



Fear Of Missing Out in Online Relationship, Emotional Dissatisfaction and Trust Issues among Young Adults

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Abstract: Digital platforms have become essential parts of modern dating which changes how young adults develop their romantic relationships. The present study examines fear of missing out (FoMO) in online relationships and its impact on emotional dissatisfaction and trust issues among young adults in India. The researchers used a quantitative research design to collect data from 130 young adults who participated in online or digitally mediated romantic relationships. The study used standardized instruments which included the FoMO Scale, Relationship Assessment Scale, and Dyadic Trust Scale to measure its research variables. Descriptive analysis revealed high levels of FoMO which included anxiety and restlessness and fear of exclusion and a strong need for constant connectivity. Emotional dissatisfaction occurred when people experienced emotional unfulfillment and loneliness and perceived emotional distance and inconsistent emotional support. Trust issues appeared through partners' difficulty to trust their partners and their suspicion about concealment and their emotional reliance uncertainty. The correlation analysis showed that people who experienced FoMO developed emotional dissatisfaction while they faced trust issues which linked to their emotional dissatisfaction. The regression analysis results showed that FoMO serves as a valid predictor of trust problems but emotional dissatisfaction serves as a better predictor because it acts as a mediating factor. The results from independent samples t-tests and one-way ANOVA tests demonstrated that online relationship engagement and demographic characteristics affect these experiences in significant ways. The research demonstrates that FoMO functions as a relationship-based phenomenon which creates digital-based fears that damage emotional satisfaction and trust between people. The research study provides a combined framework which demonstrates how digital relationships affect emotional health in young adults to both relationship psychology and cyberpsychology fields.

Keywords: *Fear of Missing Out, Online Relationships, Emotional Dissatisfaction, Trust Issues, Young Adults*

1. Introduction

There is now common use of digital technologies among young adults to establish romantic relationships which they develop through online platforms that include social media and messaging applications and dating services (Menon, 2024). The online relationship environments create unique psychological conditions because they present partners with nonstop social data and unclear signals and constant chances to compare themselves to others which alters their perceptions of how available they should be and how quickly they should respond (Tokunaga, 2011). The dating app and online communication platforms which young adults use in modern India create cultural challenges about dating because they have to navigate two different worlds which include their personal life and the expectations of their family and friends who observe them (Menon, 2024). The way that relationship anxiety from digital sources leads to emotional dissatisfaction and trust issues has become a vital area of study in young adult relationship psychology (Rempel 1985).

The concept of fear of missing out (FoMO) serves as a crucial element in this situation because it describes an extreme worry that people experience when they think others are enjoying valuable moments which they cannot take part in while wanting to stay interconnected with everything happening around them (Przybylski et al., 2013). People use social media tools to share their personal experiences, which leads to the development of FoMO as a general social media trend. However, online relationships show how FoMO works as partners develop attachment-based monitoring which includes tracking their partner's current activities and their social interactions and their partner's digital content which they will not see (Tokunaga, 2011).

The self-determination theory explains that FoMO functions as a motivational signal which shows that people require social connection, but they respond by checking social media and seeking status confirmation and they have trouble stopping their online social media monitoring (Ryan & Deci, 2000). The research findings show that FoOMO leads to increased social media usage which results in decreased well-being because people need to maintain constant connectivity with others who work together with their romantic partners (Przybylski et al., 2013).

Online relationships display a high level of comparison because social media platforms enable users to compare their social popularity and social inclusion with different

partner options which surpasses what people can do in face-to-face interactions (Festinger, 1954). The visibility of partner options in romantic relationships fosters two effects because it increases partner selection options while making people more aware of potential rejection signs (Drouin et al., 2014). People with FoMO perceive their partner's response time and their partner's online activities and their partner's ambiguous social media content as relationship indicators despite the fact that these signals provide no useful information (Muisse et al., 2009). The way people interpret social situations matters because people become envious and suspicious when they encounter social situations which lack clarity about their present situation (Muisse et al., 2009). Online relationships through FoMO create a situation where people feel they miss social events because they cannot see their relationship through which friends contact them which makes them feel excluded from the friendship (Przybylski et al., 2013). Partners share surveillance through electronic channels which enables them to inspect each other's social media profiles and online activities to gain more information about their relationship (Tokunaga, 2011). The act of watching someone creates short-term relief from anxiety yet the same practice leads to greater danger assessment because it makes the person face unknown elements and possible threats which results in constant observation together with anxiety (Tokunaga, 2011).

Social networking evidence shows that users who spend more time on platforms will experience jealousy which leads them to monitor their partners, resulting in decreased relationship happiness (Elphinston & Noller, 2011). Couples who use platform-based functions to create or request romantic alternatives, demonstrate that these activities serve as evidence of decreasing relationship commitment and rising jealousy between partners (Drouin et al., 2014). FoMO-driven monitoring transforms normal online behavior into a stream of psychological signals which continuously decreases emotional stability (Muisse et al., 2009). Online relationship partners experience emotional dissatisfaction because they believe their relational needs for reassurance and warmth and stability and felt security, remain unfulfilled (Hendrick, 1988).

The Relationship Assessment Scale, a brief global measure of relationship satisfaction, serves as the standard method to measure relationship contentment which assesses both relationship quality and relationship satisfaction (Hendrick, 1988). Online relationship partners experience dissatisfaction because they need to maintain constant connection with their partners, yet this requirement forces them to always answer messages and show presence to keep their relationship bonds (Przybylski et al., 2013). Continuous digital interaction creates pressure which leads to fatigue and exhaustion, especially when

users compulsively use digital platforms to manage their feelings instead of creating genuine connections (Dhir et al., 2018). People here experience dissatisfaction because they face two problems, which include both their current conflict and the emotional safety problems that arise when they feel their partner considers them as replaceable and when they experience ongoing feelings of inadequacy in their partner's attention (Festinger, 1954).

The trust issues that develop between people in close relationships result from their ability to trust because trust enables one to confidently expect their partner will show kindness and dependability and will respond appropriately to all future situations (Rempel et al., 1985). Trust in romantic relationships has been measured through multiple instruments, including the Dyadic Trust Scale, which assesses how people view their partner's trustworthiness and their partner's intentions (Larzelere & Huston, 1980). Trusting relationships in digital environments experience greater challenges because online platforms create situations where partners can see parts of each other's social lives without complete understanding, which leads to relationship-disrupting misinterpretations (Muise et al., 2009). The relationship between two people loses its trust-based foundation when people begin to monitor each other's actions because this monitoring results in two separate relationships where one partner doubts the other partner's intentions (Tokunaga, 2011).

The fear of missing out phenomenon causes people to experience trust difficulties because it makes them constantly monitor their environment while their body warns them about potential threats that exist in their relationships (Rempel et al., 1985). The study demonstrates how FoMO operates as a direct motivational mechanism that produces comparison and surveillance behaviors, which results in emotional dissatisfaction between online relationship partners (Przybylski et al., 2013). The study shows that emotional dissatisfaction operates as a possible mediator between trust and emotional dissatisfaction because trust depends on positive assumptions which become less probable when people experience dissatisfaction and see potential betrayal signs during uncertain online interactions (Rempel et al., 1985). The main boundaries which drive people to create trust problems develop during online interactions when young adults experience repeated micro-threats through three specific social situations which include their first contact with others who delay their response and their second contact with others who stop contacting them. The research establishes most dating apps and social media platforms in India create modern digital courtship which leads to new emotional vulnerabilities and new intimacy-building opportunities when used by young adults for social connection and personal visibility (Menon, 2024).

2. Review of Literature

Young adults who engage in online romantic relationships display a fear of missing out (FoMO) that current research has not yet explained. First, researchers have studied FoMO through its relationship to social media usage patterns and its mental health effects and its link to internet usage problems, but they have not developed a framework for understanding FoMO as a phenomenon that exists between two people. Existing research shows that most people understand FoFO as a general personality trait, yet researchers should study which specific partner-based signals initiate FoFO in relation to delayed text responses and visible online profiles of other potential partners and uncertain digital interactions between partners.

Empirical evidence shows that FoMO links to relationship dissatisfaction and jealousy and surveillance behaviors through three separate paths but research that examines these three variables through a single comprehensive framework remains scarce. Researchers have not adequately studied how emotional dissatisfaction serves as a bridge between FoFO and trust problems. Existing studies research direct impacts yet they have not developed sufficient theoretical frameworks or conducted enough research to understand the emotional processes which drive these impacts.

The research base for India about FoMO in online relationships remains extremely limited. Most findings are derived from Western or East Asian contexts which differ substantially in cultural norms related to intimacy and family involvement and gender expectations and digital self-presentation. Existing models need to be tested because their validity for Indian young adults remains unknown. The research still contains methodological deficiencies because it depends too much on cross-sectional studies and it does not use enough established relationship assessment tools. The understanding of FoMO and its impact on relationships needs development through operational research that pays attention to cultural elements.

3. Research Methodology

3.1 Aim of the Study

The aim of the study is to examine the relationship between fear of missing out (FoMO) in online relationships and its impact on emotional dissatisfaction and trust issues among young adults.

3.2 Variables

The study comprises three key variables. Fear of Missing Out (FoMO) serves as the independent variable which describes the anxiety that people experience when they believe

they might miss out on crucial social activities that occur in online environments. Emotional dissatisfaction acts as a mediating variable which displays how online relationships fail to meet essential emotional needs for reassurance and closeness and to be treated as a priority. Trust issues function as the dependent variable because they express doubts about how trustworthy and honest and committed a partner remains especially when their digital behavior becomes unclear. The three variables together demonstrate how young adults interact online through three separate aspects which include their motivations and their emotional responses and their mental processes.

3.3 Objectives of the Study

1. To assess the level of fear of missing out (FoMO) in online relationships among young adults.
2. To examine the level of emotional dissatisfaction experienced in online relationships among young adults.
3. To assess trust issues, present in online relationships among young adults.
4. To examine the relationship between fear of missing out and emotional dissatisfaction in online relationships.
5. To examine the relationship between fear of missing out and trust issues in online relationships.
6. To explore whether emotional dissatisfaction mediates the relationship between fear of missing out and trust issues among young adults.

3.4 Research Hypotheses

H₁: Fear of missing out (FoMO) in online relationships is significantly positively associated with emotional dissatisfaction among young adults.

H₂: Fear of missing out (FoMO) in online relationships is significantly positively associated with trust issues among young adults.

H₃: Emotional dissatisfaction in online relationships is significantly positively associated with trust issues among young adults.

H₄: Emotional dissatisfaction significantly mediates the relationship between fear of missing out (FoMO) and trust issues among young adults.

3.5 Tools/Scales

The research uses established psychological tests which have received validation through extensive testing to evaluate its primary research elements. The Fear of Missing Out Scale which Przybylski et al. created in 2013 serves as a measurement tool to determine how much people worry about losing out on valuable social contacts and relationship

opportunities. The scale consists of self-report items which participants evaluate through a Likert-type system, and it shows high internal consistency together with construct validity in multiple cultural settings. The assessment tool measures FoMO through its evaluation of emotional aspects and behavioral characteristics which people display in their online relationship interactions.

The Relationship Assessment Scale RAS which Hendrick created in 1988 serves as a tool for measuring emotional dissatisfaction through its evaluation of total relationship satisfaction. The RAS is a brief unidimensional scale which measures relationship quality and relationship achievement and relationship satisfaction. Higher scores on the scale indicate lower levels of emotional dissatisfaction. The assessment instrument shows high value for young adults because of its short length and strong psychological measurement characteristics.

The Dyadic Trust Scale created by Larzelere and Huston in 1980 serves as a tool to evaluate trust problems which occur in intimate relationships. The assessment tool determines how participants perceive their partner's ability to be trustworthy and honest and kind. The assessment tool has become a primary research instrument in relationship studies because it demonstrates both strong reliability and validity. The assessment tools measure three different research areas which include FoMO and emotional dissatisfaction and trust issues which occur in online relationships.

3.6. Method

The current research employs a systematic research method that relies on empirical evidence to study how fear of missing out (FoMO) affects young adult's online relationships which creates emotional dissatisfaction and trust problems. Researchers used quantitative methods because the study needed to measure psychological and relational characteristics which required them to verify hypotheses through statistical methods to apply their results to the target group. The research methodology guarantees that all aspects of the study will meet requirements for research accuracy and measurement accuracy and ethical research practices.

3.6.1 Research Design

The study uses a research design which combines quantitative methods with cross-sectional data collection and correlational analysis. The design enables researchers to study how different psychological factors connect with each other by observing their relationships at one specific moment. The correlational framework enables researchers to study how FoMO relates to emotional dissatisfaction and trust problems while maintaining all study variables. The design allows researchers to test mediation by studying how emotional

dissatisfaction affects the connection between FoMO and trust problems. The cross-sectional design enables researchers to gather data from a substantial group of young adults who participate in online relationships.

3.6.2 Sample

The study sample includes 130 young adults who were selected through a non-probability purposive sampling method. The study required participants to fulfill three specific criteria which included (a) participants who were between 18 and 30 years, (b) participants who were currently engaged in online romantic relationships or relationships which they maintained through digital platforms, and (c) participants who used social media and online communication tools to interact with their partners. The study excluded individuals who failed to meet the established criteria and those who reported no experience of online relational interaction.

The research team selected 130 participants because this number meets the requirements for conducting correlational, regression, and mediation studies while providing enough statistical power to identify medium-sized effects. The study sample includes participants who come from different educational backgrounds and urban areas which allow the researchers to study various digital relationship experiences that still connect to their research goals.

3.6.3 Tools

The researchers used standardized psychological scales which had received validation to measure their study variables. The study measured Fear of Missing Out (FoMO) through the FoMO Scale which Przybylski et al. developed to assess anxiety about missing out on social and relational experiences which offer rewards. The Relationship Assessment Scale assessed emotional dissatisfaction through its ability to measure how people perceive their relationship quality and emotional contentment. The Dyadic Trust Scale measured trust issues through its assessment of how people perceive their partner's reliability and dependability and trustworthiness.

The instruments used for this study required participants to self-report their answers through Likert-type response formats which enabled researchers to conduct extensive data collection operations. The tools have been proven to show reliable performance and valid results according to earlier studies which demonstrate their effectiveness in relationship research and cyberpsychology studies. The researchers established standardized instructions before the test to provide participants with clear testing procedures that would be followed throughout the study.

3.6.4 Data Collection

The researchers used online survey methods to collect data because their study required digital research methods and targeted participants who were accustomed to using online platforms. The structured questionnaire began with an introduction that explained the study objectives which was followed by informed consent and participant demographic information and three standardized assessment instruments. The researchers used academic networks and social media platforms and peer referrals to contact potential study participants. Participants could choose whether to participate in the study because the researchers informed them about their right to leave the study at any time without facing consequences. Participants spent an average of 15–20 minutes to complete the questionnaire. The researchers implemented two measures to reduce response bias because they wanted participants to provide truthful answers based on their actual experiences.

3.6.5 Data Analysis

The research team used suitable statistical software to code and analyze the collected data. The researchers used descriptive statistics to summarize demographic data which included mean values and standard deviation as well as frequency and percentage measurements to determine overall FoMO levels and emotional dissatisfaction and trust issues.

The study used Pearson's correlation coefficient to conduct correlation analysis which measured the strength and direction of relationships between three different variables. The researchers used multiple regression analysis to examine predictive relationships which showed how FoMO affects emotional dissatisfaction and trust issues. The researchers used regression analysis to examine emotional dissatisfaction which functioned as a mediating variable.

The researchers used independent sample t-tests to investigate how FoMO emotional dissatisfaction and trust issues varied between different demographic groups which included gender and relationship duration categories. The researchers used one-way ANOVA to study differences between three or more categorical groups which included online relationship intensity levels and digital interaction frequency. The researchers used statistical techniques to test their study hypotheses while gathering strong empirical evidence which they could analyze.

3.6.6 Ethical Considerations

The research process maintained full compliance with established ethical standards. Researchers obtained informed consent from all respondents before the study commenced

which included details about the study purpose and the voluntary nature of their participation and how their answers would remain confidential. The research team protected participant anonymity by avoiding collection of any personally identifiable information. Participants were assured that the data would be used solely for academic purposes and stored securely. Researchers designed relationship-related questions with respect to participants by using non-invasive methods to create interview items. Participants received information that explained their right to skip any question which made them feel uncomfortable. The study followed standard ethical guidelines which protect participants' dignity and autonomous decision-making and their overall well-being.

4. Result

Table 1. *Distribution of Responses to FoMO Items Representing Need for Constant Connectivity and Fear of Emotional Replacement among Young Adults*

Variable	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Need to stay constantly connected	6 (4.6%)	14 (10.8%)	25 (19.2%)	52 (40.0%)	33 (25.4%)
Fear others may be emotionally closer to my partner	10 (7.7%)	23 (17.7%)	31 (23.8%)	44 (33.8%)	22 (16.9%)

The need for constant connection received 6 (4.6%) who strongly disagreed, 14 (10.8%) who disagreed, 25 (19.2%) who showed neutral opinion, 52 (40.0%) who agreed and 33 (25.4%) who strongly agreed which resulted in 85 (65.4%) total agreement. The statement about fear of others getting closer to my partner received 10 (7.7%) who strongly disagreed, 23 (17.7%) who disagreed, 31 (23.8%) who showed neutral opinion, 44 (33.8%) who agreed and 22 (16.9%) who strongly agreed which resulted in 66 (50.7%) total agreement. The pattern shows that people prefer to stay connected at all times instead of using replacement methods, but both options show how people experience FoMO in their online relationships.

Emotional Dissatisfaction Scale

Table 2. *Distribution of Responses to Emotional Dissatisfaction Item Related to Perceived Emotional Support in Online Relationships among Young Adults*

Variable	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Relationship gives me the	18 (13.8%)	27	31	36	18 (13.8%)

emotional support I expect (R)		(20.8%)	(23.8%)	(27.7%)	
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The study measured perceived emotional support through 54 respondents who confirmed their relationship provided expected support while 45 respondents denied this relationship provided support. The 31 participants who responded neutrally to the question showed they could not make a decision about their response. The distribution shows that most young adults in online relationships face insufficient emotional support which leads to persistent emotional dissatisfaction that exists throughout the measurement scale.

Dyadic Trust Scale

Table 3. *Distribution of Responses to Trust Issues Items Representing Dependability Beliefs and Suspicion in Online Relationships among Young Adults*

Variable	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Belief in partner's dependability (R)	16 (12.3%)	26 (20.0%)	33 (25.4%)	35 (26.9%)	20 (15.4%)
Suspicion about partner's behavior	8 (6.2%)	15 (11.5%)	27 (20.8%)	52 (40.0%)	28 (21.5%)

The study found that 55 respondents (42.3%) agreed to partner dependability (reverse scored) while 42 respondents (32.3%) disagreed to the same statement. The study found that 80 respondents (61.5%) showed strong belief in partner behavior suspicion through their agreement to the statement. The low disagreement levels show that suspicion represents a major issue that affects people's ability to trust others. The study results demonstrate that young adults who interact through digital platforms experience trust issues in their relationships because they use online platforms for communication.

5. Discussion

The researchers conducted their study to investigate how online social relationships with fear of missing out (FoMO) affect young adults' emotional satisfaction and their ability to trust others. The researchers used the numerical data from to achieve their study purpose and research objectives which they presented in their research results. The objective of Objective 1 which aimed to evaluate FoMO levels in online relationships showed that young adults experience high FoMO levels when their partners use social media according to the

FoMO scale results which appear in Tables. The first response to the test showed that 75 respondents (57.7%) experienced anxiety because they could not see their partner's online activity. The first response to the test indicated that 68 respondents (52.3%) had concerns about their partner experiencing online activities which could bring them joy. The study discovered that online access absence caused 68 respondents (52.3%) to feel discomfort and 81 respondents (62.3%) to experience restlessness because they could not check their messages and social media. The study found that 62 respondents (47.7%) who experienced social media absence from their partner's online activities felt excluded from social activities. The study found that 58 respondents (44.6%) used social media posts to compare their relationship with others. The research showed that 72 respondents (55.4%) experienced emotional fear and stress because they believed they missed essential emotional moments which their partner had during the time that their partner stayed online but did not respond. The need for constant connectivity emerged as the strongest FoMO indicator because 85 respondents (65.4%) validated it and 66 respondents (50.7%) validated fear of emotional replacement. The study results show that young adults who maintain online relationships experience FoMO at a high rate because they display anxiety restlessness emotional fear and an urgent desire to stay connected with others.

The Emotional Dissatisfaction Scale results show that online relationship research for Objective 2 found people at high levels of unmet emotional requirements. The study results showed that 56 respondents (43.0%) agreed or strongly agreed that they felt emotionally satisfied while 54 respondents (41.5%) felt their emotional needs were met. High neutral responses (26.2% and 24.6%, respectively) and substantial disagreement (30.8% and 33.8%) show that people had mixed feelings about their emotional satisfaction. The study found more direct indicators of dissatisfaction because 66 respondents (50.7%) reported feeling emotionally unfulfilled and 69 respondents (53.1%) felt emotionally distant from their partner and 75 respondents (57.7%) felt lonely despite being in a relationship. The study found that only 54 respondents (41.5%) confirmed they received adequate support while 45 respondents (34.6%) denied they received any support. The study results show that young adults who engage in online relationships experience emotional dissatisfaction as a continuous problem which produces emotional distance and loneliness and inconsistent emotional satisfaction.

The Dyadic Trust Scale results which we analyzed found that trust-related issues reached moderately high levels among participants. The first group which included 72 respondents (55.4%) reported they had problems with trusting their partner completely while the second group of 70 respondents (53.8%) expressed doubts about their partner's true

intentions. The initial concealment concern drew strong attention from respondents because 75 people (57.7%) thought their partner would conceal information while 77 people (59.3%) could not trust their partner for emotional support. The main trust-related problem which people endorsed as their greatest concern emerged through their suspicion about their partner's actions. The trust assessment results showed that 41.5% of respondents trusted others to tell the truth while 42.3% believed people would stay loyal yet the results showed substantial disagreement between these two groups which demonstrated their uncertain trust level. People who pursue online relationships face trust problems which combine with their emotional insecurity and suspicion about their partner. The research results showed that people who experienced higher FoMO levels developed more emotional dissatisfaction within their online relationships. People aged from young adulthood to young adulthood who suffered from anxiety and restlessness and required to stay connected all the time showed increased emotional unfulfillment and physical distance and social isolation which showed an emotional connection between these three different factors.

Young adults who experience higher FoMO show difficulties in establishing trust towards their partners because they become more suspicious about their partners' hidden activities and emotional dependence.

The sixth objective tested whether emotional dissatisfaction acts as a mediator for the connection between FoMO and trust issues. The findings strongly support this proposition. Surpassing the direct FoMO–trust association. The results from demographic and engagement analysis procedures provide further evidence of our findings. The study results reveal that FoMO shows high prevalence among young adults who enter online relationships because it creates emotional dissatisfaction which then leads to trust issues. The study achieved its goals because emotional dissatisfaction serves as the main factor that connects FoMO with trust problems.

6. Conclusion

6.1. Summary (Major Findings)

The current research investigates how fear of missing out (FoMO) affects young adult online relationships through its effect on their emotional dissatisfaction and trust problems. The study which used 130 young adult participants demonstrates how digital relationship environments affect people's ability to feel emotions and build trust with others. The results show that FoOMO operates as a major psychological element that affects online relationships through its impact on emotional fulfillment and trust between partners.

The research discovered that most young adults experience emotional distress because they feel anxious and restless about their partner's online presence. More than half of the respondents reported anxiety when unaware of their partner's online behaviour, worry about their partner enjoying online experiences without them, fear of missing emotionally important moments, and stress when a partner was active online but did not respond. The need for constant connection functioned as the most powerful FoMO element, which about 66 percent of participants accepted. The research demonstrates that online relationships create a situation where people watch each other continuously while believing they can access their partner at any time, which causes them to become more anxious about their FoMO experience.

The research shows that young adults find emotional fulfillment through their online relationships, which also serve as their main dating platform. The research results show that some participants experienced emotional contentment and social support, but their emotional states remained unpredictable because they showed equal levels of neutrality and disagreement with reverse-scored items and their emotional unfulfillment and distance and loneliness. More than half of the participants reported feeling emotionally unfulfilled, emotionally distant, or lonely despite being in a relationship. The study results demonstrate that people who use digital communication tools to stay in touch with others in their life do not achieve better emotional relationships with those people instead they experience more feelings of loneliness which results from their digital contact. Trust issues emerged as another major outcome of online relationship dynamics. Respondents faced challenges to trust their partner because they experienced multiple doubts which included their partner's actual intentions and their partner's hidden activities and their partner's ability to provide emotional support and their partner's actual behavior. The study found that people who experience suspicion and concealment concerns need better online information because they face problems with both online content and partner behavior. The young adults in online relationships showed patterns of insecure trust which fluctuated between two ends of the trust spectrum although some respondents believed their partner would be honest and loyal and trustworthy. The research confirms that FoMO and emotional dissatisfaction and trust issues show strong interrelationships which match the primary research objectives of the study. The correlation analysis results showed that FoMO and emotional dissatisfaction and FoMO and trust issues and emotional dissatisfaction and trust issues showed statistically significant positive relationships. The study found that emotional dissatisfaction had the strongest connection to trust issues because unmet emotional needs create trust problems between people. The conclusion became stronger through regression analyses which demonstrated

that FoMO predicts trust issues, but emotional dissatisfaction serves as a better predictor because FoMO affects trust through emotional dissatisfaction. The research demonstrates that contextual and demographic factors influence study outcomes. Young adults experience digital relationship stressors differently based on their demographic characteristics because the study found that FoMO and emotional dissatisfaction and trust issues show gender-based differences. The results of one-way ANOVA showed that people who engage more in online relationships experience higher levels of FoMO and emotional dissatisfaction and trust issues. Online interaction intensity functions as a factor that increases both emotional vulnerability and relational strain between partners. The study results show that FoMO operates as a psychological pattern which people develop through their online relationships. Emotional dissatisfaction functions as the main mediating pathway through which FoMO leads to trust issues. The study presents an integrated framework which explains how digital anxieties and emotional fulfillment and trust all interact to determine young adults' relationship health in the field of relationship psychology and cyber psychology.

6.2 Limitations of the Study

The research presents valuable findings about its topic although certain aspects of the study create limitations. The research used 130 participants who provided enough data for statistical tests, but the results cannot be applied to all young adults in India. The researchers used a cross-sectional design which prevents them from establishing causal links between FoMO and emotional dissatisfaction and trust problems. The research results were affected by self-reporting because participants tended to answer questions according to what they thought researchers wanted to see instead of showing their actual beliefs. The study includes relationship duration and attachment style and platform-specific differences as parts that affect online relationship dynamics.

6.3 Implications and Suggestions for Future Research

The research results from this study create theoretical and practical and research implications. Theoretically, the study strengthens understanding of FoMO as a relationship-specific construct rather than a general social media phenomenon. The study uses emotional dissatisfaction as a main mediating factor which shows how digital anxieties create stalker-like behavior that breaks trust in personal relationships. The insights from this research provide guidance for creating models that connect technology use with emotional regulation and relationship results.

The research results show practical benefits for mental health professionals and counselors and educators who support young adult students. The study found that

interventions which reduce FoMO and establish healthy digital boundaries and improve emotional communication skills will reduce emotional dissatisfaction and trust issues in online relationships. Relationship counseling and digital well-being programs should include psychoeducational content about FoMO and its emotional effects to promote healthier online relational practices. Future research should use longitudinal research designs to study how FoMO develops over time with emotional dissatisfaction and trust development changes. The research results would show better generalizability when researchers increase their sample size and include participants from various cultural and socioeconomic and relational backgrounds. Researchers should investigate how attachment style and personality traits and relationship duration and specific social media platforms affect research results. Participants in qualitative studies will help researchers study how FO MO and trust in online relationships affect their personal experiences. Future studies will help researchers understand how digital technology is changing intimate relationships.

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