if they are not invited to take part in an activity (Savitri, 2019). When adolescents experience a high degree of satisfaction, they regard their teenage experiences as fulfilling, meaning they do not feel deprived by missing out on what others share. They are less likely to experience anxiety or regret when they miss events that appear enjoyable

on social media. Moreover, high life satisfaction reduces the compulsion to monitor social media constantly. Przybylski (2013) observed that individuals with greater life satisfaction report lower levels of FoMO, as adolescents who feel secure in their own lives are less preoccupied with the activities and experiences of others online.

Another factor influencing FoMO, as highlighted by Servidio (2019), is *Self-Control*, which Hirschi (2004) defines as the tendency to consider the potential consequences of one's actions. Adolescents with stronger *Self-Control* are better able to regulate their behaviour when confronted with the stimuli that can trigger FoMO. *Self-control* refers to the ability to manage one's behaviour, emotions, and thoughts in specific situations, and it plays a crucial role in reducing the adverse effects of FoMO. This is particularly relevant to compulsive urges, such as the persistent need to check social media in order to avoid feeling left out of current information. Adolescents with a high level of *Self-Control* can manage such urges and consequently avoid anxiety associated with missing out on experiences presented on social media.

The ability to regulate behaviour is linked to the capacity to control excessive emotional responses, such as the anxiety that can occur when one is not up to date with viral social media content. Those with strong *Self-Control* are more capable of resisting the impulse to continually check social media and remain composed when unable to access it. As Kadri (2022) asserts, the greater a person's *Self-Control*, the lower their likelihood of experiencing FoMO. Similarly, Mursal and Hidayat (2023) found that higher *Self-Control* is associated with reduced FoMO, as individuals with effective behavioural regulation are better at managing anxiety and compulsive tendencies in relation to social media use.

Life satisfaction and *Self-Control* interact to mitigate the effects of FoMO. A higher level of life satisfaction reduces the inclination to engage in social comparison. Adolescents who are satisfied with their lives are less likely to feel undermined by the successes or happiness of others shared online

(Diener et al., 1999). They focus more on their own achievements and personal contentment, thus limiting feelings of inferiority or envy when confronted with their peers' accomplishments. Strong *Self-Control* further supports this process by enabling individuals to resist excessive comparison with others. The relationship between life satisfaction, *Self-Control*, and FoMO indicates that adolescents who are content with their lives and who demonstrate sound *Self-Control* are better equipped to manage its adverse impacts. They are less likely to succumb to feelings of exclusion, anxiety, or dependency on social media, and more likely to feel stable and satisfied with their own lives. This study highlights the importance of enhancing both life satisfaction and *Self-Control* as key strategies for mitigating the negative consequences of FoMO, particularly among adolescents who are heavily exposed to the online experiences of others.

METHODS

The study employed a purposive sampling technique, in which participants were deliberately selected to obtain data relevant to the research objectives. This method requires respondents who fulfil specific criteria in accordance with the study's parameters (Sugiyono, 2021). The sample serves as a subset of the population, selected to reflect the characteristics of the broader group under investigation. The determination of the sample size was guided by the table developed by Isaac and Michael. With a total population of 397 adolescents, rounded to 400, the corresponding sample size was set at 186 individuals. The criteria for inclusion in this study were as follows:

1. Adolescents aged 18-26 years
2. Social media users.
3. Always follow the latest trends.

This research adopted a quantitative approach, employing a questionnaire based on a

Likert scale as the primary data collection instrument. The questionnaire measured the *Fear of Missing Out* Scale, the Life Satisfaction Scale, and the *Self-Control* Scale, each comprising both positively and negatively worded items. Responses were rated on a five-point scale: Strongly Agree (SA), Agree (A), Neutral (N), Disagree (D), and Strongly Disagree (SD). The development of these measurement tools involved a series of tests, including validity testing, reliability testing, assumption testing, normality tests, linearity tests, multicollinearity tests, and heteroscedasticity tests.

Three hypotheses were formulated for this study. The first proposed a relationship between life satisfaction and *Fear of Missing Out* (FoMO) among adolescent social media users. The second suggested a relationship between *Self-Control* and FoMO in the same group. The third posited that life satisfaction and *Self-Control* together serve as predictors of FoMO among adolescent social media users.

RESULTS AND DISCUSSION

This research tests several test tools, namely:

1. Validity Test

A measuring instrument is deemed valid when it can precisely assess what it is designed to measure and yields information that is relevant and consistent with its intended purpose (Sugiyono, 2017).

a. Validity of the *Fear of Missing Out* (FoMO) Scale

The results of the item discrimination test for the *Fear of Missing Out* (FoMO) scale, comprising 48 items, in the second or final stage of analysis indicated an improvement in the corrected item-total correlation, rising from 0.660 to 0.862.

Table 1. Fear of Missing Out Scale Item Validity Test Results

Initial Item Count	Analysis Round	Number of Failed Items	Number of Items Remaining	Description
48	I	8, 16, 22, 23, 24, 25	42	The index-corrected item-total correlation moves from 0.003 to 0.862.
42	II	-	42	The corrected item-total correlation index moves from 0.660 to 0.862.

Source: Statistics Output Programme SPSS Series 26.0 IBM for Windos

- b. Validity of the Life Satisfaction Scale* second or final stage of analysis showed an increase in the corrected item–total correlation index, rising from 0.327 to 0.676.
- The results of the discrimination test for the job satisfaction scale, comprising 40 items, in the

Table 2. Results of the Validity Test of the Life Satisfaction Scale

Initial Item Count	Analysis Round	Number of Items Failed	Number of Items Remaining	Description
40	I	26, 27, 28, 30, 32, 35, 39	30	<i>Index-corrected item-total correlation</i> moves from 0.009 to 0.675
30	II	None	30	<i>The corrected item-total correlation index</i> moves from 0.327 to 0.676.

Source: Statistics Output Programme SPSS Series 26.0 IMB for Windows

c. *Validity of the Self-Control Scale*

The results of the discrimination test for the employee morale scale, comprising 36 items, in the

second or final stage of analysis revealed an increase in the corrected item–total correlation, from 0.010 to 0.653.

Table 3. Summary of Validity Test for Self-Control Scale

Initial Item Count	Analysis Round	Number of Failed Items	Number of Items Remaining	Description
36	I	14, 19, 24, 28, 29, 32	30	<i>Index corrected item-total correlation moves from 0.010 to 0.653</i>
30	II	None	30	<i>The corrected item-total correlation index moves from 0.319 to 0.667.</i>

Source: Statistics Output Programme SPSS Series 26.0 IBM for Windows

2. Reliability of Measurement Tools

The reliability of a measuring instrument can be identified by its ability to consistently produce relatively similar results when the same subject is measured repeatedly (Azwar, 2013).

The reliability test results for the FoMO scale, following two rounds of analysis, produced a Cronbach's Alpha coefficient of 0.862, based on a total of 42 valid items.

a. Reliability of the *Fear of Missing Out* Scale

Table 4. Fear of Missing Out (FoMO) Scale Item Reliability Test Results

Number of Items Analysed	Analysis Round	Number of Valid Items	Number of Failed Items	Reliability
48	I	48	6	0.862
42	II	42	0	0.862

Source: Statistics Output Programme SPSS Series 26.0 IBM for Windows

b. Reliability of Life Satisfaction

The reliability test of the Life Satisfaction Scale, carried out over two rounds of analysis,

produced a Cronbach's Alpha coefficient of 0.676, based on 30 valid items.

Table 5. Reliability Test Results of Life Satisfaction Scale Items

Number of Items Analysed	Analysis Round	Number of Valid Items	Number of Failed Items	Reliability
40	I	40	10	0.675
30	II	30	0	0.676

Source: Statistics Output Programme SPSS Series 26.0 IBM for Windows

c. *Reliability of the Self-Control Scale* a Cronbach's Alpha coefficient of 0.667, based on 30
The reliability test of the *Self-Control* scale, valid items.
conducted over three rounds of analysis, resulted in

Table 6. Reliability Test Results of Employee Morale Scale

Number of Items Analysed	Analysis Round	Number of Valid Items	Number of Failed Items	Reliability
36	I	36	6	0.653
30	II	30	0	0.667

Source: Statistics Output Programme SPSS Series 26.0 IBM for Windows

3. Scatter Normality Test

The purpose of the normality test is to assess whether the distribution of variable data collected conforms to a standard curve. The criterion applied is $p > 0.05$, which indicates a normal distribution; whereas $p < 0.05$ suggests a non-normal distribution

(Hadi, 2000). The normality test was performed using the Kolmogorov-Smirnov method in SPSS version 26.0 for Windows. The results showed an Asymp. Sig (2-tailed) value of 0.200, which is greater than 0.05, indicating that the data are typically distributed.

Table 7. Scatter Normality Test Results

Variables	Kolmogorov- Smirnov Z value	Significance (p)	Description
FoMO	0.187	0.200	Normally Distributed
Life Satisfaction	0.262	0.200	Normally Distributed
<i>Self- Control</i>	0.193	0.200	Normally Distributed

Source: Statistics Output Programme SPSS Series 26.0 IBM for Windows

4. Linearity Test of Relationship

The linearity test is conducted to determine and verify the relationship between the dependent and independent variables by comparing linear regression with quadratic regression. The guideline

applied is that if the significance value (p) > 0.05 , the relationship is considered linear; however, if the significance value (p) < 0.05 , the relationship is deemed non-linear (Widhiarso, 2010).

Table 8. Linearity Test Results

Linearity	F	Significance (p)	Description
Life Satisfaction – FoMO	0.200	1.206	Linear scatter of scores
<i>Self-Control</i> – FoMO	0.225	1.180	Linear scatter of scores

Source: Statistics Output Programme SPSS Series 26.0 IBM for Windows

The results of the linearity test between the life satisfaction variable (X1) and the FoMO variable (Y) showed a Deviation from Linearity coefficient of $F = 1.206$, with a significance value of 0.200 ($p > 0.05$), indicating a linear relationship between life satisfaction and FoMO. For the *Self-Control* variable (X2) and FoMO (Y), the Deviation from Linearity coefficient was $F = 1.180$, with a significance value of 0.225 ($p > 0.05$), likewise indicating a linear relationship between *Self-Control* and FoMO.

5. Multicollinearity Test of Relationship

According to Santoso (2010), the purpose of the multicollinearity test is to establish whether a regression model exhibits correlations among its independent variables. Tolerance reflects the extent to which other independent variables do not account for a selected independent variable. A regression model is considered free from multicollinearity if the tolerance value is close to 1, with the VIF threshold set at 10. If the VIF value is greater than 0.10, this indicates that no multicollinearity is present (Gujarati, 2012).

Table 9. Multicollinearity Test Results

Variables	Sig.	Collinearity Statistics		Description
		Tolerance	VIF	
Life Satisfaction	0.000	0.056	1.395	No multicollinearity
<i>Self-Control</i>	0.000	0.420	2.381	No multicollinearity

Source: Statistics Output Programme SPSS Series 26.0 IBM for Windows

The decision-making criterion in multicollinearity testing is based on tolerance value. If the tolerance value exceeds 0.10, the data are considered free from multicollinearity. Similarly, if the Variance Inflation Factor (VIF) value is below 10.00, it also indicates the absence of multicollinearity. The results of the multicollinearity test between the life satisfaction variable (X₁) and the

Self-Control variable (X₂) showed a tolerance value of 0.717 (> 0.10) and a VIF value of 1.395 (< 10.00), confirming that there was no multicollinearity or intercorrelation between life satisfaction (X₁) and *Self-Control* (X₂).

6. Heteroscedasticity Relationship

According to Ghazali (2011), the purpose of the heterosce.

Table 10. Heteroscedasticity Test Results

Variables	p	Conclusion
Life Satisfaction	0.056 ($p < 0.05$)	There is no heteroscedasticity
<i>Self-Control</i>	0.102 ($p < 0.05$)	There is no heteroscedasticity

Source: Statistics Output Program SPSS Series 26.0 IBM for Windows

If the variance between one observation and another remains constant, this condition is referred to as homoscedasticity, while differing variance is termed heteroscedasticity. An ideal model should be free from heteroscedasticity. The criterion for identifying heteroscedasticity is that if the significance value is greater than 0.05, then heteroscedasticity is not present. The results of the heteroscedasticity test for the life satisfaction variable (X1) and the *Self-Control* variable (X2) using Spearman's Rho correlation showed a significance level of 0.056 ($p > 0.05$) for life satisfaction, indicating no heteroscedasticity, and 0.102 ($p > 0.05$) for *Self-Control*, also indicating no heteroscedasticity.

The findings confirm the first hypothesis: a significant negative correlation exists between life satisfaction and FoMO. Daravit (2021) demonstrates this negative association, which suggests that the higher an individual's life satisfaction, the lower their level of FoMO, and vice versa. Similarly, research by Kiyassathina (2021) suggests that high FoMO is associated with lower life satisfaction; individuals who report greater FoMO tend to experience lower life satisfaction as well. Previous studies, therefore, consistently support the conclusion that life satisfaction and FoMO are inversely related.

Low life satisfaction and poor well-being have been shown to increase FoMO (Jood, 2017). Those who lack close friendships are more likely to experience low life satisfaction, which in turn fosters FoMO (Xie et al., 2018). This reinforces the negative correlation between life satisfaction and FoMO. Adolescents with lower life satisfaction often exhibit behaviours such as excessive social media use, difficulty separating themselves from smartphones, and heightened anxiety about not staying current with information, all of which contribute to FoMO (Przybylski et al., 2013).

When life satisfaction is assessed across various dimensions, including the desire for change, satisfaction with the past, present, and future, as well as evaluation by significant others, it becomes clear that these aspects are closely related to FoMO.

Reagle (2015) identified FoMO elements, including comparison with friends, feelings of exclusion, missed opportunities, and compulsive behaviour. Adolescents with high life satisfaction tend to focus on improving their own lives rather than comparing themselves with others. They are less concerned about missing activities or new information, less likely to feel anxious about exclusion, and less inclined to rely heavily on social media.

The second hypothesis was also supported, confirming a significant negative relationship between *Self-Control* and FoMO. Kadri (2022) found that low FoMO is associated with high *Self-Control*, while high FoMO is linked with low *Self-Control*. Similarly, Maza and Aprianty (2022) reported a negative correlation between the two variables, concluding that those with lower *Self-Control* are more prone to FoMO. These findings suggest that adolescents with stronger *Self-Control* are better able to regulate their social media use and avoid the anxiety associated with FoMO.

The results further indicate that adolescents in Kalang Village possess a moderate level of *Self-Control*. This suggests that they are reasonably capable of managing their behaviour, processing information, and making decisions aligned with their beliefs. While social media provides opportunities for exploration, a natural tendency during late adolescence (Purwadi, 2013), a lack of *Self-Control* can result in negative consequences, including reduced study time, impaired concentration (Khairuni, 2016), addiction (Aprilia et al., 2020), and FoMO (Komariah et al., 2022). These observations align with Servidio's (2019) claim that *Self-Control* significantly influences FoMO, where good *Self-Control* helps prevent compulsive social media behaviour.

From the perspective of behavioural, cognitive, and decision-making control, *Self-Control* and FoMO are strongly interlinked. Reagle (2015) notes that social comparison, exclusion, missed experiences, and compulsion characterise FoMO. Adolescents with strong *Self-Control* can regulate their social media use, manage their emotions and thoughts, avoid unhelpful comparisons with others,

and resist feelings of exclusion. Such regulation allows them to suppress negative behaviours and encourage more positive outcomes.

The third hypothesis was also validated, showing that life satisfaction, *Self-Control*, and FoMO are interconnected. Low life satisfaction combined with weak *Self-Control* leads to higher FoMO. Adolescents in Kalang Village reported feelings of neglect and anxiety when viewing their peers' social media posts, although they made efforts to remain updated. Fellisia and Wijaya (2022) emphasise that life satisfaction and *Self-Control* are related, as higher *Self-Control* is often associated with greater life satisfaction. Conversely, low life satisfaction is often accompanied by weaker *Self-Control*. Thus, adolescents in Kalang Village with both high life satisfaction and strong *Self-Control* are less likely to experience FoMO.

According to Hetz, Dawson, and Cullen (2015), FoMO is often associated with negative emotions that shape behaviour. Reagle (2015) argues that social jealousy and exclusion are natural consequences of FoMO. Jordan et al. (2011:124) note that individuals may compare their lives with exaggerated depictions of others' positive experiences, while ignoring their own negative realities, leading them to believe their own lives are inferior. Reagle (2015) highlights that social media generally presents a curated, positive portrayal of life, causing individuals to perceive their own lives as less happy, successful, or fulfilling.

Adolescents vulnerable to FoMO may feel anxious when they lack access to the latest information. For these individuals, social media becomes an attractive avenue to maintain constant connection and involvement in virtual social networks. To cope, they may develop behaviours such as checking social media in all circumstances—even while driving (Przybylski, 2013). However, high life satisfaction and strong *Self-Control* can significantly reduce FoMO. Adolescents who are content with their lives are less likely to compare themselves with others and are more satisfied with their personal circumstances. Likewise, those with strong *Self-Control* are better able to manage their

behaviour, ensuring social media does not dominate their lives, thereby protecting them from the effects of FoMO.

CONCLUSION

This study aims to explore the relationship between life satisfaction, *Self-Control*, and *Fear of Missing Out* (FoMO) in adolescents who use social media. The results of multiple linear regression analysis show that:

1. There is a correlation between life satisfaction and *Self-Control* with FoMO tendencies among adolescent social media users. The analysis results show a coefficient of $F = 48.425$ with $p = 0.000$ ($p < 0.05$), indicating a statistically significant result. Thus, the first hypothesis in this study is accepted.
2. There is a correlation between *Self-Control* and FoMO. The partial regression analysis results show a coefficient of $t = 1.548$ at $p = 0.023$ ($p < 0.05$) for the correlation between the life satisfaction variable and FoMO. These results suggest a significant correlation between life satisfaction and FoMO. Based on these results, the second hypothesis in this study is accepted.
3. The analysis results show a coefficient of $t = 1.051$ at $p = 0.003$ ($p < 0.05$), indicating that there is a significant correlation between *Self-Control* and FoMO. Based on these results, the third hypothesis is accepted.

Based on the formula obtained, the SE of life satisfaction is 2.5%, the SE of *Self-Control* is 32.1%, and the total SE is 34.6%. Through these calculations, it is evident that the effective contribution of the life satisfaction variable to FoMO is 32.1%. In comparison, the effective contribution of the life satisfaction variable to FoMO is 2.5%. This indicates that the *Self-Control* variable makes a more significant contribution to FoMO than life satisfaction. The total effective contribution of the

two variables X, namely life satisfaction and *Self-Control*, to FoMO is 34.6%.

REFERENCES

- Abdulloh, M. A. (2021). An Overview of *Fear of Missing Out* (FOMO) Among Students in Pekanbaru. Riau Islamic University. Retrieved from <http://repository.uir.ac.id/id/eprint/12264>.
- Alabri, A. (2022). *Fear of Missing Out* (FOMO): The Effects of the Need to Belong, Perceived Centrality, and Fear of Social Exclusion. *Human Behaviour and Emerging Technologies*, 2022, 1–12. doi:<https://doi.org/10.1155/2022/4824256>.
- Altuwairiqi, M., Jiang, N., & Ali, R. (2019). Problematic attachment to social media: five behavioural archetypes. *International journal of environmental research and public health*, 16(12), 2136. <https://doi.org/10.3390/ijerph16122136>.
- Annisa, K., Salsabil, S., & Rahmayanti, T. (2022). The influence of social media on the mental and physical health of adolescents: A systematic review. *Jurnal Kesehatan Tambusai*, 3, 82-90. Doi:<https://doi.org/10.31004/jkt.v3i2.4402>.
- Bestari, I. U. (2018). The relationship between *Fear of Missing Out* and the intensity of social media use among students at Airlangga University (Doctoral dissertation, Airlangga University). <http://url.unair.ac.id/5e974d38>.
- Bloemen, N., & Coninck, D. D. (2020). Social Media and *Fear of Missing Out* in Adolescents: The Role of Family Characteristics. *Social Media + Society*, 1-11. doi:<https://doi.org/10.1177/2056305120965517>.
- Carolina, M., & Mahestu, G. (2020). Communication Behaviour of Adolescents with FoMo Tendencies. *Communication Research Journal*, 11(1), 69-92. <http://jurnal.untirta.ac.id/index.php/JRKom>
- Daravit, K. S. (2021). The relationship between life satisfaction and *Fear of Missing Out* (FoMo) among psychology students at UIN Malang who use social media (Doctoral dissertation, Maulana Malik Ibrahim State Islamic University). <http://etheses.uin-malang.ac.id/id/eprint/27776>.
- Dienilin, T., & Johannes, N. (2020). The Impact of Digital Technology Use on Adolescent Well-being. *Dialogues in Clinical Neuroscience*, 22, 135–142. doi:<https://doi.org/10.31887/DCNS.2020.22.2tdienlin>.
- Deniz, M. (2021). *Fear of Missing Out* (FoMo) mediates relations between social self-efficacy and life satisfaction. *Psicologia: Reflexão e Crítica*, 34, 28. doi: 10.1186/s41155-021-00193-w.
- Elhai, J. D., Levine, J. C., Alghraibeh, A. M., Alafnan, A. A., Aldraiweesh, A. A., & Hall, B. J. (2018). *Fear of Missing Out*: Testing relationships with negative affectivity, online social engagement, and problematic smartphone use. *Computers in Human Behaviour*, 89, 289–298. <https://doi.org/10.1016/j.chb.2018.08.020>.
- Gupta, M., & Sharma, A. (2021). *Fear of Missing Out*: A brief overview of origin, theoretical underpinnings and relationship with mental health. *World journal of clinical cases*, 9(19), 4881. doi: 10.12998/wjcc.v9.i19.4881.
- Intania, E., Hyunanda, V. F., & Muttaqin, J. Z. (2022). Analysis of TikTok Application Use Among Young Children During the Pandemic. *Journal of Communication and Education Widya Komunika*.
- Jannah, S. N. F., & Rosyidiyani, T. S. (2022). Symptoms of *Fear of Missing Out* and Social Media Addiction in Adolescent Girls during the Covid-19 Pandemic. *Paradigma Journal: Multidisciplinary Journal of Indonesian Postgraduate Students*, 3(1).
- Jingjing, J. (2018). *How Teens and Parents Navigate Screen Time and Device Distractions*. Washington (DC): Pew Research Centre. Retrieved from <http://www.pewinternet.org/2018/08/22/how-teens-and-parents-navigate-screen-time-and-device-distractions/>.
- McGinnis, P. J. (2020). *Fear of Missing Out*: Practical decision-making in a world of overwhelming choice. Sourcebooks, Inc.
- Putri, A.I.D., & Halimah, L. (2019). The Relationship between FoMO and Social

- Media Addiction among Instagram Users at Bandung Islamic University. *Proceedings of Psychology*, 525–532.
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). *Fear of Missing Out* scale. *Computers in Human Behaviour*.
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioural correlates of *Fear of Missing Out*. *Computers in Human Behaviour*, 29(4), 1841-1848.
- Riyanto, A. D. (2021). *Hootsuite (We are Social): Indonesian Digital Report*. Retrieved from <https://andi.link/hootsuite-we-are-social-indonesian-digital-report-2021/>.
- Riyanto, A. D. (2022). *Indonesian Digital Report*. Retrieved from Hootsuite (We are Social): <https://andi.link/hootsuite-we-are-social-indonesian-digital-report-2022/>.
- Rosa, N. (2022). The Relationship Between Life Satisfaction and *Fear of Missing Out Among Adolescent Social Media Users in Gampong Blang Baroe, Aceh Jaya Regency* [Thesis (Master's), UIN Ar-Raniry]. <https://repository.ar-raniry.ac.id/id/eprint/24085>.
- Savitri, J. A. (2019). Impact of *Fear of Missing Out* on Psychological Well-Being Among Emerging Adulthood Aged Social Media Users. *Psychological Research and Intervention*, 2, 65–72. doi:10.21831/pri.v2i2.30363.
- Servidio, R. C. (2019). The mediating role of *Fear of Missing Out* (FoMO) in *Self-Control* and smartphone-social networking sites addiction. In the *International Conference on Happiness and Wellbeing: Future Directions for Healthy Living*. ITA.
- Wahyunindya, B. P., & Silaen, S. M. (2021). *Self-Control with Fear of Missing Out on Social Media Addiction among Karang Taruna Bekasi Utara Youth*. *Journal IKRA-ITH Humaniora*, 5, 51-58.
- Wulandari, Asri (2020). *The relationship between Self-Control and Fear of Missing Out among university students who use social media* (Doctoral dissertation, UIN Raden Intan Lampung).
- Yadi, H. F. (2024). The Role of Self-Confidence and *Self-Control* in *Fear of Missing Out* (FoMO) Among High School Students. *Journal of Educational, Health & Community Psychology (JEHCP)*, 13(3).