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Crossref DOI Prefix 10.46523
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Fomo, Self Esteem and Life Satisfaction Among College Students

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ABSTRACT: Fear of Missing Out (FOMO) is a pervasive phenomenon in today's world, especially among college students who are heavily involved in social activities. It refers to the state of anxiety or restlessness that arises from the belief that others are having more pleasant experiences or leading more fulfilling lives than ourselves. FOMO (fear of missing out), self-esteem, and life satisfaction are interconnected, but the exact nature of their relationship may vary based on individual differences and circumstances. Therefore, the present work titled "Fomo, self-esteem, and life satisfaction among college students is a theoretical paper trying to highlight the impact of Fomo on self esteem and life satisfaction among college students. The participants involved were 80 college students and the age range of the participants was between 18 and 25 years. Data were collected using the Fear of Missing out Scale, the Rosenberg Self-Esteem Scale, and the Life Satisfaction Scale.

Keywords: FOMO, Life Satisfaction, Self- Esteem

I. INTRODUCTION

FOMO" is short for "Fear Of Missing Out". It refers to the anxiety or worry people feel when they think they might miss out on a valuable experience or opportunity that others are enjoying. According to Przybylski, FoMO is associated with self-determination theory, which states that it stems from "an individual's psychological needs such as autonomy, competence, and relatedness. It is a feeling of anxiety or restlessness that arises

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when a person perceives that others are having rewarding experiences. This can results to feelings of inadequacy, low self-esteem, and a sense of inferiority. Also can have a significant impact on a person's self-esteem and life satisfaction. In today's world, with the development of technology, social networks have become an important part of our lives. It provides a way to connect with the digital world, people can meet new people, make friends and communicate with loved ones, and individuals can get the latest news about what others are doing. In addition, individuals can keep others in touch or informed about what is happening in their lives. The continued availability of social networks offers the possibility to significantly expand the possibilities for connecting, sharing and experiencing with acquaintances and friends. Individuals also satisfy social needs by sharing and following posts posted on social media. However, an individual may satisfy their socialization needs in unhealthy ways. Social needs that are not met in a healthy way can create an environment for individuals to experience FOMO. It is caused by anxiety of missing out something or giving up on exciting experiences or important opportunities. It is produced in the one of the part of the brain called amygdala that identifies whether something poses a threat to survival. Amygdala creates a feeling of being left out, which leads to stress and anxiety. Humans have a basic desire to constantly compare themselves with others. When a person with low self-esteem logs on to a social network and sees someone buying something else or anything good happening in someone else's life, they start comparing it to something they have or don't have, and it reverses the causes of anxiety and people start creating a false a world where everyone is happy except themselves and having the best time. They find themselves in a vicious circle that further lowers their self-esteem and affects their daily lives. People with low self-esteem often experience FoMo as a result of chronic or occasional exposure to social comparison on social media sites, and it has been shown to be associated with lower self-satisfaction and lower overall life satisfaction. In addition to increasing feelings of sadness, the fear of missing out can lead to other unhealthy behaviors. Teens and young people are more likely to experience FOMO than actual age groups. "Young people are at much higher risk due to the longer time spent online combined with increased sensitivity and need for approval and social belonging. However, young people are not the only ones at risk, as

the fomo is often associated with the media being relevant. user with more likely to experience FOMO than someone who rarely uses social media. Although FOMO is sometimes related to social media use, it's a very real and common feeling among people of all age groups. Most people experience some level of FOMO at different times in their life.FOMO can affect self-esteem by causing individuals to constantly compare themselves to others. When a person sees others having fun and experiencing things they aren't, they can begin to doubt their own worth and abilities. They may feel that they are not as successful, popular or socially competent as others, which leads to negative thoughts and emotions.In addition, FOMO can affect life satisfaction by causing individuals to prioritize external validation over their own inner happiness. They may feel that they need to constantly participate in events or activities in order to be accepted by others or to feel fulfilled, even if these activities are not in line with their own values or desires. Overall, FOMO can be detrimental to a person's mental health and well-being. It is very important for the individuals to identify when FOMO is affecting their self-esteem and life satisfaction and take steps to address it, such as practicing self-compassion, setting personal boundaries, and focusing on their own goals and values rather than comparisons with others. FOMO (Fear Of Missing Out) isn't necessarily just about social media. It can manifest in a variety of ways, such as feeling like you're missing out on events or experiences that your friends or colleagues are having, or feeling like you're falling behind in your career or personal development.

If you're experiencing FOMO without social media, here are a few things you can do:

1. Prioritize your time: Decide what is important to you and make sure you spend time on it. If you're constantly busy and engaged in activities that align with your values and interests, you're less likely to feel like you're missing out.

2. Focus on the present: Practice mindfulness and be present in the moment. Instead of constantly thinking about what you are missing out on, focus on what you are doing right now and find joy in the present.

3. Try new things: Get out of your comfort zone and try new activities or experiences. This can help you feel more fulfilled and less like you're missing out.

4. Surround yourself with positive people: Spend time with people who inspire and motivate you. This can help you feel more confident and less like you're falling behind.

Remember that it's okay to leave certain things out. You can't be everywhere and do everything, and that's perfectly normal. Focus on what is important to you and find joy in your own experiences.

FOMO (fear of missing out), self-esteem, and life satisfaction are interconnected, but the exact nature of their relationship may vary based on individual differences and circumstances. Here are some general insights:

In addition, FOMO can also lead to feelings of dissatisfaction with one's life, as individuals may feel like they are missing out on experiences that could make them happier.

Self-esteem can affect FOMO and life satisfaction. Individuals with high self-esteem tend to be more confident and self-assured and are less likely to experience FOMO. On the other hand, individuals with low self-esteem may feel more vulnerable to social pressure and may be more likely to compare themselves negatively to others, leading to FOMO and lower life satisfaction. Overall, the relationship between FOMO, self-esteem, and life satisfaction can be complex, but there are ways to break the cycle. Developing self-compassion, practicing mindfulness, and setting achievable goals can all help increase self-esteem and reduce FOMO, leading to greater life satisfaction.

RATIONALE

The topic of study is FOMO (Fear of Missing Out), self-esteem and life satisfaction of college students is a relevant and important area of study because FOMO is becoming more and more prevalent in today's society, especially among young adults. FOMO refers to a state of anxiety or restlessness that arises from the belief that others are having more enjoyable experiences or leading more fulfilling lives than ourselves.College students are especially vulnerable to experiencing FOMO because they are at a stage in their lives where they are constantly exposed to social media and peer pressure to participate in social activities. This can lead to a negative impact on their self-esteem and life

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satisfaction, as they may feel that they do not measure up to their peers or meet societal expectations.

Understanding the relationship between FOMO, self-esteem, and life satisfaction is critical to identifying potential interventions and strategies that can help college students better manage their social activities and cope with feelings of FOMO. By studying this topic, the author can gain insight into how FOMO affects the well-being of college students and how they can promote healthier habits and attitudes.

II.   RELATED WORK

Przybylski et al. in the year 2015 investigated the relationship between FOMO, social media use, and well-being among college students. Similarly, a study by Alt et al. in the year 2015 explored the impact of FOMO on college students' self-esteem and found that FOMO was negatively related to self-esteem. Another study by Han et al. (2020) examined the relationship between FOMO, self-esteem, and academic performance among college students. The results showed that FOMO was negatively associated with self-esteem, and positively related to academic performance. Altuntas et al. in the year 2018 found that higher levels of FOMO were associated with lower self-esteem among college students.. Yang and Wang in the year 2018 found that FOMO was negatively correlated with self-esteem among college students, and this relationship was mediated by social comparison and social media addiction. Dhir et al. in year 2018 found that female college students reported higher levels of FOMO compared to male students, and FOMO was more strongly associated with negative outcomes such as lower life satisfaction and self-esteem among females.

III.   METHODOLOGY

OBJECTIVE: a) to measure the relationship between FOMO, life satisfaction and self esteem among college students. **HYPOTHESES** a) higher levels of FOMO would be associated with lower levels of life satisfaction and self -esteem **VARIABLES** a) Independent Variables: FOMO and b) Dependent Variables: self -esteem and life

saisfaction **TOOLS** a) self-esteem scale, satisfaction with life scale, and FOMO scale
SAMPLING: a) **sample size:** 80 b) **sample population:** College students between the ages 18 to 25 years c) **sampling technique:** Random Sampling. abuse. **RESEARCH DESIGN:** Corelational Research Design.

PROCEDURE: The criteria for sample selection entailed individuals who belong to the young adults of age range between 18-25 years. Data were collected from 80 respondents who were randomly selected and were presented with the FOMO scale, self-esteem scale, and life satisfaction scale. They were asked to pay attention to the instructions given in the beginning of the questionnaire and fill the details accordingly. Thereafter they were also asked to report any form of difficulty they face. After the responses were recorded , the questionnaire was submitted. After the submission of the first questionnaire , the same 80 respondents were asked to fill the second and third questionnaires of self esteem and life satisfaction respectively and they were asked to report any kind of problem that arose. At the end of the data collection , the respondents were thanked for their contribution.

IV. EXPERIMENTAL RESULTS

Table no 1: Mean, Standard Deviation and standard of error mean of FOMO, self- esteem and life satisfaction of college students

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	FOMO	22.69	80	6.515	0.728
	SELF-ESTEEM	18.93	80	3.518	0.393
Pair 2	FOMO	22.69	80	6.515	0.728
	LIFE SATISFACTION	19.28	80	5.389	0.602

The above table highlights that the Mean, Standard Deviation and Standard error of mean for fomo, self- esteem and life satisfaction of college students.

Table no 2

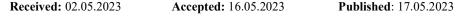|		N	Correlation	Significance	
Paired Samples Correlations					
				One-Sided p	Two-Sided p
Pair 1	FOMO & SELF-ESTEEM	80	0.017	0.442	0.884
Pair 2	FOMO & LIFE SATISFACTION	80	-0.075	0.253	0.506

V.   CONCLUSION

The present research work stated the hypotheses that body tattoos increase motivation among adolescents. Interpretation of the results from the above table highlights that the stated hypotheses were accepted and the correlation was found to be significant at the 0.01 level.

Table no. 1 highlights that the Mean, Median and Standard Deviation for Motivation, among adolescents with body tattoos. Eminent researchers like Di Domenico SI, 2017, Henderlong, 2002, Miller, 1994, et.al. , have also stated that there is a positive correlation between an adolescent's level of motivation. They have justified that Motivation acts as an impetus for an individual to get inked thus. From the analysis of results it can be concluded that there is significant increase in motivation among adolescents with body tattoos. Therefore, this research work concludes that individuals who have body tattoos are motivated and have a positive outlook towards life. Body tattoos are not explored much. How body tattoos impact an individual's life specially their Motivation is why this research was conducted. It is a comparatively a new area of study which makes it more relevant for investigation. It is imperative to discuss the level of Motivation of an individual.

LIMITATION:

 A new area of research needs to be addressed in order to find out the reasons to justify a new hypothesis that even though there is an increase in the level of motivation among

adolescents but this research fails to explain why they are not able to have enough motivation.

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