

The relationship between fear of missing out, mindfulness, and social media usage among adolescence

Nusrath VP^{1*}, Nikki Veronica²

ABSTRACT

Adolescence is the period of identity formation and of developing social relationships. So, the use of social media is significantly more as it's a platform to connect with people. However, it contributes to a tendency to compare themselves with others. This social comparison can lead to a fear of missing out. Fear of missing out is a "persuasive apprehension that others might be having a rewarding experience from which one is absent". On the other hand, mindfulness is described as being in the present moment. Therefore, mindfulness may reduce the fear of missing out and consequently, social media usage. The main objective of the study is to determine whether there is a significant relationship between fear of missing out, mindfulness, and social media usage among adolescence. This study also examines whether there is a gender difference in social media usage, fear of missing out, and mindfulness among adolescents. The review of previous studies shows that no researches were done connecting mindfulness, fear of missing out, and social media usage. Hence, the researcher has chosen this topic. A total of 120 adolescents of age 12 -23 who use social media were assessed for this study. Social media addiction scale-student form was used to measure social media usage. The fear of missing out was measured using the Fear of missing out scale. To measure mindfulness, the Mindful attention awareness scale was used. For testing the hypothesis, inferential statistics of correlation and t-test were done. Findings revealed that there is a significant positive correlation between fear of missing out and social media usage and a negative correlation between mindfulness and social media usage. There was no significant relationship between the fear of missing out and mindfulness. No significant difference in fear of missing out, social media usage, and mindfulness were found among the two genders. The result of this study can help us to understand and address the causes and consequences of social media addiction among adolescents.

Keywords: *Social Media Usage, Social Comparison, Fear of Missing Out, Addiction, Mindfulness, Adolescents*

¹BSc Psychology Student, Department of Psychology, Little Flower Institute of Social Sciences and Health, Calicut, Kerala, India

²Assistant Professor, Department of Psychology, Little Flower Institute of Social Sciences and Health, Calicut, Kerala, India

*Responding Author

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Adolescence is a transition period between childhood and adulthood, which refers to individuals between the age of 12 and 24. As these individuals move from childhood to adolescence, they are up against different changes and challenges. During this stage, they show physical and mental development, experience new circumstances, comes across new individuals, takes up more responsibilities. In these years, adolescents experience significant brain growth and physical development. We notice adolescents becoming more independent, spending an increasing amount of time alone and investing in their friendships, while devoting less time to their parents.

According to Erikson (1950) developmental theory, the main task of adolescents is to solve the crisis of identity versus role confusion that is to construct their own unique sense of identity. One way of forming identity is through social relationships and comparison. When a juvenile has accomplished character accomplishment, they are prepared to enter the following phase of Erikson's hypothesis "Closeness versus Isolation". Harry stack Sullivan's theory, the child's ability to form a close relationship with a peer is the major focus of adolescence. Without this capacity, shaping the close connections in late puberty and adulthood will be troublesome. Identity formation in a digital age includes developing a self in online spaces.

Social media-based life is a web-based innovation to encourage social association between a huge gathering of individuals through some sort of system. Internet based life is a platform for adolescents to keep in contact with their companions. The significance of important connections has been joined into an assortment of hypotheses, for example, systems on social capital (putnam,2000), attachment (Bowlby, 1969,1973; Cohen,1982,1985), self-introduction (Fiske,2004), and self-assurance hypothesis (Deci and Ryan,1991).

Social relatedness enhances motivation and the capacity of adolescents to relate themselves authentically to others, and to internalize the values endorsed by significant others. Along these lines, social associations are especially significant during juvenile turn of events. The youngsters in the investigation revealed that online networking helped them associate with peers, paying little mind to their physical area or the hour of day. The findings of studies suggest that it may be the opportunity to experience connectedness, staying in touch that fulfils adolescents' need to belong (Baumeister & Leary, 1995; Nurullah, 2009). While advances that encourage social association have been found to help a feeling of having a place and social communication. Every SNS (Social Networking Sites) stage (e.g., Facebook) has one of a kind and explicit highlight, use propensities, intentions, and delights (Alhabash and Ma, 2017), in this way, those that are substantially less thought about exactly need examining alongside factors that identify with unreasonable and possibly addictive use. Social networking sites are also a place for social comparison and this comparison with other people's life can lead to fear of missing out.

Fear of missing out (FOMO) is portrayed as "an inescapable anxiety that others may be having remunerating encounters from which one is missing". This uneasiness is portrayed by "a craving to remain persistently associated with what others are doing". FOMO is additionally characterized as a dread of disappointment, which may prompt an urgent worry that one may botch a chance for social association, a novel encounter, a gainful speculation, or other fulfilling occasions. With the improvement of the web, individuals' social and open encounters, initially generally eye to eye, have extended to incorporate a lot of time connecting over online life. A mental reliance to being on the web could bring about

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uneasiness when one feels disengaged, in this way prompting a dread of passing up a great opportunity. FOMO identifies with an inclination that companions and associations are driving all the more fascinating and remunerating lives, making a longing to remain persistently associated with what others are doing on the web.

Mindfulness is being at the present moment. Mindfulness is characterized as 'bringing one's finished regard for the encounters happening right now, in a non-critical or tolerating way' (Baer et al., 2006.). Studies show the highly significant results from PLS analysis strongly confirmed that people with high addiction to social media tended to have to lower mindfulness than those with lower addiction. Mindfulness was also found as a mental quality that enhances work-related outcomes (Gordon et al., 2014). Specifically; this research points that, the more social media usage can lead to less in mindfulness. The rationale behind this linkage is that when people are addicted to social media their capacity to be careful to what they are doing in the present will in general be hindered in light of the interruption brought about by the inclination to get to online life. The individuals who are dependent via web-based networking media will be restless in the event that they can't continually check or update their status in online networking destinations (Andreassen et al., 2012). For instance, individuals who utilize online life while they are strolling or performing different exercises can't focus on what they are doing. In addition, Rosen et al. (2013) suggested that graphical user interface (e.g.: multi-app smart phone screens) can inevitably require individuals to multitask when using social media. This performing various tasks nature of utilizing online networking makes people move their consideration rapidly starting with one correspondence screen then onto the next. Mindfulness is tied in with focusing on the current second. What's more, despite FOMO, it's a ground-breaking partner. Recent studies demonstrated fear of missing out was positively associated with time spent on social media. Besides, encountering more elevated levels of fear of missing out a major opportunity was related with more burdensome manifestations, less mindful consideration, and more physical indications. As many as 70 per cent of adult Millennial fear of missing out on something marvelous happening somewhere they're not, according to a study from JWT Intelligence Communications. Also, all of who are either more youthful or more established than Millennial have episodes of FOMO, as well. So may be mindfulness may reduce fear of missing out and social media usage. The study is to determine whether there is any significant relationship between fear of missing out mindfulness and social media usage in adolescents.

Need for the study

Adolescence is the transitional period of life. Studies showing that adolescents are characterized by social interaction and social comparison. So they use social media more as it's a platform to connect with people and to compare themselves with others. Social comparison widely occurs in social media which can lead to Fear of missing out. Fear of missing out leads them to get more engaged in social media. Studies reveal that there is a significant relationship between fear of missing out and social media usage among adolescents. Mindfulness is being at the present moment. So mindfulness may reduce fear of missing out and social media usage. So there may be a relationship between mindfulness, fear of missing out, social media usage among adolescence. So the need for study is based on the assumption that mindfulness can contribute to reduce fear of missing out and social media usage among adolescent's girls and boys.

REVIEW OF LITERATURE

A study of literature in any area of research is a crucial step that will define the nature of the research itself. It helps put need for the current study in context by identifying the gap in existing knowledge and drawbacks of the previous studies that can be worked on and improved in the current. The aim of the current study is to explore if fear of missing out leads to Instagram usage among adolescent girls and boys.

Review of Literature of Adolescents

Harry Stack Sullivan (1953), his personality theory states that during adolescent's friends become increasingly important in meeting social needs and need for intimacy intensifies during early adolescents, motivating teenage to seek out their friends. During this stage, the youngster's capacity to frame a cozy relationship with a companion is the significant core interest. This relationship will later help the kid in feeling commendable and agreeable. Without this ability, forming the intimate relationships in adolescence and adulthood will be difficult. In this stage a drawn out relationship turns into the essential core interest.

Erikson's psychosocial development for Adolescents explained that identity development is the conscious sense of self that we develop through social interaction, which is constantly changing due to new experience and information we acquire our daily interaction ways others. During this stage, teenagers investigate their autonomy and build up a feeling of self. Sharma and Malhotra's study on 2010 done in 500 Indian adolescents. It found that social support plays a major role in the happiness of adolescence. And a feeling of belongingness was important for predicting perceived happiness.

The study by Jill v Hamm and Beverly s fair cloth shows that need of Friendship is important in adolescents. It serves as a secure base and buffer that help adolescents to cope with the psychological challenges of the social ecology. Through this relationship adolescent have a stronger sense of belongingness.

In the article 'social media, social comparison and self-esteem, by Erin Vogel, Lindsay Roberts and Jason prose (2014), The results showed that participants who use social media most often had poorer trait self-esteem, and this was mediated by greater exposure to upward social comparisons on social media.

A. Krayner, D K Ingledeew, R Iphofen's study on 2007 done in adolescents. The results suggest that social comparison processes are used to inform 'identity development' (core category). Social information is used to define the self and establish norms and boundaries. Such processes are consistent with the notion that adolescence is a time of transition, when adolescents have to develop the self and shape an identity—defining boundaries and differentiating themselves from others.

Review of Literature of Social Media Usage

In "adolescent's identity formation and social media" by Ward was made to study impact of social media. He chooses adolescents as their population for the study. It shows that social media is providing an important new context for identity formation, it may be placing added pressures on adolescent's developmental task.

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The studies in "social media and student identity development" by Reynold Junco examined the adolescents. His study brings an idea about social media and identity. It shows that adolescence have a vast affordance for exploring identity through social media.

In the journal "social media use and social connectedness in adolescents: the positive and potential pitfalls" which published in 2014 shows that online tools create a paradox for social connectedness. Social media use effects social connectedness in terms of sense of belonging, psychosocial well-being and identity development and process.

The study by Mustafa Savci and Ferda Aysan determined that the strongest effect on social connectedness is form of social media. This pointed out that the social media significantly predicted 25% of social connectedness.

A study by Gerald C. Kane examined the adolescents will engage in fundamentally different of symbolic action through social media content and structure as a result of their psychosocial stage of development. Also, he shows how adolescents will use social media considerably in different ways like for their development etc.

The studies in "Adolescence identity formation and social media" examined adolescents profile in social media reveal a good deal of accurate personality and identity formation.

Review of Literature of Fear of Missing Out

In 2013 A. K. Przybylski, K. Murayama, C.R. Dehan and V. Gladwell conduct a research examining three studies on a subject. In their publication, "motivational, optional and behavioral correlates of fear of missing out" they claim that FOMO was associated with lower need and life satisfaction, lower mood and higher social media engagement and even distracted driving and use of social platforms.

A study by I. Beyens, E. Srisson, and S. Eggernonp was published in the article 'I don't want to miss a thing': adolescents' fear of missing out and its relationship to adolescence' social needs, social media use and social media related stress in 2016. The study shows that the significant relationship between social media and fear of missing out among adolescents. They concluded that higher sense of fear of missing out in adolescents was linked to a stronger need for popularity and belonging, higher intensity of social media usage.

In 2017, researchers E. Weglann, U. Oberst, D. Stodt, and M. Drand published an article online-specific fear of missing out and Internet-use expectancies contribute to symptoms of internet-communication disorder. They concluded that psychopathological symptoms predict higher fear of missing out and higher avoidance expectancies on social media.

In the journal "Journal of child and adolescent" by JL Weaver, JM Swank, media use is ubiquitous with the current adolescent population. Online correspondence discussions may yield beneficial outcomes, for example, expanded social. However, they can also engender negative feelings such as inadequacy and isolation if misused. While connecting inactively via web-based networking media, clients are not taking part in dynamic correspondence with different clients; rather, they are carelessly seeing others' profiles, which could prompt upward social correlation and the fear of missing out (FOMO).

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Review of Literature of Mindfulness

In the article by Kanokporn Sriwilai and Peerayuth Chariensukmongol (2015), the survey data were collected 211 employees in 13 enterprises in Thailand. The result shows that there is a negative relationship between social media addiction and problem focused copying. And there is a positive relationship between problem focused copying and mindfulness. So, there is a negative relationship between social media and mindfulness.

In the article “Fear of missing out: Relationships with depression, mindfulness, and physical symptoms” (2016) by Zachary G Baker, Heather Krieger and Angie LeRoy, this study provided evidence that the fear of missing out (FOMO) relates to depressive symptoms, mindful attention, and physical symptoms. Specifically, the findings of this study indicate that people with a greater fear of missing out experienced more physical symptoms, more depressive symptoms, and less mindful attention, which are suggestive of worse physical, emotional, and cognitive health. FOMO may make individuals more sensitive to what is going on around them, enhancing them. On the other hand, the obsession with what they may be missing may distract individuals in the way that decrease their ability to be mindfully attentive.

A study by Birgit Mayer, Marika G Polak and Danielle Remmerswaal in 2018 which is done in 186 adolescents. Individuals with more (intensive) moments of mindfulness practice during daily life demonstrate less depression and anxiety symptomatology. This is perfectly in line with the third CBT-generation treatment studies showing the effects of mindfulness and acceptance training on several forms of internalizing and externalizing psychopathology.

In the article ‘Moderating Effect of Mindfulness on the Relationships Between Perceived Stress and Mental Health’ (2019) by Fang lu, Yuanyuan Xu, Yongju YU, and Li peng, this study planned to investigate the expected directing impact of care and its features on the connections among saw pressure and emotional well-being results. And the results show that higher mindfulness levels are significantly correlated with lower perceived stress and lower rates of depression and anxiety.

Objective

1. To find out whether there is any significant positive relationship between fear of missing out and social media usage among adolescents.
2. To find out whether there is any significant negative relationship between fear of missing out and mindfulness among adolescents.
3. To find out whether there is any significant negative relationship between social media usage and mindfulness among adolescents.
4. To find out whether there is any significant gender difference in mindfulness, fear of missing out and social media usage among adolescents.

Hypothesis

Based on the research question and previous reviews, the following hypothesis was formulated in this study. It will further be tested through an appropriate procedure and statistical design.

1. There is a significant positive relationship between fear of missing out and social media usage among adolescents.

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2. There is a significant negative relationship between fear of missing out and mindfulness among adolescents.
3. There is a significant negative relationship between social media usage and mindfulness among adolescents.
4. There is no significant gender difference in mindfulness, fear of missing out and social media usage among adolescents.

MATERIALS AND METHOD

Method of a study is the main part of the research report. It gives a precise idea about how the research was conducted by the researcher. The methodology describes the broad part of the research which includes the Sample, research design, tools and statistical analysis which are used in the study.

Sample

The sample for the study was adolescents. The sample subjects were selected through purposive sampling and the number of subjects in total was 120. Their age ranges from 12-23.

Scientific Tools

The tools used to measure mindfulness, fear of missing out and social media addiction scale,

1. The mindful awareness attention scale
2. Fear of missing out scale
3. Social media addiction scale student form

1. The Mindful Awareness Attention Scale (MAAS)

The mindful awareness attention scale, a 15 item was developed by Brown K W, Ryan R M that measures the core of aspects of mindfulness, a receptive state of mind in which consideration educated by a touchy familiarity with what is happening in the present, essentially sees what is occurring. The test is designed for adolescents of age 12-23.

Reliability and Validity: The internal reliability efficient is reasonability high and the scale is reliable and valid. **Scoring:** The scale consists of 15 statements and if the response is almost always, a score of “1” is given. We give the score 2, 3, 4, 5 and 6 to very frequently, somewhat frequently, somewhat infrequently, very infrequently and almost never respectively.

2. Fear of Missing Out Scale (FOMO)

The fear of missing out scale has a 10 item; it designed to measure fear of missing out. The presence subscales were rated from 1 (not at all true of me) to 5 (extremely true of me).

Reliability and Validity: Research has demonstrated that FOMO scores are reliable and stable and valid. It has good internal consistency, with coefficient alphas ranging in the low to high.

Scoring: To determine the current level of meaning in your life, calculate your average score for all questions.

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3.Social Media Addiction Scale Student Form (SMASSF)

SMAS SF scale consists of 29 items and 4 factors (virtual tolerance, virtual communication, virtual problem and virtual information) with Likert type five grades. All the items on the scale are positive. When the relevant literature survey is examined, it is seen that the results of explanatory and confirmatory factor analysis of the SMAS-SF are at an acceptable level.

Reliability and Validity: Internal consistency and stability analyses were performed on the data to calculate the reliability of the scale.

Scoring: This is a 5-point Likert type scale which consists of 29 items and 4 sub-dimensions. 1-5 items are within virtual tolerance sub dimension; 6-14 items are within virtual communication sub dimension, 15-23 items are under virtual problem sub dimension and 24-29 items are under virtual information sub dimension. All of the items in the scale are positive. The highest point that can be scored from the scale is 145, and the least one is 29. The higher scores indicate that agent perceives himself as a “social media addict”.

Procedure

Obtain the consent from the institution to conduct study on adolescents. A good rapport was established with respondents in the population. They will be ensured that their responses will be kept confidential. Then given instruction regarding the test, all purpose, important, nature and application of the study, to the adolescents. Questionnaires were given to them and ask questions genuinely. The completed questionnaire collected back for scoring.

Research Design

Correlation research designed is used to carry out the research. Correlation research tests for statistical relationship between the variable. First the researcher begins with the idea that there might be a relationship between two or more variables. Researcher then measures both variables for each of a large number of cases and checks, if they are related or not. It most likely additionally includes invalid speculation testing to see, if the watched relationship is factually critical.

Statistical Analysis

Different statistical methods were used to analyze the quantitative data collected. According to the hypothesis, Karl Pearson product moment correlation analysis and independent sample t test was used to assess the relationship. Karl Pearson's Product moment correlation: The correlation coefficient is a measure of linear association between variables. Values of the correlations are always between -1 and +1. A correlation of coefficient of +1 indicates that the two variables are perfectly related in a positive linear sense; a correlation coefficient of -1 indicates that two variables are perfectly related in a negative linear sense and correlation coefficient of 0 indicates that there is no relationship between the two variables.

Independent sample t-test: The first t- test given an indication of the separateness of two sets of measurements, and is thus used to check whether two sets of measures are essentially different. The test of significance (t-test) for difference between means for large independent sample (Garret, 1981) is used to compare the means obtained by any two groups of subjects on any of the variables. The t-test is based on t-distribution and is considered as an appropriate test for judging the significance of difference between the mean of two samples, in case of small sample when population variance is not known.

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RESULT AND DISCUSSION

This section of the study focuses on the statistics which was done in order to test the validity of the hypothesis presented so far in the study. Appropriate statistical analysis is worked on in order to check the impact of different variables on the population. Based on the results obtained regarding the nature and extend of the relationship of the variables, the hypothesis is accordingly interpreted and discussed.

The study consists of 120 samples and the statistical tools used were Mean, standard deviation and Pearson's correlation.

The following table show the respective results of the analysis that was computed.

Table 1 The table shows the result of Mean and Standard Deviation of mindfulness, fear of missing out and social media usage.

Descriptive Statistics

	N	Mean	Std deviation
Mindfulness	120	56.13	13.283
Fear of missing out	120	24.69	6.595
Social media usage	120	76.58	17.023

The scores in the table are interpreted based on the scoring criteria of mindfulness, fear of missing out and social media usage. It states that higher the score on mindfulness, fear of missing out and social media addiction scale the higher is the degree of the of mindfulness, fear of missing out and social media respectively.

As stated in Table-1, the group of 120 samples has a Mean score of 56.13 and Standard Deviation of 13.283 for mindfulness. There is a Mean score of 24.69 and corresponding Standard Deviation of 6.595 for fear of missing out and a Mean score of 76.58 and Standard Deviation of 17.023 for social media usage.

Table 2 H1: There is a significant positive relationship between fear of missing out and social media usage among adolescents.

Correlation

		Fear of missing out	Social media usage
Fear of missing out	Pearson correlation	1	.462**
	Sig (2 tailed)		.000
	N	120	120
Social media usage	Pearson correlation	.462**	1
	Sig (2 tailed)	.000	
	N	120	120

**correlation significant at the 0.01 level (2 tailed).

Table-2 shows there is significant relationship between fear of missing out and social media usage. The coefficient of correlation between fear of missing out and social media is found to be $r = .462$, In this correlation the significant value is .000, which is less than 0.05. So there is significant positive correlation between fear of missing out and social media usage. That means H1 is accepted.

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Previous research on social media has shown that exposure to other people’s lives through the internet appears to have an effect and relation on various factors. Many of these studies have suggested that social media use can cause individuals to create negative social comparisons, as suggested by Festinger’s social comparison theory, depending on who they follow or are friends with on such social media websites. This in turn causes negative effects on their self-report such as Fear of missing out, self-esteem etc. The present study, however it supports this hypothesis that social media have a relation with fear of missing out and it go with previous studies and support the social comparison theory.

Table 3 H2: There is a negative relationship between fear of missing out and mindfulness among adolescence.

Correlation

		Fear of missing out	Mindfulness
Fear of missing out	Pearson correlation	1	-.108
	Sig (2 tailed)		.242
	N	120	120
Mindfulness	Pearson correlation	-.108	1
	Sig (2 tailed)	.242	
	N	120	120

Table-3 shows that the coefficient of correlation between fear of missing out and mindfulness is $r = -.108$ and significant value .242 is greater than 0.05 which shows that there is no a significant correlation between fear of missing out and mindfulness. Hence H2 is rejected.

FOMO may make individuals more sensitive to what is going on around them, enhancing their attention. FOMO would be positively related to physical symptoms, depressive symptoms and mindful attention, controlling for time spend in social media, a series of structural equation models were estimated in which FOMO and time spent on social media were entered as predictors and our health indicators were entered as outcomes. Result of the previous research supports that FOMO was associated with more physical symptoms and more depressive symptoms. Also, the same study reveals that FOMO is related to less mindful attention. Past research, to our knowledge, it has not widely explored the relationship between mindful attention and FOMO, but this study demonstrates that FOMO does relate to less mindful attention. So current study shows that there is no significant relationship between fear of missing out and mindfulness.

Table 4 H3: There is a negative relationship between social media usage and mindfulness among adolescence.

Correlation

		Social media usage	Mindfulness
Social media usage	Pearson correlation	1	-.224*
	Sig(2tailed)		.014
	N	120	120
Mindfulness	Pearson correlation	-.224*	1
	Sig (2 tailed)	.014	
	N	120	120

**Correlation is significant at the 0.05 level (2 tailed)*

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Table 4 shows that there is significant negative correlation between social media usage and mindfulness. The coefficient of correlation between social media usage and mindfulness is found to be $r = -.224$ and significant value is .014 which is less than 0.05. It shows that there is significant negative correlation between social media usage and mindfulness. So, we accept H3.

The research argues that social media addiction can lead to lower mindfulness. The rationale behind this linkage is that when people are addicted to social media, their ability to be mindful to what they are doing in the present tends to be impaired because of the distraction caused by the urge to access social media. The individuals who are dependent via web-based networking media will be on edge in the event that they can't continually check or update their status in internet-based life locales (Andreassen et al., 2012). Thus, they may find that it is hard for them to concentrate on different exercises without considering things that they need to do in web-based life. In fact, the distraction caused by social media usage is a phenomenon that can easily be seen in the society now a day. Hence the current study also proved that there is a negative correlation between mindfulness and social media usage.

Table 5 H4: There will be a significant gender difference in mindfulness, fear of missing out and social media usage.

Variable	Gender	N	Mean	SD	t-value
Fear of missing out	Female	60	24.33	7.068	-.594
	Male	60	25.05	6.124	
Mindfulness	Female	60	56.95	12.963	.679
	Male	60	55.30	13.653	
Social media usage	Female	60	17.025	17.025	-1.730
	Male	60	16.739	16.739	

This table shows that there is no significant gender difference in Mindfulness, fear of missing out and social media usage. The t-value of fear of missing out in both male and female is -.594, the t-value of social Media usage is -1.730 and the t-value for mindfulness is .679. So, there are no gender differences in the relation of mindfulness, fear of missing out and social media usage among adolescence.

Previous studies have showed that males use more social media compared to females and also some other studies have showed that females are most influenced by social media and they use social media more but the hypothesis of the current study shows that there is no significant gender difference in mindfulness, fear of missing out and social media usage.

The aim of the study is to find whether mindfulness leads to fear of missing out and social media usage. The results show the rejection and acceptance of the hypothesis presented for the current study. That is, there is a negative correlation between social media usage and mindfulness, there is a positive correlation between fear of missing out and social media usage and there is no significant relationship between fear of missing out and mindfulness. Also, there is no gender difference in mindfulness, fear of missing out and social media usage in adolescent boys and girls.

CONCLUSION

The current research investigated the mindfulness, fear of missing out and social media usage among adolescent girls and boys. The findings of the study concluded that there is

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positive correlation between fear of missing out and social media usage, there is no significant relation between fear of missing out and mindfulness in Adolescents and there is a significant negative relationship between social media usage and mindfulness. The study also found there is no gender difference in mindfulness, Fear of missing out and social media usage in adolescent girls and boys.

The implication of the current study was to contribute to the limited literature of mindfulness, fear of missing out and social media use among adolescents. So that, counsellors and teachers can address social media addiction by giving interventions focusing on fear of missing out and by giving mindfulness training to adolescents to reduce social comparison and in turn social media addiction resulting in their psychological wellbeing. One of the main limitations of this study was regarding the sample size. For the present study the sample size was less and sample selection was done through purposive sampling also the data collected can be affected by various factors such as the environment, nature of the care takers.

Future studies should continue to be conducted on this topic, especially focusing more on mindfulness and fear of missing out as it has played a major role in the usage of social media app among the various younger generations.

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Conflict of Interest

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