

Research Paper

Phubbing and FoMo among Adolescence: A Correlational Study

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ABSTRACT

Adolescence, a vital transition stage, is increasingly shaped by smartphone use, giving rise to behaviours like phubbing and FoMo that impact social and emotional well-being. The main purpose of the study was to find out is there any significant correlation between the two variables Phubbing and Fear of Missing Out among Adolescence. In order to find the result, the two behavioural phenomena were measured using two scales such as Generic scale of phubbing (GSP) by Varoth Chotpitayasunondh and Karen Douglas and Fear of missing out scale developed by Przybylski, Murayama, DeHann, & Gladwell. Using Simple Random Sampling method, data were collected from 373 adolescents from the town of Aruppukottai. Through the Statistical Analysis using SPSS, the Pearson correlation for these two variables were identified as $r = 0.319^{**}$ with the significant level of 0.01 level. This provides evidence that increasing FoMo goes with increasing levels of Phubbing among Adolescence. The outcome is probable since their necessity to remain socially engaged online outweighs the importance of real-life interactions, particularly when their social identity and peer membership are in the process of developing.

Keywords: *Phubbing, Fear of Missing Out, Adolescence*

Adolescence is the transitional period of human development offering a change from childhood to adulthood (APA) which lasts from the ages of 14 to 19. Adolescent use their phones to stay in touch with their friends and have fun. since it is known as the transitional phase during which quick and decisive changes occur. The emergence of smartphones and social media has transformed the way adolescents engage, communicate and traverse their social contexts. As evidenced by the numerous mobile apps available for connecting and communicating with others, the exponential growth of smartphones has given many users wider connectivity to socialization. Phubbing and FoMo are two examples of new behavioural phenomena that have emerged as a result of the interaction between

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Received: January 29, 2026; Revision Received: September 22, 2026; Accepted: September 28, 2026

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social interactions and technology. According to research, adolescents are especially susceptible to the negative effects of excessive smartphone use, which include a shorter attention span, elevated stress levels, and a decline in face-to-face communication abilities.

Phubbing is the act of focusing on your phone instead of paying attention to someone in a social setting. According to several research, phubbing was strongly linked to depression and distress and had a substantial impact on their self-flourishing, relationship health, and social health.

FoMo is defined as the propensity to feel anxious about losing out on other people's fulfilling experiences is known as fear of missing out (FoMo). It has been linked to disruptions in day-to-day activities, like driving distractions.

Adolescents who use social media are especially prone to developing a fear of missing out (FoMo) Bloemen & De Coninck (2020).

Phubbing might come across as avoiding people and being impolite to the person speaking to you. Phubbing may be the result of fear that causes them to feel cut off from friends and society. This fear is the fear of missing out and it may cause a psychological distress. Thus, phubbing and FoMo are the two connected events which may be due to the excess use of mobile phone in the modern world.

This study aims to investigate the relationship between phubbing and FoMo among adolescents.

Objectives Of the Study

- To identify the level of Phubbing among adolescence.
- To identify the level of Fear of missing out (FoMo) among adolescence.
- To find out the relationship between Phubbing and FoMo among adolescence.

Hypotheses Of the Study

- There is no significant difference in the level of phubbing among adolescence.
- There is no significant difference in the level of fear of missing out among adolescence.
- There is no significant relationship between phubbing and FoMo among adolescence.

REVIEW OF LITERATURE

The following studies provide the valuable insights of various research related to variables phubbing and Fear of Missing Out which is utilized to identify the research gap for the current study and also provides knowledge on various factors influencing these variables.

Annisa et.al., (2023) investigated the phubbing and FoMo behaviour in generation Z. Goal of the study was to examine the connection between the above variables in relation to social media and internet access. This quantitative study employed the random sampling techniques. 151 high school students in Padang City were selected as samples. The scales used in this research are the FoMo and Phubbing scales. Key findings showed that there is no significant difference in phubbing and FoMo based on gender, both phubbing and FoMo was associated with mobile data quota usage when not reliant on a specific form of internet access, and the correlation between internet access and social media tendencies implies that

students who use tethering access to watch YouTube might exhibit distinct experiences or behaviours distinct in relation to FoMo.

Bloemen, N., & De Coninck, D (2020) released the study, "Social Media and Fear of Missing Out in Adolescents: The Role of Family Characteristics," explores the complex connection between teenage FoMO and family dynamics. This groundbreaking study examines the ways in which parenting style, parental relationship quality, and family structure affect FOMO, a condition closely linked to social media addiction. The study's strengths lie in its novelty, large sample size (N = 831adolescence) and utilization of structural equation modelling. Key findings show that social media use is positively correlated with FOMO, but that the risk of FoMO is reduced by non-intact families, supportive paternal parenting, and positive parent-adolescent relationships. On the other hand, parent-child relationships that are of high quality paradoxically raise the risk of FoMO.

Davey & et.al, (2018) published the study on "The study "Predictors and Consequences of 'Phubbing' among Adolescents and Youth in India: An Impact Evaluation Study," which examines the widespread practice of people prioritizing their smartphones over social interactions, provides insight into the phenomenon. This six-month impact evaluation study, which was carried out in the Indian state of Uttar Pradesh, used e-questionnaires and established scales to survey 400 randomly chosen youth and adolescents from five colleges. The results show a startling 49.3% prevalence of phubbing, with lack of self-control, Internet addiction, smartphone addiction, and FOMO being important predictors. Phubbing has a major effect on depression, distress, self-flourishing, social health, and relationship health. The significant impact of phubbing predictors on outcomes, especially for those who are depressed and distressed, is highlighted by logistic regression analysis.

Gupta & PM (2024) conducted a study on "Fear of Missing Out, Social Media Addiction and Phubbing Behaviour among Young Adults". 148 young adults between the ages of 18 and 25 made up the study's sample, which was selected using a convenient sampling technique. Fear of Missing Out Scale (Przybylski, 2013), Social Media Addiction Student Form Scale (Cengiz, 2015) and Phubbing Scale (Karadag et al., 2015) were utilized as tools. The main conclusions showed a strong positive relationship between phubbing behaviour, social media addiction, and FoMo. According to Pearson's correlation test and linear regression analysis, FoMo has a significant impact on phubbing and social media addiction.

Younas et.al., (2022) investigated the study on Fear of missing out and Phubbing in young adults and the mediating role of social media addiction. Investigating the relationship, prediction, and mediation between FoMo, SMA, and phubbing was the goal of the current study. For this study, a sample of 150 young individuals in Pakistan (n = 95 women and n = 55 males) between the ages of 20 and 35 were gathered online using Google Forms Link using a non-probability convenient sampling approach. The study's instruments included the Generic Scale of Phubbing (GSP; Chotpitayasunondh & Douglas, 2018), the Social Media Addiction Scale (SMAS; AlMenayes, 2015), and the Fear of Missing Out Scale (Przybylski et al., 2013). The results showed a strong positive correlation between phubbing, SMA, and FoMo; phubbing was positively predicted by both SMA and FoMo; social media addiction partially moderated the association between phubbing and FoMo; and men phub more than women. In order for people to have psychological well-being and a great quality of life, the results of this study have important ramifications for researchers, politicians, counsellors,

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and educational psychologists in implementing the proper policies around social media use, FoMo, and phubbing.

The current literature highlights the connection between phubbing, Fear of Missing Out (FoMo), and other psychological and behavioural factors. Most of these studies, however, have been done outside India, with only a few having been done within India and even fewer on adolescents in Aruppukottai specifically. More research is needed to investigate cultural and regional variations, the relationship between FoMo and phubbing behaviors, and their effects on adolescent mental health and social functioning.

Although some research has been conducted on phubbing and FoMo in relation to social media use and psychological well-being, not much attention has been focused on adolescents in semi-urban or rural Indian contexts such as Aruppukottai. Thus, the current study endeavours to fill this gap in research by examining the relationship between phubbing and FoMo among Aruppukottai adolescents. This study could yield useful information on the patterns of digital behavior among adolescents in this area and help construct culturally sensitive approaches to healthy technology use.

METHODOLOGY

Research Design

The survey method was adopted in this present study.

Sample

In the present study samples are chosen from 373 adolescents aged between 14 to 19 years from the town of Aruppukottai in Virudhunagar district using the sampling method of Simple Random Sampling techniques.

Instruments

1. Generic scale of phubbing (GSP), this scale was developed by Varoth Chotpitayasunondh and Karen Douglas in 2018 which is a 7-point likert scale consist of 15 items and has 4 dimensions such as nomophobia, Interpersonal conflict, Self-isolation and Problem acknowledgement. The 15-item scale's Cronbach's alpha coefficient was determined to be 0.79, showing excellent internal consistency. The dependability of the Generic Scale of Phubbing suggests that it is valid. The face and content valid of this tool was established by experts' opinion. The intrinsic validity, based on some statistical interpretations, would be 0.89.
2. Fear of missing out, this scale developed by Przybylski, Murayama, DeHann, & Gladwell in 2013. The scale's Cronbach's alpha coefficient was 0.52, which indicates internal consistency and suggests that the scale items measure the construct. The face and content valid of this tool was established by experts' opinion.

Inclusion Criteria

1. Adolescence who are between the age of 14 to 19 are included in the study.
2. Adolescence having regular access to smartphones who are active in social media sites are included in the study.
3. Adolescence residing in Aruppukottai town are included in the study.

Exclusion Criteria

1. Adolescence who are not coming under the age limit of 14 to 19 are excluded from the study.

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2. Adolescence who are not prone to mobile phone usage are excluded from the study.
3. Adolescence residing outside the town of Aruppukottai are not included in the study and who are not prone to English language are excluded.

Procedure

The current study included 373 participants using the survey approach. Participants in this study have been given a consent form that has been manually prepared and circulated. The basic random sampling method was used. The participant's official permission was obtained from the participating schools. Data were obtained with standardized self-report questionnaires and demographic data are obtained. The reason for collecting the data were shared with the participants. Through the informed consent, the data were obtained and kept confidentially. Participations were completely voluntary, and the right to with draw at any point of time without any adverse effects. Completed questionnaires were coded and entered into [state software, e.g., SPSS, Excel] for analysis. The dataset was screened for missing values, inconsistencies, and outliers to ensure completeness and accuracy prior to carrying out statistical analyses. The normality and further analysis are carried out.

SPSS 2.6 software was used to code and enter the gathered data. To verify normality, descriptive statistics such as mean, median, standard deviation, skewness, and kurtosis are performed. The data is subsequently subjected to inferential statistics. The t-test and correlational analysis are the statistics that were used to the data. To compare the means of the two groups, the t-test is used. The mean of the two gender-based groups is compared in the current study. The relationship between Phubbing and FoMo is then ascertained by doing a correlational analysis on the two variables. These two variable's Pearson product moment correlations is found, and conclusions are made.

RESULTS

Table 1: Mean, Median, Mode and Standard Deviation of Phubbing and Fear of Missing Out among adolescents

Variabes	Domains	No. of Samples	Mean	Median	Mode	SD
Phubbing	Nomophobia	373	12.85	13	13	4.9
	Interpersonal conflict		16.89	17	22	6.17
	Self-isolation		14.97	15	10	6.52
	Problem acknowledgement		13.42	15	15	4.6
Fear of missing out			29.57	30	34	6.8

For the scale of Generic Scale of Phubbing, there are four domains such as Nomophobia, Interpersonal Conflict, Self-isolation, Problem Acknowledgment, the mean values for that domains are 12.85, 16.89, 14.97, 13.42 respectively. Similarly, the median values are 13, 17, 15, 15 respectively. Mode values are 13, 22, 10, 15 respectively. Standard Deviation values are 4.9, 6.17, 6.52, 4.6 respectively. Fear of Missing Out (FoMo) has the mean score of 29.57, with a median of 30 and a mode of 34 and SD of 6.8. From the above-mentioned scores, the descriptive statistics such as mean, median, mode and standard deviation for the domains of Phubbing and Fear of Missing Out (FoMo) were calculated.

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Table 2: Number and Percentage of Phubbing and FOMO among adolescence

Variables	N	High		Moderate		Low	
		NO	%	NO	%	NO	%
PHUBBING	373	55	14.7	263	70.51	55	14.7
FoMo		53	14.2	272	72.92	48	12.87

The table shows the Phubbing and FOMO among 373 adolescences. The majority of the participants (263) have moderate level of phubbing with 70.51% and 55 participants have high level of Phubbing with 14.7% and also 55 participants have low level of Phubbing with 14.7%. hence the stated hypothesis “There is no significant difference in the level of Phubbing among Adolescence” was rejected. To sum up that there is a significant difference in the level of Phubbing among Adolescence.

The majority, 272 participants (72.92%), experience moderate FoMo. A smaller group, 53 participants (14.2%), experience high FoMo, while 48 participants (12.87%) have low FoMo. Hence the stated hypothesis “There is no significant difference in the level of Fear of Missing Out among adolescence” was rejected. To sum up there is a significant difference in the level of Fear of Missing out among adolescence.

Table.3 Correlation between Phubbing and Fear of missing out among adolescence

Correlations			
		Phubbing	FoMo
Phubbing	Pearson Correlation	1	0.319**
	Sig. (2-tailed)		0.000
	N	373	373
FoMo	Pearson Correlation	0.319**	1
	Sig. (2-tailed)	0.000	
	N	373	373

****.** Correlation is significant at the 0.01 level (2-tailed).

From that table 3, the r value shows that the correlation 0.319 is significant at 0.001 which shows the mild positive correlation between Phubbing and Fear of Missing out. Pearson correlation analysis provided evidence of a statistically significant positive relationship between FoMo and Phubbing ($r = 0.319$, $p < 0.01$). This provides evidence that increasing FoMo goes with increasing levels of Phubbing among Adolescence.

The research by Lestari & Suratmini (2024), which showed that phubbing, social media addiction, and FoMo were highly correlated, particularly among youth. The above-mentioned study provides evidence and supports the current study. Hence the stated hypothesis “There is no significant relationship between phubbing and FoMo among adolescence” is rejected. To sum up that there is a significant relationship between phubbing and FoMo among adolescence.

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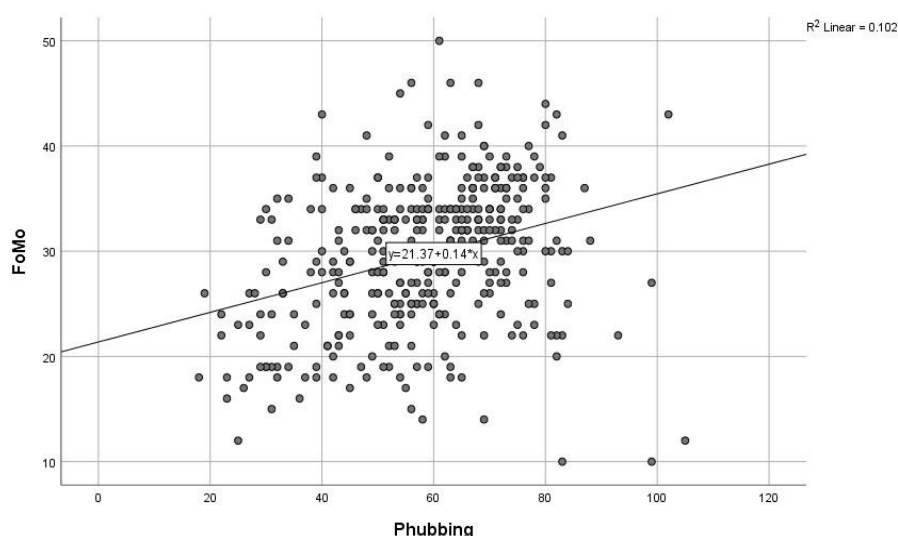


Fig No. 1 Graphical Representation of Correlation between Phubbing and Fear of Missing out among Adolescence

Table 4: Correlation analysis of Domains of Phubbing and Fear of Missing Out among Adolescence.

Variables	Nomophobia	Interpersonal conflict	Selfisolation	Problem acknowledgement	Fear of Missing out
Nomophobia		0.155**	0.167**	0.259**	0.155**
Interpersonal conflict	0.155**		0.424**	0.494**	0.275**
Self-isolation	0.167**	0.424**		0.332**	0.188**
Problem acknowledgement	0.259**	0.494**	0.332**		0.275**
Fear of Missing out	0.155**	0.275**	0.188**	0.275**	

** Correlation is significant at the 0.01 level (2-tailed).

This correlation matrix offers useful information regarding Phubbing domains' interrelations (Nomophobia, Interpersonal Conflict, Self-Isolation, Problem Acknowledgement), and FoMo.

The correlation part shows that the phubbing was positively correlated with Fear of Missing Out ($r=0.319^{**}$). All the domains of phubbing such as Nomophobia, Interpersonal Conflict, SelfIsolation, Problem Acknowledgement were also interrelated with Fear of Missing out.

Nomophobia Correlated with Interpersonal conflict ($r=0.155^{**}$), Self-isolation ($r=0.167^{**}$), and Problem acknowledgement ($r=0.259^{**}$), indicating that more nomophobia is associated with increased interpersonal conflict, isolation, and increased problem awareness.

Interpersonal conflict demonstrates higher correlations with Self-isolation ($r=0.424^{**}$) and Problem acknowledgment ($r=0.494^{**}$), showing that interpersonal conflict is highly correlated with isolation and identifying the problem and moderate correlation with Fear of Missing Out ($r=0.275^{**}$), which indicates that interpersonal conflict is also associated with FoMo.

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Self-isolation correlated with Problem acknowledgment ($r=0.332^{**}$) and Fear of Missing Out ($r=0.188^{**}$), indicating individuals who isolate themselves recognize they have problems and experience FoMo.

Problem acknowledgment coefficients with Fear of Missing Out ($r=0.275^{**}$), which suggests that individuals who recognize problems are also likely to suffer from FoMo. Hence the stated hypothesis “There is no significant relationship between phubbing and FoMo among adolescence” is rejected. To sum up that there is a significant relationship between phubbing and FoMo among adolescence.

DISCUSSION

The correlation part shows that the phubbing was positively correlated with Fear of Missing Out ($r=0.319^{**}$). All the domains of phubbing such as Nomophobia, Interpersonal Conflict, SelfIsolation, Problem Acknowledgement were also interrelated with Fear of Missing out. This provides evidence that increasing FoMo goes with increasing levels of Phubbing among Adolescence.

The research by Lestari & Suratmini (2024), which showed that phubbing, social media addiction, and FoMo were highly correlated, particularly among youth. The above-mentioned study provides evidence and supports the current study. The outcome is probable since their necessity to remain socially engaged online outweighs the importance of real-life interactions, particularly when their social identity and peer membership are in the process of developing.

Hence the stated hypothesis “There is no significant relationship between phubbing and FoMo among adolescence” is rejected. To sum up that there is a significant relationship between phubbing and FoMo among adolescence.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Balakeerthiga, V., Sujathamalini, J., Gunasekaran, K. & Pandimeenal, A. (2026). Phubbing and FoMo among Adolescence: A Correlational Study. *International Journal of Indian Psychology*, 14(3), 2205-2213. DIP:18.01.202.20261403, DOI:10.25215/1403.202