

FEAR OF MISSING OUT SYNDROME IN GENERATION Z IN REVIEW OF GENDER GROUP

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Abstract. This study aims to determine the level of Fear of Missing Out (FoMO) generation Z based on gender in Generation Z (Gen Z) in Bojonegoro. This study is a descriptive study with a quantitative approach, conducted by involving 90 Gen Z participants in Bojonegoro. The data collection tool used is the Fear of Missing Out Scale which is given using a google form by random sampling to participants. The data analysis was carried out trying to describe the findings. The technique of descriptive analysis was in the form of presenting data through tables or graphs. The results of this study indicate that differences in FoMo levels by gender, women have higher levels of FoMO than men.

Keywords: Fear of Missing Out, Generasi Z.

INTRODUCTION

The development of technology so quickly spread to various aspects of human life, the latest technology brings the Internet that can be enjoyed not only by adults but also teenagers. Over time, the development of the internet has had a significant effect on various aspects of human life, including aspects of education and business. The presence of the internet is not only a liaison between users but also can make it easier for anyone to get various needs, ranging from easy to difficult things. Even the internet has been considered a necessity for today's society.

It's just that the development of the internet has two sides of the blade that can be useful but on the other hand can be a cause of damage. The positive impact of the internet in the context of communication makes individuals no longer need to be in the same space and time. Each communication participant does not need to attend or meet in person, by utilizing the internet, you can stay connected even from a distance. The shortcomings that exist in conventional communication such as distance and time can be covered by the internet (Hampton et al., 2011). This situation allows each individual to be connected at any time with anyone he wants. Meanwhile, the negative impact of using the internet, one of which is the occurrence of fear of missing out (FoMO), namely the fear of being left behind by a moment. FoMO is a social anxiety syndrome characterized by a desire to continue to connect with what others are doing and is a situational state resulting from the unfulfilled psychological needs of self and relatedness (Przybylski et al., 2013). Social anxiety has been identified in several studies as a result of abnormal use of the internet, social media (facebook, Instagram, WhatsApp, etc.).

Excessive use of social media can cause FoMO and have other adverse effects (Putri et al., 2019). The presence of social media can actually accelerate the occurrence of the FoMO phenomenon in various ways. This is because social media provides a space to be able to "compare" one's life with the lives of others who look "amazing". Fear of Missing Out (FoMO) is the impact of excessive use of social media, which causes anxiety, fear and distrust as well as a decrease in mental strength in individuals who experience FoMO (Imaddudin, 2020). This can happen because social media is a platform that can allow someone to have media to showcase their lives. In turn, this makes them self-satisfied because they feel considered by their environment (Carolina & Mahestu, n.d.).

According to McGinnis (2020) Fear of Missing Out can attack anyone regardless of age, even more deeply, according to him, FoMO forms the digital daily life of the native generation born in the digital era, namely millennials and Generation Z, naturally tend to evolve into FoMO sapiens. FoMO conditions experienced by a person will have an impact on psychological aspects, mental fatigue and frustration (Syabani & Sofia, 2019). In addition, Fear Missing Out is also identified as being an emotional motivation that affects millennial consumers based on unfulfilled psychological needs (Anggraini, 2014).

Fear of Missing Out can occur in a person influenced by several factors, namely age, gender, communication between parents and children, unfulfilled psychological needs for relatedness (desire or closeness to relate to other people), and unfulfilled psychological needs. will self (self) (Syabani & Sofia, 2019). Low self-esteem plays a significant role in the condition of Fear of Missing Out in adolescents (Siddik et al., 2020). The level of neuroticism has also been empirically proven to affect Fear of Missing Out in adolescents who are active users of social media (Christina et al., 2019). Poor interpersonal communication can also affect the level of Fear of Missing Out experienced by adolescents (Heriyanti, 2020).

Fear of Missing Out, or the fear of missing out on moments with other people. (McGinnis, 2020) the originator of the acronym FoMO explained that the more popular FOMO, the more decryptions, but he provided a complete definition, according to him; 1. Unwanted anxiety arising from the perception of other people's experiences that are more satisfying than one's own, usually through exposure to social media. 2. Social pressure that comes from feeling left behind by an event, or being excluded from a positive or memorable collective experience.

Fear of Missing out (FoMo) is a social anxiety syndrome that is currently popular, FoMO anxiety syndrome can infect anyone from teenagers to adults (McGinnis, 2020). FoMo is a fear experienced by a person that others have more valuable experiences that they do not have, is characterized by a desire to continue to be connected to what others are doing and is a situational state resulting from the unfulfilled psychological needs of self and relatedness (Przybylski et al., 2013).

The phenomenon of FoMO can be said to be new in Indonesia so that the results of previous studies on FoMO are still quite limited, for example research on adolescents in the city of Samarinda found that the fear of missing the moment (FoMO) in early adolescents arises because of the unfulfilled psychological needs for relatedness and self, namely individuals who do not have closeness with others and feel uncomfortable or unable to fulfill their desires (Akbar et al., 2019). In addition, research on Generation Z in Yogyakarta in 2019 was also reported to have FoMO characteristics (Putra, 2019).

RESEARCH METHOD

This study uses a descriptive quantitative approach, with the variable Fear of Missing Out as the single variable. The sampling technique was done by random sampling. The subject of this research is Generation Z, namely the Generation born in 1997 - 2012 in Bojonegoro with 90 participants, 45 male and 45 female. The data collection method used in this study used the Fear of Missing Out scale (9 items, $\alpha = 0.805$) with indicators of fear of being left behind when not connected with friends, worrying about not being able to engage in interactions with friends and anxiety when not being able to engage in activities with friends, which was created using a google form distributed via Whatsapp Group Messages.

The data obtained in this study were analyzed using descriptive statistics by looking at the values of the central tendency such as the mean, median mode (Alsa, 2014). As according to Azwar (2004) in descriptive research, data processing is carried out based on percentage analysis and trend analysis (Bakti & Putra, 2012). Descriptive Statistical calculations were performed using the help of IBM SPSS Version 25 software for Windows. Data analysis was carried out to describe the Fear of Missing Out behavior in Generation Z in Bojonegoro. The descriptive analysis technique was in the form of presenting data through tables or graphs. And the categories in this study are divided into three categories, namely low, medium and high.

RESULT AND ANALYSIS

The participants involved in this study were Generation Z which was then differentiated into male and female gender groups, the description of the subjects involved in this study can be reviewed in the table below:

Table 1. Distribution of research participants.

Gender	Number of Participants	Percentage
Male	45	50%
Female	45	50%
Total	90	100%

Based on the data in the table above, it can be seen that the gender groups have the same number, a total of 90 participants consisting of 45 people (50%) were male and 45 people (50%) were female.

To categorize the level of Fear of Missing Out experienced by participants into three categories, the basis for categorizing Fear of Missing Out can use the following formula:

Table 2. Fear of Missing Out (FoMO) categorization norms

Category	Norms
Low	$X < M - 1SD$
Medium	$M - 1SD \leq X < M + 1SD$
High	$M + 1SD \leq X$

Description:

M = Mean

SD = standar deviasi

Based on the group norms used, the categorization of participants refers to the empirical mean ($M = 29.6$) and standard deviation of ($SD = 6.2$), then the categorization at the Fear of Missing Out level is as follows:

Table 3. Gen Z FoMO Level Distribution

Variabel	Category	Percentage
Fear of Missing Out	Low	17,8%
	Medium	68,9%
	High	13,3%

The category that shows the highest percentage value is the medium category, and the least is the high category, so that Generation Z involved as participants in this study more experienced the Fear of Missing Out "Medium", and only a few Gen Z experienced the Fear of Missing Out level "High".

In addition, based on data processing that is differentiated by gender group, it can be seen that Generation Z in Bojonegoro Regency who participated in this study the male group had a mean value of ($M = 27.6$) while the female group had a mean value of ($M = 31.5$).

Table 4. Differences in FoMO between groups

Variabel	Gender	N	Mean
Fear of Missing Out	Male	45	27,6
	Female	45	31,5

The female group has a higher average score than the male group, the high average score in the female group is an identification that women have a vulnerability to FoMO. These results are in line with the findings (Sianipar & Kaloeti, 2019) that women have higher levels of FoMO than men. another study conducted (Beyens et al., 2016) also showed the same thing that women had higher

levels of FoMO than men. because women have a higher need to connect with other people and are considered by their environment and are prone to stress if they are not popular on social media.

CONCLUSION

This study does not represent the population of Generation Z in Bojonegoro Regency, the results obtained specifically describe Gen Z involved as research participants as many as 90 participants, 45 male and 45 female. Based on the category of FoMO levels, both males and females experienced more "Medium" FoMO levels. While by gender group. women experienced higher FoMO than the male group.

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