

ISSN: 2584-0142



PSYCHOPEDIA
JOURNALS

International Journal of
Interdisciplinary Approaches
in Psychology (IJIAP)

A study of Social Networking Addiction, FOMO and Self Esteem among Young Adults

Submitted as Master's Project Work in

DEPARTMENT OF PSYCHOLOGY

DAV College, Sector 10,

Chandigarh.



Semester IV

2023

Submitted by:

Gazal Garg

Registration No.: 18018000110

PUPIN:

Supervisor:

Dr. Shruti Shourie

DECLARATION

I declare that the Dissertation entitled: “A study of Social Networking Addiction, FOMO and Self Esteem among Young Adults” has been prepared by me under the guidance of Dr. Shruti Shourie, Associate Professor of Department of Psychology, D.A.V. College, Sector 10, Chandigarh, India. No part of this report has formed the basis for the award of any degree or fellowship previously.

Gazal Garg

Roll no.

M.A. 4th Semester

Department of Psychology

D.A.V. College, Sector 10

Chandigarh, India.

ACKNOWLEDGEMENTS

I would like to express my sincere gratitude for Dr. Shruti Shourie for giving me this opportunity and believing in me. Your guidance has been invaluable to me throughout the endeavour and I could not have completed this dissertation within a months' time period without your help.

Your expertise has been instrumental in completing this project and your encouragement has kept me motivated throughout the journey.

Your feedback has been incredibly valuable and has helped me to refine my work in ways that I could not have done alone. Along with this the mental support you have provided me was all that I needed throughout the journey. I am truly grateful for your willingness to share your expertise and for the insights you have provided throughout the process.

I am honoured to have had the opportunity to work with you and will always remember your contributions with gratitude.

Secondly, I would also like to thank my family members who had supported me with their constant motivation, love and appreciation. I would like to express my gratitude towards my friend Zishan, who had been so supportive and was there for me all the time.

Once again I extend my heartfelt appreciation to all of you for all that you have done for me. Your generosity and kindness has touched my life in a significant way and I will always remember your contribution with gratitude.

Sincerely,

Gazal Garg

LIST OF TABLES

Table No.	Title	Page No.
1	N, Mean and Standard Deviation	51
2	Correlation of all Variables	52

LIST OF FIGURES

Figure No.	Title	Page No.
1	Maslow's Need Hierarchy Model (1943)	19

ABSTRACT

The technology driven world has impacted the lives of young adults the most. The urge to stay active and being connected to their friends and family members all the time has taken a toll on their psychological well-being. The anxiety created by the activities in social situations drives them to not miss out on anything. Teens and young adults are more impacted by fear of missing out (FOMO). FOMO is the feeling that others are having more stimulating and rewarding experiences than them. There's a need to constantly check on what's going on in others' lives which creates tension in their mind and hence, people are experiencing an increased activation time on social media. The increased social media usage and constantly checking on others life events accordingly impacts people's self-esteem. The present research aimed to study the relationship of Social Networking Addiction, FOMO and Self Esteem among young adults. Standardized tools were used to measure Social Networking Addiction, FOMO and Self-Esteem. A total sample of 60 in the age 18-25 were collected. The results found out that there is significant positive correlation between social networking addiction and fear of missing out among young adults. There is also a significant positive correlation between self-esteem and conflict (sub-dimension of social networking addiction scale). However, there is no significant correlation between self-esteem with FOMO and self-esteem with social media addiction. To lessen the intensity of people experiencing FOMO, direct work should be done on the causes of FOMO. One way is enhancing the perceived social support of the person. Perceived social support is directly linked to lowering the stressful life events and a hope and courage that everything will be fine. The other way is to develop a sense of gratitude for all the minor things they possess in their life. This gives them a sense of comfort that they are still better than many and that everybody has different life experiences. The lesser they make social comparisons, the

more satisfied they will be with their own life, thus reducing FOMO and impacting their social media usage.

Key words: Social Networking Addiction, Fear of Missing Out (FOMO), Self Esteem, Young Adults

TABLE OF CONTENTS

Chapter	Title	Page No s.
1.	Introduction	9-22
2.	Review of Literature	23-35
3.	Overview, Aims, Objectives and Hypotheses	36-42
4.	Methodology	43-50
5.	Results	51-52
6.	Discussion and Implications	53-61
7.	Summary	62
8.	References	63-80

CHAPTER 1

INTRODUCTION

Every other day there is one or the other social networking app being launched in the market. The craze of the youth to stay updated with the social world through online involvement has tremendously increased.

Youth is a period of life where major transition happens in physical, psychological or biological aspects. The shift from dependence to independence, immaturity to maturity, childhood to adulthood, irresponsible to responsible, all these adjustments are seen in young adults. Young adults refer to the people falling between the age ranges of 18-25 years. These years are full of vigor, vitality, curiosity, strength and keenness for novelty. These years are pivotal in anyone's life where they learn from their own mistakes and various life events shape their experiences and personality either in a positive or in a negative way. This stage is comprised of a lot of confusion as well. On one hand, there is a need for the search of one's identity and on the other there's a need for belongingness. As Erickson says, in his theory of psychosocial development that individual at this stage experiences the feeling of intimacy versus isolation. Hence, in order to satisfy their need for belongingness and to have a good social exposure they connect with people on social networking sites. Social networking sites provide abundant supply of gratifying and pleasing information which is addictive to people. The escalating ratio of accounts being made on social media is astonishing. Every individual prefers to be on this new platform. Not only a single account but many accounts are being handled by a several individuals all at once. Few of the popular social networking sites are Snapchat, Instagram, Facebook, Twitter, Telegram, WhatsApp, LinkedIn. Every application has some different features which makes them unique in one way or the other. For example, the self-destructing image feature of Snapchat made people

share everything without any fear of being captured by other people and this helps others to keep tabs on their peers. Posting pictures on these sites and then the number of likes and comments on the pictures give them a sense of high self-esteem. Every day with the new updates in social networking sites, the obsession of these applications is increasing among the youth.

This is a widely used saying that “human beings are social animals.” There’s a constant need of an individual to connect with the people on emotional levels. The most self-dependent man also feels the need for social support at one time or the other. The fast-paced world has changed the living conditions for people in such a way that they have no time left to physically greet and socialize with other beings. To satisfy the need for belongingness, people have found another way out i.e., through social media platforms. Social media applications provide people with a huge networking source where they can associate with like-minded people. It proves to be a great opportunity for youngsters and adults to grow and evolve together.

The overuse of social networking sites has proved to gratify their social needs and hence they have become problematic and addictive users of social media. The addiction of social media can be identified through some common characteristics which can be the continuous checking of their mobile phones even when an important event is going on, waking up in the middle of the night just to use the social networking sites, having withdrawal effects of social media and many more. Basuroy (2022) conducted a survey to see active social media users in India and it was found out that India has crossed its 900 million active internet users in the past decade. The active digital population has been growing expeditiously with Google, Twitter and Facebook being an integral part of our day-to-day life.

Fear of Missing Out is an emotional state and an anxiety felt by people when they have an apprehension that others are having more enriching experiences than them. In a survey, it was

revealed that 82% of the Indians experience Fear of Missing Out (FOMO) when not connected to the internet and this percentage is the highest globally (Tata Communications, 2021). Everyday there is a new trend going on social media, or Gen Z slang reforms, or some campaigns are launched. The yearning to stay informed about every new thing coming in the virtual world has become the reason for this phenomenon. Staying online 24*7 has become a necessity today. The escalating interest in what's going on in others' lives influences their peace of mind and satisfaction with life. The anxiety created by the events of others' lives makes them miss out on what they have. Being ungrateful and failure to notice good things in their own life makes them more depressed. The feeling of FOMO is not only linked to being left out but also related to when a new product is being launched in the market and they could not have access to it.

The word 'Esteem' is derived from Latin language which means 'to value, appraise or estimate'. Self-esteem means the positive perception of people towards themselves that they are worthy and confident enough to achieve anything they want. People with high self-esteem are intrinsically motivated and do not seek any external validation. They are risk takers and like doing different things. Failure in a task or rejection of the ideas don't bother them much and they even accept the decisions whole heartedly. They are not self-critical, instead always up for constructive criticism. They do get hurt or disappointed, but they possess the capability to bounce back to normal. The liveliness and confidence in themselves allows these people to accept others as they are and forget others for their wrongdoings. The high level of self-understanding leads to better decision making and satisfaction in life.

Nowadays, what people indirectly seek from others is praise and validation. Those who don't feel heard in real life tend to post stuff on social media where they know that people would be reading what they have posted and the ultimate goal of seeking attention would be fulfilled. The

kind of posts they share about their own life shows the positive side of the life. When others view their posts about all the interesting stuff they are doing, they tend to feel left out and insecure. Hence, in order to stay updated on what their friends are into, they use more social media apps which directly leads to FOMO. Also, the social comparisons they do on social networking sites makes them feel inferior leading to low self-esteem. The concept of ‘friendship contingent self-esteem’ also shows that self-esteem of the person is based on what others point of view is. While posting something on social networking sites, the comments and the number of likes on the posts directly impacts an individual’s self-esteem.

Social Networking Addiction

According to Brandtzaeg and Heim (2009), “social networks allow users to create profiles, get in contact with new people, maintain existing relationships, post photos, videos, share details about their own experiences, send private messages, express emotions, plan social events, meet new people and follow the lives of other users (e.g., Instagram, Snapchat, WhatsApp, Facebook etc.)”. According to Mahajan (2009), “social networks can be defined as Internet-based applications that enable individuals to freely express and share their emotions and ideas, and to facilitate interpersonal communication.”

Boyd and Elliot (2008) defined social networks as “web-based services that allow individuals to construct a public or semi-public profile within a bounded system, articulate a list of other users with whom they share connection, and view and traverse their list of connections made by others within a system.”

“Social Networking Sites are virtual communities where users can create individual public profiles, interact with real life friends, and meet people” (Kuss & Griffiths, 2011),

According to Andreassen and Pallesen (2014), social networking sites addiction can be defined as “being overly concerned about social networking sites, time to be driven by a strong motivation to log on to or use social networking sites, and to denote so much time and effort to social networking sites that it impairs other psychological activities, studies/job, interpersonal relationships, and/or psychological health and well-being.”

Theoretical Framework

A lot of theoretical perspectives have attempted to understand the reasons for social media addiction.

Motivational Perspective

People use social media because they are guided by the motivational and psychological needs to connect with other people. Major motivation behind social media use is explained by uses and gratification theory which includes keeping contact with people, receiving social support, and interacting with people. Griffiths and Balakrishnan (2017) commented that people use social media sites for knowledge acquisition purposes as well. The researchers state that being on social networking apps is quite pleasing and relaxing to the senses. All these could contribute to social media addiction (Klobas et al., 2018; Punyanunt-Carter et al., 2017)

Neurobiological Perspective

There are two theories under neurobiological perspective explaining social media addiction behavior. The first theory is the incentive-sensitization theory of addiction. Seo and Ray (2019);

and Turel (2015) state that repeated exposure to highly pleasurable stimuli leads to hypersensitization of certain reward systems in the brain that generate incentive salience towards addiction related cues. The second theory is dual system theory (Osatuyi & Turel (2018), Turel & Qahri-Saremi (2016)) which states that two structurally and conceptually different brain systems coordinate human behaviors and that addictive social media use was positively associated with variables representing the reflexive system and negatively with those representing the reflective system.

Dispositional Difference Perspective

Every individual is different and hence dispositional differences could be linked to developing addictive social media use. This could be explained by the attachment theory proposed by Bowlby (1973). Hart et al. (2015) found out that anxiously attached people use social media more to maintain connections with people and seek attention and comfort online. Flynn et al. (2018) claim to have found a positive relationship between levels of attachment anxiety and social media addiction (Worsley et al., 2018). On the contrary, Eroglu (2015) states that people with high avoidance attachment type may tend to reduce their social media usage in order to avoid closeness and social interactions.

Learning Perspective

Social Media Addiction could also be explained by the learning perspective of behavioral theories such as classical conditioning, operant conditioning and social learning theory by Bandura. According to Wang (2019), the social media addiction behavior is strengthened when one experiences positive affect and psychological enhancement over the use. Griffiths et al.

(2014) found that structural attributes inherent in social networks such as instant feedback and comments, posting pictures, liking and comments on the posts reinforce the addictive behavior additionally. Along with this, individual's point of view about self-efficacy and social identities also impact their social media usage.

Fear of Missing Out (FOMO)

According to Przybylski et al. (2013), Fear of Missing Out (FOMO) is “a pervasive apprehension that others might be having a rewarding experience from which one is absent”. FOMO is defined as the anxiety of being aware of the magnificent experiences that another person may have (Erica et al., 2021). According to Cohen (2013), FOMO refers to “the concern that other people have happier, more interesting, and enjoyable lives.”

FOMO can be defined as “a feeling of emotional and mental tension arising from not being able to receive information about situations that are important for one's social life” (Tanhan et al., 2022). According to Cambridge Dictionary (2020), FOMO is “a state of anxiety that occurs when people are not aware of fun and exciting events shared by their friends on social platforms.”

As per Oxford Dictionary (2018), FOMO includes “as the anxiety about missing more interesting or exciting events on social media.” According to Blum (2016), FOMO is defined as “seeing the photos of one's friends on social media platforms, not seeing herself/himself in the photos and therefore feeling negative emotions.”

Theoretical Framework

With the steep rise in use of internet and social media sites, along with a lot of psychological phenomenon Fear of Missing Out (FOMO) was also observed. Though it's a recently coined term, but an attempt has been made to understand the reason for FOMO.

Rational Choice Theory

As per this theory, every individual's action is directed towards making the rational decision after doing all the cost and benefit analysis which eventually has some utility for them. Sometimes people are perplexed about the choices they make. There is always some kind of doubt in their minds about what if the other option is more appropriate for them (Scott, 2000). People experiencing FOMO tend to feel confused about the options they have chosen. Even if the choices they have made are what they wanted and these choices made them feel happy, still they also experienced uncertainty and curiosity to explore the paths they have not chosen and this led to feeling of anxiety (Milyavskaya et al., 2018).

Self-Determination Theory

This theory examines the role of extrinsic rewards on intrinsic motivation (Deci & Ryan, 2012). Research suggests that intrinsic motivation of the person is the reason behind their personality and human behaviour in a social context. A research in this context revealed that those who are extrinsically motivated tend to use more social media than self-motivated people. The study also revealed that FOMO tends to mediate the relationship between social media and motivation (Alt's, 2015). As per the self-regulation theory, human beings have three basic psychological needs, and self-regulation and resilience depend upon the fulfilment of these three basic needs which are- autonomy, competence and relatedness. Social media usage seems to be higher among those whose needs are not satisfied. This becomes a great way to satiate their unmet

needs. Hence, FOMO is the direct result of the unfulfilled needs due to which they undertake compensatory actions (Sheldon et al., 2011).

Self Esteem

According to Rosenberg (1965, p. 30), “self-esteem has been defined as a positive or negative attitude towards the self.”

Caprara et al. (2010) defined self-esteem as “a positive or negative orientation towards oneself, and an overall evaluation of one’s worth or value.” Burns (1982) defined self-esteem as “a belief that an individual holds about self, which determines who they are, what they can do and what they can become.” Harter (1999) states that “people’s concepts and feelings about themselves are generally labelled as their self-concept and self-esteem.”

According to Rogers (1981) Markus and Nurius (1986), self-esteem refers to “a person’s global appraisal of his/her positive or negative value, based on the scores a person gives him/herself in different roles and domains of life.”

According to Coopersmith (1967), self-esteem is defined as “the evaluation which the individual makes and customarily maintains with regard to himself. It expresses approval or disapproval and indicates the extent to which individual believes himself to be capable, significant, successful and worthy.”

Theoretical framework

Self-esteem and its development can be understood in the light of some prominent theories which are presented here.

Maslow's Hierarchy of Needs Model

Maslow's theory of needs is a theory which explains the human motivation behind a particular behaviour. According to Maslow (1943, 1954), there are 5 basic needs which are common for every individual and they need to be fulfilled. These needs are arranged in a hierarchical order with the basic of all needs placed at the bottom and the higher needs are at the top of the hierarchy. People have to cross through each need in a serial fashion. The needs which are necessary for the survival are placed at the bottom and those at the top are linked with the need of self-worth, creativity and intelligence. As per Maslow, people get so stuck in fulfilling the lower level needs that it gets difficult for them to achieve the highest need of 'self-actualization'. Following are the needs hierarchy given by Maslow:

- **Physiological needs:** These are the basic biological needs which are necessary for the survival of any human being e.g. food, shelter, sex, clothing, drink etc. a child when born demands to be properly fed on time, requires proper clothes, sunlight, sanitation etc. If these are not met then his survival might seem difficult.
- **Safety needs:** These needs are related to the physical and financial safety. Physical safety comprises of the security from the crime, accidents and other uncertain events which might cause harm to the individual in one way or the other. Financial or economic safety is related to the income and job security. Hence, proper rules and laws are formulated in order to protect a common man or an employee from the uncertainties of life.
- **Belongingness needs:** Also known as love needs are the need for the social support, warmth and satisfaction of emotional needs. As we are social creatures, we demand attention, love, intimacy, friendship and interaction on a daily basis. After the fulfilment of this need, the fourth need is of self-esteem.

- **Self-esteem needs:** It comprises of the need for self-respect, self-worth, confidence. Maslow categorises self-esteem need into two: 1) esteem for oneself 2) respect from others. Every individual craves for respect, status, prestige, recognition from others and respect from oneself includes the need to mastery over the tasks, independence and freedom. High level of self-esteem is essential in life to achieve tasks and take risks in life in order to be successful. Low self-esteem could lead to low confidence in oneself and hence could make it difficult to succeed. Low self-esteem is the result of imbalances in life.
- **Self-actualization needs:** This is the highest and the top most need placed in the hierarchy which is a bit difficult to achieve because we humans are always engrossed in satisfying the lower level needs. Maslow(1943,1987) describes the self-actualization as the realization of one's potential, desire to accomplish that one can and to become everything that one is capable of becoming. Maslow believed that all individuals sometimes in their life experience the peak moments, where the individual is fully present in the 'now' only.



Figure 1: Maslow's Need Hierarchy Model (1943)

Hence, Maslow's need theory signifies in relation to self-esteem that in order to gain respect and prestige from others it is important that one truly has an internal acceptance for oneself first. If an individual tries to fit in and comply with others for external validation then their self-esteem will remain high until one is satisfying others. Thus, high self-esteem will be persistent and stable, only if one is fully accepting oneself.

Self Determination Theory

The theory is proposed by Ryan and Deci (2000). Self-determination means that individuals have control over their own lives, and they are responsible for the choices they make in their life along with managing it effectively. The self-motivation and personality integration are the result of their inherent growth tendencies and innate psychological needs. Hence three such needs have been identified. These are- the need for competence (Harter, 1978; White, 1963), the need for relatedness (Baumeister & Leary, 1995; Reis, 1994) and the need for autonomy (deCharms, 1968; Deci, 1975). These needs are necessary for optimal functioning and social development and well-being. This theory also examines the various environmental factors (e.g., family, friends, culture, society) which hinder the three basic psychological needs.

The three basic psychological needs are explained below:

Autonomy: It refers to the need to be under one's control. The capacity of a person to direct their actions and goals is the major motivating force behind their behavior. The autonomy of a person is supported by acknowledging the choices they make, their ideas and perspectives and the decisions they take.

Competence: It refers to the ability of the person to be well versed in learning specific skill sets and gain expertise in a different areas. This need is supported by providing timely feedback, encouraging them when they initiate a task or challenging them at certain points.

Relatedness: It refers to the need for belongingness and staying connected to people. The social environment can support this need by being empathetic to their feelings, showing concern when they are distressed or just by conveying that they are an important part of their lives and are worthy of love and respect.

Self-endorsed or self-authorized people are intrinsically driven. These people are more curious, excited, and confident which further leads to better performance, creativity and endurance. Along with this, they have high self-esteem and general well-being. The two kinds of motivation are:

Intrinsic Motivation

When people have an inherent tendency to learn new skills and ideas, to challenge oneself, explore the world along with the capabilities they possess, they are said to be intrinsically motivated. These people are naturally curious and have a natural inclination towards mastery and exploration. External rewards and validation have no effect on their curiosity and to do specific tasks as they want to do them. They are driven by the need to quench their thirst for novelty and challenges.

Extrinsic Motivation

Deci and Ryan (1985) state that people are not always intrinsically motivated. Extrinsic motivation refers to the performance of the task due to some external rewards and outcome.

People might not actually want to perform the activity but there may be some external pressure which is forcing them to do it. Ryan and La Guardia (2000) claim that after early childhood the freedom to be intrinsically motivated is hindered by the environmental and social pressures.

Hence, self-determination theory states that people are intrinsically motivated to gain control over their surroundings and when the basic psychological needs of autonomy, competence and relatedness are met then they experience high self-esteem. Environment factors do play an important role in satisfying these basic needs by providing support and hope. If the environment lacks support, then the lower satisfaction of needs will further lead to lower self-esteem.

Having developed a conceptual and theoretical understanding of social media addiction, fear of missing out (FOMO) and self-esteem, the investigator is motivated to study their inter-relationships among young adults.

CHAPTER 2

REVIEW OF LITERATURE

This chapter aims to bring out the relevant research that has been conducted on the study variables viz. social networking addiction, fear of missing out (FOMO) and self-esteem across diverse samples.

Social Networking Addiction

The social networking sites use becomes problematic when it is used in order to get rid of loneliness, stress and depression. Those who engage in problematic use of social networking sites are generally poor at socializing in real life (Xu & Tan, 2012).

A study conducted by Azizi et al. (2019) on 360 Iranian Medical science students found out that there exists a negative significant relation between the academic performance and social media use. The frequent switching between the tasks leads to poor work performance, affects attention span and impacts the overall productivity. There also exists gender differences in social networking sites use with male students being higher on addiction level as compared to female students. Since FOMO is positively related to social networking sites use, the constant checking of notifications leads to distraction from the work and hence disrupt the flow and task performance (Stothart et al., 2015). Further, a similar research on medical college students in China by Chen et al. (2017) concluded that female students were more addictive to social media applications like Instagram and Facebook than their male counterparts who are more addictive to game applications.

A cross sectional and observational study was conducted on 730 undergraduate health professionals of government medical, physiotherapy and dental colleges of Gujarat, India. It was

observed that health professionals spent a lot of time and their money on social networking sites use, indicating social media addiction. They also reported moderate to severe stress and insomnia along with experiencing FOMO. The prevalence rate for social networking sites addiction was found out to be 15.02% among them (Patel et al., 2021).

Ndubuaku et al. (2020) conducted a study on University students in Nigeria where they studied the effect of social networking technology addiction on academic performance and revealed a high level of addiction among the students. social networking sites addiction has a negative impact on students' academic performance, social and physical well-being. Addiction of social networking sites is linked with high levels of depression, anxiety, stress and low self-esteem. There exists a positive correlation between time spent on social media and well-being.

Jenaro et al. (2007) and Takao et al. (2009) revealed that there exist gender differences in problematic smart phone use (PSU) where females reported higher tendency towards PSU.

Social media usage is linked with the personality types as well. Hamburger and Vinitzky (2010) concluded that neuroticism and extraversion personality types are associated with increased online activity. Burrow and Rainone (2017) compared the introverted and extroverted users, and found that extroverts tend to have larger online networks, more posting and more likes on the posts. Neurotics also tend to show increased social media activity but they have higher need for self-expression which is due to high need for social support. On the other hand, extraversion is related to higher need for experiencing positive social interactions (Shen et al., 2015). Using an objective data, Marengo et al. (2020) conducted a study on 1094 Facebook users aged between 18-35 years where 72% sample constituted females. The study assessed the neuroticism and extraversion dimension to explain difference in online activity and social media addiction. It was found out that neuroticism has a significant positive correlation with addictive social media use

while extraversion did not. Extraversion is linked with receiving more positive feedback from the other users and hence leads to more social media addiction while no effect was seen for neuroticism.

A study was done by Yang et al. (2020) to investigate the associations in levels of addiction to social media, smartphones and online games with interpersonal interactions in real-life and online mode among adolescents. This cross sectional research was conducted on adolescents consisting of 998 students with 413 boys, of Taiwan and the results show that those adolescents who have higher level of social media and smartphone addiction show greater interpersonal relations in real life. Those adolescents who have more addiction to online games may show less interpersonal relationships in real life with friends. They are more connected online than in real life.

Along with all the negative aspects of using social networking sites, few studies have mentioned the positive consequences as well. A study on the intensity of Facebook use by college students revealed that students with low self-esteem benefited with the social networking sites use than those with high self-esteem (Steinfeld et al., 2008). In a meta-analysis study, Domahidi (2018) presented a small but significant positive relationship between online media use and perceived social resources. The study represented data from 35,500 individuals from 63 studies. Those with poor social connections in real life may also feel low levels of loneliness while posting status updates to Facebook (Deters & Mehl, 2013). Hence, showing positive relations of social networking sites use on psychological well-being.

Lin et al. (2016) studied the relationship between social media use and depression because of the increased SMU and mental health concerns among the U.S. young adults. They surveyed 1787 adults within the age range of 19-32 years and found out that there was a significant positive

correlation between SMU and depression. Depression could also be the predictor of social media addiction, i.e. those suffering from depression tend to engage in social media more (Haand & Shuwang, 2020)

A study by Pettijohn II et al. (2012) on 200 U.S college students discovered the relationship between friendship contingent self-esteem, facebook use and personality traits. A significant positive correlation between Facebook use and friendship contingent self-esteem was reported though there wasn't any significant relation between Facebook use and personality.

Fear of Missing Out

Clayton et al. (2013) investigated the predictors of Facebook use where they surveyed 229 respondents in a public university and found out that those who are anxious and are the abusers of alcohol and marijuana show emotional attachment to Facebook. While loneliness and anxiousness significantly predicted individuals' connections with other people using Facebook. Studies showed evidence for the link between consumption of drugs and FOMO. Simons et al. (2005) concluded associations with negative alcohol related consequences. Similarly, social networking sites use make people follow what others are doing in order to fit in. Adolescents with FOMO try to mimic their peers on social networking sites by indulging in the consumption of alcohol and drugs (Martens et al., 2008).

Social Networking Sites use seems to be helpful for those who have social anxiety issues and hence their belongingness needs are not being met in physical interactions (Huang & Hsieh, 2014). Studies done on Facebook users showed evidence of depressive symptoms in the users because of comparing themselves highly with others online (Steers et al., 2014). The

notifications and alert messages can distract the person in between their tasks and can have some adverse effects on the quality of their task and other daily activities, impacting their psychological health as well (Elhai et al., 2019).

A research conducted among 250 college students to assess the association between FOMO, alcohol use and negative alcohol related consequences by Riordan et al. (2015) found out that FOMO and alcohol related consequences were positively associated i.e. higher FOMO leads to more negative alcohol related outcomes. FOMO was also positively related with intake of higher quantity of alcoholic drinks. Since social networking sites users are more exposed to social events, they may show greater tendency to conform to the group norms to consume alcohol which is thus linked to heavy drinking in college (LaBrie et al., 2015). It has been seen that though instant connections are available on social networking sites, people still feel more disconnected and lonelier than before after engaging in social media (Hogan, 2018). Shoval et al. (2020) researched on 40 college students of Israel and night time smartphone use was measured through objective and subjective ways. They found out a significant negative correlation among FOMO, sleep quality and psychological well-being which means repeated checking of cell phones during night leads to lower sleep quality and psychological well-being.

Gosain and Yadav (2020) did a comparative study on adolescents and young adults to gain an understanding of their pattern of social media use and experiencing FOMO. The study was done on 100 students where 50 were males and 50 were females. The findings revealed that there was significant difference between both the groups. Young adults seem to be mature enough to use social media within limits while considering the pros and cons of the social networking sites.

Hosgor et al. (2017) did a research where it was concluded that there is no significant difference between the genders in the level of FOMO. It has been seen that people with low level of

satisfaction with life are more exposed to experiencing FOMO (Przybylski et al., 2013). Kersebaum (2020) conducted a study on 109 participants to test the links between Instagram use, life satisfaction and FOMO. The author hypothesized that Instagram use and satisfaction with life would be negatively related and positively related with FOMO. The research revealed no significant relations between the hypotheses he made but an indirect link of Instagram on life satisfaction was visible. Along with this, a negative correlation was seen between FOMO and life satisfaction.

Stead and Bibby (2017) carried out a research to know how personality, internet use and FOMO impacts subjective well-being. 495 participants were selected within the age group of 18-35 years where majority of them were females. It was concluded that age and sex were not the predictors of well-being but personality dimensions such as agreeableness, extraversion, emotional stability and conscientiousness were positively associated with subjective well-being. On the other hand, FOMO and problematic internet use were negatively related to subjective well-being but not with physical well-being.

Gezgin et al. (2018) carried out a research to check the relationship between Nomophobia and Fear of Missing Out. Nomophobia is the fear of not being able to use their mobile phones. A correlational study was done among 538 Turkish university students and a positive moderate level of link between Nomophobia and FOMO levels was found.

There are several causes stated by various researchers for this phenomenon. One of the neurological explanation, as given by Luna (2014), asserts a vital need of any individual to belong to the society. FOMO is not a modern concept rather it is an old fear but has gained importance with the advent of social media. Television, radio, newspaper, social networking sites and internet all provide the opportunity to the people to feel connected to the society. Whenever

person fear exclusion, their amygdala gets activated whose function is to detect any threat in the environment. Hence, whenever we experience exclusion, our amygdala responds. Those individuals with sensitive amygdala may react even more to exclusion and as a result experience FOMO.

Another reason for experiencing FOMO could be high sense of competition such as buying expensive and popular goods (Tanhan et al., 2022). People who have low positive feelings about themselves and their lives, tend to feel more unhappier. They experience FOMO and their mental health is badly impacted (Barker, 2016). Tarhan (2021) stated that some people possess a gene for seeking novelty. Those with this gene are at a higher risk for developing Fear of Missing Out.

A study by Modzelewski (2020), conducted on 500 internet users of Poland to check the levels of FOMO showed that 17.6% of the people have high levels of FOMO. This was especially among those who were below the age group of 35, that means youngsters are more prone to experience FOMO than the elder generation. This study also point out the gender differences that females were more affected by the FOMO.

Barry and Wong (2020) explored if FOMO is an individual phenomenon or a generational phenomenon, and they found out that FOMO is primarily due to the low self-compassion within the individuals and that it cannot be enhanced as per the increase in age. So, FOMO is totally an individual phenomenon. Along with this, more usage of social media leads to more social comparisons which directly impacts their level of self-esteem (Vogel et al., 2014).

Self Esteem

Cheung et al. (2015) investigated on 405 undergraduates in China to see if emotional intelligence determines self-esteem and concluded that emotional intelligence does play a crucial role in shaping self-esteem among young adults. Gender differences in emotional intelligence are clear that females are emotionally warm than males but no gender difference was seen in self-esteem (Bibi et al., 2016). In a study by Hasanvand and Khaledian (2012) on Iranian students, it was concluded that realism has a major role in predicting self-esteem. Realism refers to the ability to accept the situation as it is and hence, when one is able to acknowledge the situation one tends to work towards making it better and this leads to enhancement of their self-esteem.

High self-esteem seems to have a positive effect on the person's happiness (Doagn et al., 2013). Battle (1978), on a sample of 129 college going males and females, studied the relationship between self-esteem and depression and found that both the variables are negatively correlated to each other. People with lower self-esteem tend to be more depressed. Similar findings are given by Coopersmith (1967) that feelings of distress, psychosomatic symptoms and self-hatred are linked to low levels of self-esteem. Smith and Betz (2002) examined 405 college students on self-efficacy, self-esteem and depression. They concluded that self-efficacy and self-esteem do affect depression; along with this, they showed the mediating role of career indecision and shyness among the variables. But as per them, the major predictor of depression was the level of self-esteem. Hence, self-esteem could be a predictor for depression but depression could not cause low self-esteem (Orth et al., 2008).

In order to study the relationship between self-esteem and well-being, a research was conducted on 134 males and 138 females chosen through convenient sampling. The association among self-esteem, self-compassion and well-being came out to be significant. The regression analysis

reflected that self-esteem and self-compassion are positive and significant predictors of both hedonic and eudaimonic well-being (Pandey et al., 2021).

The effect of personality has also been seen on the levels of self-esteem in various researches. Usually the traits of extraversion, conscientiousness, openness, and emotional stability are correlated with high self-esteem. Along with all these dimensions of personality, total amount of social support also predicts self-esteem (Teoh, 2010). Besides, neuroticism and introversion are directly associated with lower self-esteem (Garaigordobil & Bernaras, 2009).

Self-esteem plays a crucial role in insulating the person against social exclusion (Leary et al., 1995). Those individuals with high level of self-esteem are better able to cope with the stressors of life (Orth & Robbins, 2014). Arslan (2019) conducted a research on 1172 adolescents of Turkey and results showed a significant negative association between social exclusion and self-esteem, life satisfaction and resilience. Thus, disapproval from the society negatively impacts a person's levels of self-worth.

Social Media and Self Esteem

Wilcox and Stephen (2013), in their research showed a direct impact of social media use on self-esteem. According to them, social media inflates the self-esteem of the person and further leads to decrease in self-control, high body mass index and greater levels of credit card debt for those users who are strongly connected to the social network. It is suggested that, self-esteem and well-being could also be enhanced by the increased use of social media (Gonzales & Hancock, 2011). While some researches are in the favour of the positive impact social media creates on self-esteem, other researches have found just the opposite.

Acar et al. (2022) did a study on 221 adolescents to find out the links between emotional problems, social media addiction and self-esteem. They found out that low levels of self-esteem are the direct result of emotional problems and social media addiction. Since the relationship between the two variables is still unclear in their research, Cingel et al. (2022) concluded that the relationship between social media and self-esteem is totally person-specific i.e. it depends upon individual differences and the time they devote to social media which could determine their high or low self-esteem.

In a study by Soomro and Ahmad (2017), it was claimed that social media has strong implications on self-esteem of an individual. The upward and downward comparisons they make on social media negatively impacts their self-esteem and hence, parents and teachers should properly educate their kids about self-recognition, self-confidence and self-esteem.

Peng et al. (2019) did a study on 2758 Chinese adolescents to explore relationship between social disconnectedness, emotional intelligence, self-esteem and internet addiction. It was found out that emotional intelligence moderated the relationship between the other three variables. Social disconnectedness was negatively associated with self-esteem and positively associated with the internet addiction among adolescents with higher level of emotional intelligence. When individuals feel dejected and a lack of belongingness, then their self-esteem reduces and hence they engage in problematic behaviours such as substance abuse and exhibit eating disorders (Leary et al., 1995). Erikson and Erikson (1998) also state that development of the self-esteem is pivotal during adolescence. When the school environment is negative, it may lead to the formation of a negative self-perception about themselves in the young children and further lead to increase in problematic behaviors (Park et al., 2014). Social connectedness and better peer

relationships are linked to less depression and social dysfunctions along with high level of self-esteem (Sarkova et al., 2014).

Amiri and Taghinejad (2022) conducted a research on 378 university students to study the relationship between self-esteem, neuroticism personality dimension and nomophobia and concluded that self-esteem is a negative predictor of nomophobia while neuroticism is positively related to students' nomophobia.

Fear of Missing Out and Social media

Roberts and David (2020) conducted a research assessing the connections between social media intensity, social connections and FOMO. In a study on 107 college students, it was concluded that there is a significantly positive association between FOMO and social media intensity but the results were negatively significant for FOMO and social connections. The mediation tests revealed that FOMO has positive indirect impact on social connections, thus leads to formation of good social connections. Another study conducted by them on 458 college students revealed that FOMO has both positive and negative impact on subjective well-being depending upon, if it fosters social connections.

Aygul and Akbay (2019) studied 296 high school students to see the impact of smartphone addiction, FOMO and perceived competence as a predictor of social media addiction. The results showed a significant positive relationship among the variables and they concluded that social media and smartphone addiction would reduce when the smartphone addiction and fear of missing out would decrease and this can be achieved by directly improving the perceived academic competence.

Hamutoglu (2020) investigated 845 students selected through stratified sampling method and showed that social media usage has a significant positive association with social media addiction and in return, social media addiction further causes FOMO in people. Though, social media usage has no impact on FOMO. Along with this agreeableness personality dimension has a significant impact on FOMO while there is no such evidence found out for other personality traits. The positive association among FOMO, social media addiction and online vulnerability is shown in a study conducted on 306 Italian university students. This study showed that FOMO is the predictor of social media addiction and not the other way round (Varchetta et al., 2020). FOMO is seen as an outcome of lack of self-control which further escalates the social media addiction and ultimately predicts higher distress (Koc et al., 2023). Sensitivity to stress is sometimes viewed as mediating the relationship between FOMO and social media addiction. When people experience neglect from online peers, they undergo stress and higher feelings of fear of missing out, which subsequently trigger social media addiction along with negative emotional well-being (Fabris et al., 2020)

Fear of Missing Out, Self Esteem and Social Networking Sites

A study by Buglass et al. (2017) on Motivators of Online Vulnerability found out that FOMO and Social networking usage has been linked to each other. Along with this, the relationship between increased social media use and low self-esteem has been mediated by FOMO. The research states that low level of self-esteem motivates the vicious cycle of FOMO and social networking sites use.

Uram and Skalski (2020) conducted a study on 309 individuals of Poland ranging between 18-70 years of age to analyse the relationship between satisfaction with life, self-esteem, loneliness, FOMO and Facebook addiction. Their inferred that low level of satisfaction with life means higher loneliness experienced by people along with low level of self-esteem which further increases FOMO and ultimately Facebook addiction. The study also revealed that people with high social media addiction and FOMO possess lower levels of self-esteem. Fardouly et al. (2015) also concluded in a study, that those people who engage in social comparisons have lower levels of self-esteem.

A research was conducted by Salim et al. (2017) on 326 Instagram users of Indonesia to find how friendship contingent self-esteem and FOMO impacts self-presentation on social networking sites. The findings concluded that friendship contingent self-esteem was significantly related to FOMO but did not affect self-presentation. Although, FOMO was found out to be a predictor of self-presentation on social networking sites. Therefore, the more FOMO the person experiences, the more engaged they would be on social media, including self-presentation.

Recently a study by Yong and Wijaya (2023) on 264 Instagram users of Indonesia in the age range of 18-24 years is conducted to see the association between self-esteem and FOMO. They also found out a significantly negative association between self-esteem and fear of missing out.

The on-going review of literature can direct the researcher to pick up the research gaps and frame the objectives of the study.

CHAPTER 3

OVERVIEW, AIMS, OBJECTIVES AND HYPOTHESES

Overview

- Every other day there is one or the other social networking app being launched in the market. The craze of the youth to stay updated with the social world has tremendously increased. There is a constant need of an individual to connect with the people on emotional levels. The overuse of social networking sites has proved to gratify their social needs and hence they have become problematic and addictive users of social media.
- Fear of Missing Out is an emotional state and an anxiety felt by people when they have an apprehension that others are having more enriching experiences than them. The yearning to stay informed about every new thing coming in the virtual world has become the reason for this phenomenon.
- The word 'Esteem' is derived from Latin which means 'to value, appraise or estimate'. Failure in a task or rejection of the ideas don't bother people with high self-esteem much and they even accept the decisions whole heartedly.
- Nowadays, what people indirectly seek from others is praise and validation. Also, the social comparisons they do on social networking sites makes them feel inferior leading to low self-esteem. The concept of 'friendship contingent self-esteem' also shows that the self-esteem of the person is based on what others point of view is.
- According to Brandtzaeg and Heim (2009), social networks allow users to create profiles, get in contact with new people, maintain existing relationships, post photos, videos, share

details about their own experiences, send private messages, express emotions, plan social events, meet new people and follow the lives of other users (e.g., Instagram, Snapchat, WhatsApp, Facebook etc.). Major motivation behind social media use is explained by uses and gratification theory which includes keeping contact with people, receiving social support, and interacting with people. All these could contribute to social media addiction. On the contrary, Eroglu (2015) states that people with high avoidance attachment type may tend to reduce their social media usage in order to avoid closeness and social interactions.

- According to Przybylski et al. (2013) Fear of Missing Out (FOMO) is “a pervasive apprehension that others might be having a rewarding experience from which one is absent”. Every individual’s action is directed towards making the rational decision after doing all the cost and benefit analysis which eventually has some utility for them. Sometimes people are perplexed about the choices they make. There is always some kind of doubt in their minds about what if the other option is more appropriate for them (Scott, 2000). A research in this context revealed that those who are extrinsically motivated tend to use more social media than self-motivated people (Alt’s, 2015). People have basic psychological needs and when these are not satisfied they tend to use social media more, ultimately experiencing FOMO.
- According to Rosenberg (1965), self-esteem has been defined as a positive or negative attitude towards the self. Self-esteem needs: it comprises of the need for self-respect, self-worth, confidence. High level of self-esteem is essential in life to achieve task and take risks in life in order to be successful. Low self-esteem could lead to low confidence in oneself and hence could make it difficult to succeed. As per self-determination theory, when the basic psychological needs of autonomy, competence and relatedness are met

then they experience high self-esteem. Environment factors do play an important role in satisfying these basic needs by providing support and hope.

- The social networking sites use becomes problematic when it is used in order to get rid of loneliness, stress and depression. A study conducted by Azizi et al. (2019) on 360 Iranian Medical science students found out that there exist a negative significant relation between the academic performance and social media use. Since FOMO is positively related to social networking sites use, the constant checking of notifications leads to distraction from the work and hence disrupts the flow and task performance (Stothart et al., 2015). Ndubuaku et al. (2020) conducted a study on University students in Nigeria where they saw the effect of social networking technology addiction on academic performance and revealed the high level of addiction among the students. SOCIAL NETWORKING SITES addiction has a negative impact on students' academic performance, social and physical well-being.
- Clayton et al. (2013) investigated the predictors of Facebook use where they surveyed 229 respondents in a public university and found out that those who are anxious and are the abusers of alcohol and marijuana show emotional attachment to Facebook. Studies showed evidence for the link between consumption of drugs and FOMO. Since social networking sites users are more exposed to social events, they may show greater tendency to conform to the group norms to consume alcohol which is thus linked to heavy drinking in college (LaBrie et al., 2015). Studies done on Facebook users showed evidence of depressive symptoms in the users because of comparing themselves highly with others online (Steers et al., 2014).

- Cheung et al. (2015) researched on 405 undergraduates in China to see if emotional intelligence determines self-esteem and concluded that emotional intelligence do plays a crucial role in shaping self-esteem among young adults. High self-esteem seems to have a positive effect on the person's happiness (Doagn et al., 2013). Battle (1978), in a study on the sample of 129 college going males and females studied the relationship between self-esteem and depression and found that both the variables are negatively correlated to each other. Hence, people with lower self-esteem tend to be more depressed. Findings by Coopersmith (1967) showed that feelings of distress, psychosomatic symptoms and self-hatred are linked to the low level of self-esteem.

Research Gaps

Research gaps in this area are highlighted by the review of literature. There haven't been many studies conducted on Social Networking Addiction, FOMO, and self-esteem together. The variables of FOMO and self-esteem have been less explored in the Indian context. There have been very few studies conducted among the group of young adults in respect to Social Networking Addiction, FOMO and Self-esteem as most studies are focused on adolescents.

Keeping the above in mind, the primary goal of this investigation is to study Social Networking Addiction, FOMO and Self Esteem among young adults. The present research is done to address this gap.

Aim

The present study aims to study social networking addiction, FOMO and self-esteem among young adults.

Need of study

As we all know that social media is one of the most used platforms nowadays among young adults, be it positive or negative but it has created a major impact on the lives of everybody around us. In the earlier days, people used to go on for the morning walks or do some yoga and meditation but now the one thing that youngsters do after waking up is to check their mobile phones and open these apps to keep track of what others are doing and what new updates have been posted. The incessant touch with the people around us significantly impacts mental health and other areas of functioning. The direct impact of social media addiction is seen on the fear of missing out among young adults.

Adulthood is the time when we focus on finding the best career pathways and the group of people with whom we are comfortable with. In these years, there is the curiosity to keep oneself updated of everything that's happening around the world. In the process, they lose track of when they become addicted to these applications. All of these together impact various aspects of one's world which can't even be thought of.

Thus, this present research is conducted in order to analyse the intensity of social networking addiction, fear of missing out and self-esteem among young adults who are more prone to experience these things in their daily life. This research was conducted after reflecting on the consequences social media is creating in peoples' life, the way others' posts and status impact their mood and self-esteem is the thing which demands attention and more research in the area. Thus, the study will benefit everyone who are social media users or don't use it at all to know how this new trend is influencing our life in one way or the other.

With the inclusion of Internet addiction and Selfitis in DSM-5 there is a clear recognition of the alarming ill-effects that internet usage is posing to us all. Empirical evidence to highlight

the deleterious effects of excessive Internet usage can inform community at large about the dire need to budget internet usage so that it's ill-effects can be mitigated. This research will also provide ways through which we can control how social media controls us.

Research Objectives

- This research aims to assess the relationship between social networking addiction and FOMO.
- This research aims to assess the relationship between social networking addiction and self-esteem.
- This research aims to assess the relationship between FOMO and Self Esteem.

Research Questions

- Is there a relationship between Social Networking Addiction (salience, tolerance, mood modification, withdrawal, conflict and relapse) and fear of missing out (FOMO)?
- Is there a relationship between Social Networking Addiction (salience, tolerance, mood modification, withdrawal, conflict and relapse) and Self Esteem?
- Is there a relationship between Fear of Missing out and Self Esteem?

Hypotheses

- Social Networking Addiction and its sub-dimensions (salience, tolerance, mood modification, withdrawal, conflict and relapse) are expected to have significantly positive correlation with Fear of Missing Out (FOMO).

- Social Networking Addiction and its sub-dimensions (salience, tolerance, mood modification, withdrawal, conflict and relapse) are expected to have significantly negative correlation with self-esteem.
- Fear of Missing Out is expected to have significantly negative correlation with self-esteem.

CHAPTER 4

METHODOLOGY

This chapter clarifies the research methodology to answer the hypothesis to acquire systematic information. The aim of the present study was to identify the correlates of Social Networking Addiction, FOMO and Self-Esteem. For this purpose, 60 young adults in the age range of 18-25 years were selected for the study.

Research Design

For the present research, quantitative approach was used. Researchers use the quantitative research method when the purpose of the research is to obtain primary data, that is, data gathered and assembled particularly for the study, in contrast to secondary data. The present investigation follows the quantitative research design intended to examine the correlation among the variables used in the study.

Sample

A total sample of 60 people in the age range of 18- 25 years were selected. The sample was collected majorly from Chandigarh and Punjab through Google forms.

Inclusion Criteria

- Only respondents who gave the consent were included in the study.
- Only young adults who fall under the age range of 18-25 years were included in the study.
- Only those who use social networking sites are included in the research.

Exclusion Criteria

- Those residing in the rural area were not selected in the study.

- Those exhibiting any physical deformity were excluded.
- Those suffering from any other chronic illness were excluded.
- Illiterate or those having studied less than 11th standard were not included in the sample.
- Respondents who are not on any social networking sites were excluded.

Ethical Considerations

The following ethical guidelines were put into place for the research period.

- Confidentiality of the responses and identity was assured.
- Participants were briefed about the purpose of the study.
- Informed consent was obtained.
- The dignity and well-being of the respondents was protected all the time.

Tests and Tools

The following standardized tests and tools were used:

- Social Networking Addiction Scale (SNAS) (Shahnawaz & Rehman, 2020)
- Fear of Missing Out Scale (FOMOS) (Przybylski et al., 2013)
- Rosenberg Self Esteem Scale (Rosenberg, 1965)

All the tests used were standardized and had established reliability and validity. The scales administered were available in English. A semi-structured interview schedule was also administered to the participants to seek detailed information about their critical social and demographic aspects such as age, gender, city, educational qualification and if they have any physical or mental ailment.

Brief Description of the Tests and Tools Used

The following standardized tests and tools were used:

Social Networking Addiction Scale (SNAS): The questionnaire was developed by Shahnawaz & Rehman (2020). The scale has 21 items, and it has 6 subscales measuring Salience, Mood modification, Tolerance, Withdrawal, Conflict and Relapse.

Griffiths (2005) has described the six dimensions in following ways:

- *Salience:* it refers to when social media activity becomes the most important thing and dominates the person's thoughts, feelings and behaviour all the time. Even if they are not actively engaged in social networking sites, they would still be thinking about the same.
- *Mood Modification:* It refers to the change in the mood people experience after engaging in social networking sites. Use of social networking sites might change their mood from bad to good or good to bad.
- *Tolerance:* According to Griffiths (2005), it refers to "the process whereby increasing amounts of the particular activity (the usage of social networking sites) are required to achieve the former effects.
- *Withdrawal:* It refers to the unpleasant physical and psychological feelings that the person experience on discontinued use of social media addiction may be due to died battery or bad network etc.
- *Conflict:* Person with social media addiction could indulge in a conflict with the people around them (interpersonal conflict) or with oneself (intrapsychic conflict). Hence, social networking addiction could cause conflict in real life situations.
- *Relapse:* It refers going back to using social networking sites even after attempts of controlling its use.

The responses are given on a 7-point likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree). The scores are summed up for all the items to obtain a total score. The score ranges from 21 to 147. Any score above a total score of 84 signifies addiction. This scale includes items such as (I check for updates on social networking sites while studying/working; social networking helps me lift my mood; I try to hide the time on social networking). The scale has good psychometric properties. The test-retest reliability was found to be .88 in a time span of 25 days. The convergent and divergent validity of the SNAS situated nicely between problematic internet and Facebook addictions as it shared 53% of the variance with the former and 25% with the later.

Following instructions were given for Social Networking Addiction Scale (SNAS):

“Please indicate how much you agree or disagree with the following statements. There are a total of 7 options. You must choose any one option which fits you the best. The responses will be kept confidential. It is important that you try as honestly as possible.”

Fear of Missing Out Scale (FOMOS): The questionnaire was developed by Przybylski et al. (2013). It is a 10-item unidimensional scale. The responses are given on a 5-point Likert scale ranging from 1 (not at all true of me) to 5 (extremely true of me). There is no reverse scoring, and the scores are summed up for all the items to obtain a total score. The total scores range between 10 to 50. Higher scores on this scale indicate a higher level of fear of missing out. This scale includes items such as (I fear others have more rewarding experiences than me; I get anxious when I don't know what my friends are up to). The scale has good psychometric properties. The scale has high internal consistency of .82 (Przybylski et al., 2013). In terms of face validity, the measure features items including anxiety from being left out of 'inside jokes or

social events', which seems to encapsulate the construct well. Przybylski and colleagues (2013) measure the convergent validity through a positive correlation with social media engagement ($r=.40$) and discriminant validity was demonstrated through a negative association with La Guardia et al. (2000) psychological need satisfaction scale ($r= -.29$).

The following instructions were given for the Fear of Missing Out (FOMO) scale:

"Below is a collection of statements about your everyday experience. Using the scale provided please indicate how true each statement is of general experiences. Please answer according to what really reflects your experiences rather than what you think your experiences should be. Please treat each item separately from every other item."

Rosenberg Self-Esteem Scale: The questionnaire was developed by Rosenberg (1965). This scale is used to measure the self-esteem of the person. It has a total of 10 items with a 4-point Likert scale ranging from 1 (strongly agree) to 4 (strongly disagree). Some of the items are reverse scored and then the scores on each item are added to find the total score. The scale includes items such as (Overall, I am satisfied with myself; at times I think I am no good at all; I feel that I have a number of good qualities). This scale has good psychometric properties. The scale has good predictive validity, as well as internal consistency and test-retest reliability. Test - retest reliability over a period of two weeks reveals correlation of .85 and .88, indicating excellent stability. The RSES demonstrates a Guttman scale Coefficient of reproducibility of .92, indicating excellent internal consistency.

The following instructions were given for the Rosenberg Self-Esteem Scale:

"Below is the list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement. There are 4 response options."

The responses will be kept confidential. It is important that you try to answer as honestly as possible.”

Procedure

Keeping in view the objectives and ethical considerations, following procedures were executed by the researcher:

To investigate the relationship between Social Networking Addiction, Fear of Missing Out (FOMO) and Self-Esteem on young adults, the research was initiated. Literature review was collected, and the various researches were studied. The tools for data collection for all the variables were gathered. Next, the hypotheses were formulated, and the expected outcomes were identified. The sample of young adults i.e., 18-25 years old youngsters were identified and approached for data collection.

The purpose of the present study was explained in brief to all the participants and their doubts related to the questionnaire were cleared. The participants were both males and females. The participants were requested to respond as honestly as possible according to the instructions. They were assured that the information and the results would be kept strictly confidential and used for research purposes only. Upon giving the instructions to the participants, data was collected. Prior to completing the questionnaires, participants were informed of their option to participate or not, as participation was voluntary. Informed consent was obtained from the study participants before the data collection process.

The data was collected via online Google forms. The elements formed part of the data collection process a) Informed consent; b) Demographic Information; c) Social Networking Addiction Scale; d) Fear of Missing Out Scale (FOMOs); e) Rosenberg Self-Esteem Scale. Participants

were required to read and give their consent before they move forward to answer the survey questionnaires. The informed consent described the study, including the purpose of the study, voluntary nature of participation, confidentiality and anonymity and the right of participants to opt-out of the study at any time without penalty. The demographic information contained information regarding their name, gender, educational qualification, city and if they suffer from any physical or mental ailment. The survey questionnaires make up the remaining elements of the data. Once the desired responses were gathered, participants were thanked for their valuable response and time.

Scoring for all the given tests were done as per the scoring instructions given in the manual. The raw scores were tabulated and compiled in excel sheets for each variable and each participant. For the analysis of raw scores, the help of SPSS was taken. Prior to the scoring and calculation, data were checked for entry errors using frequency analysis and ensured that all discrepancies were removed. Keeping in view the objectives of the study, statistical analysis was conducted to compute Means, Standard Deviations and Intercorrelations. Once the results were tabulated, the interpretation and the analysis of the results were done. Further, the limitations of the study, implications of the study and recommendations for the upcoming future in the field were written and evaluated.

Scoring and Statistical Analysis

Scoring for all the given tests was done as per the scoring instructions as given in the manual. The raw scores were tabulated and subjected to various statistical analysis by using Statistical Product and Service Solutions (SPSS) Package. Keeping in view the objectives of the study,

statistical analysis was conducted. Means, Standard Deviations and Intercorrelation was carried out. Correlational Analysis was carried out to test the relationship between the two variables.

CHAPTER 5

RESULT

Table 1:*N, Mean and Standard Deviation*

	Salience	Mood	Tolerance	Withdrawal	Conflict	Relapse	Social Networking Addiction	Self esteem	FOMO
N	60	60	60	60	60	60	60	60	60
Mean	19.0	13.0	11.8	12.7	8.82	15.0	80.3	26.7	26.9
Standard deviation	5.11	4.91	5.78	6.63	4.50	6.90	26.0	6.36	7.46

Table 2:*Correlation of all variables*

	Salience	Mood	Tolerance	Withdrawal	Conflict	Relapse	Social Networking Addiction	Self Esteem	FOMO
Salience	—								
Mood	0.468 ***	—							
Tolerance	0.673 ***	0.543 ***	—						
Withdrawal	0.518 ***	0.435 ***	0.431 ***	—					
Conflict	0.451 ***	0.234	0.394 **	0.515 ***	—				
Relapse	0.689 ***	0.330 *	0.641 ***	0.579 ***	0.549 ***	—			
Social Networking Addiction	0.827 ***	0.640 ***	0.805 ***	0.777 ***	0.670 ***	0.847 ***	—		
Self Esteem	-0.122	-0.075	-0.180	-0.041	-0.340 **	-0.172	-0.193	—	
FOMO	0.382 **	0.195	0.438 ***	0.203	0.324 *	0.313 *	0.400 **	-0.237	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

CHAPTER 6

DISCUSSION AND IMPLICATIONS

The present study was aimed to assess the relationship between the social networking addiction, FOMO and self-esteem. In the last few years, overuse of phone and internet has led to increase in chronic mental and physical states that negatively impact a person in multiple ways. As one's internet usage increases, there is a proportional increase in fear of missing out and low self-esteem.

The results depicted in Table 2 show that there is significant positive correlation between social media addiction and fear of missing out ($r=.400$, $p<.01$). With this the first hypothesis has been verified that social networking addiction is expected to be positively associated with fear of missing out (FoMO). The present results are consistent with findings of Suwandi et al. (2022) that deals with FOMO and Instagram addiction among adolescents. The study shows a significant positive relationship between the two variables. That means, high level of FOMO is linked with high levels of social media addiction.

Similarly, in another research by Younas et al. (2022) conducted on 150 young adults of Pakistan ranging between 20-35 years to assess the links between social media addiction, phubbing and FOMO. Phubbing could be understood in terms of a behaviour which seems to be problematic where the person is totally engrossed in paying attention to one's phone while completely ignoring their companions. The results revealed a positive significant correlation among the variables. It was also seen that FOMO and phubbing are partially mediated by social media addiction.

Handa and Ahuja (2020) studied 240 smartphone users to identify the consequences of addictive smartphone usage amongst young Indian adults. The research revealed that they used WhatsApp and other social networking sites the most on their smartphones. Along with this, the problematic smartphone usage behaviour was predicted by fear of missing out and results in poor quality of sleep. Some studies also confirmed that FOMO is linked with the younger age (Blackwell et al., 2017; Elhai et al., 2018).

The results in Table 2 also reveals that there is a significant negative correlation between self-esteem and conflict which is one sub dimension of social networking addiction ($r=-0.340$, $p<.01$). Those with low levels of self-esteem are prone to face conflicting situations. A low level of self-esteem implies the inability to handle relationships effectively and they might engage in self-critical behaviour as well. There is significant positive correlation between FOMO and salience ($r=.382$, $p<.01$). This clearly suggests that people high on FOMO are constantly engaged in thoughts regarding social media sites even if they are not active on it at that moment. As we can see in the table that there is a significant positive correlation seen between FOMO and tolerance as well where ($r=.438$, $p<.001$). Since, there is a constant urge in the individual to tap on what others are doing, they spend more and more time on social media to get the same desirable effects. The relationship between FOMO and conflict, FOMO and relapse also came out to be positively significant ($r=.324$, $p<.05$) and ($r=.313$, $p<.05$) respectively. Because people with FOMO are highly active on social networking sites, they may indulge in conflict with the people around them and sometimes with themselves as well. Not listening to what others are saying and consistently staring at phones could be frustrating for others which might hamper the interpersonal relationships. Even if they try to take a break from social media they

return back to these platforms real quick due to their high levels of FOMO, thus showing a positive relationship between FOMO and relapse.

However, no significant correlation was found between social networking addiction and self-esteem. Hence, the second hypothesis has been rejected which states that social networking addiction is expected to have a significantly negative correlation with self-esteem. The pattern of this result is inconsistent with the previous literature on assessing the relationship between self-esteem and problematic use of Facebook which was done on 313 students of Islamabad. The research findings revealed that Facebook usage was lesser among students with high to moderate self-esteem and higher among those with low self-esteem. They even faced sleeping disorders due to high usage at the night time (Abrar-ul-Hassan & Safdar, 2022). A study was conducted to assess the relationship between social media addiction, self-esteem and life satisfaction after witnessing a drastic shift in the social media users. The research also reported a negative correlation between social media use and an individual's self-esteem and a significant positive relation between social media use and life-satisfaction (Hawi & Samaha, 2017).

Similarly, a research was conducted to see social media Instagram addiction and self-esteem in high school students of Jakarta where the sample size was 87 students. The hypothesis was accepted that social media Instagram addiction was significantly negatively correlated with low self-esteem (Ardiana & Tumanggor, 2020). One study which was a bit consistent with the present findings was of Ma(2022) whose purpose was to explore if different online activities has some association with self-esteem and no significant relationship was found between both the variables($p>.05$).

The other variables which were found out to be non-significant were FOMO and self-esteem. Thus, the third hypothesis has also been rejected that FOMO is expected to be negatively correlated with self-esteem. There are various findings contradicting the findings of current research. In one study by Mandas and Silfiyah (2022) on assessing the correlation between social self-esteem and FOMO towards the social media user of generation Z found out that lower the social self-esteem, higher is their tendency to feel FOMO. This research study also emphasizes on the Gen Z characteristics which make them more vulnerable to experiencing FOMO.

A documentary research and semi-structured interview was conducted on clinical and non-clinical samples by Moghadas and Ghasemipour (2021). The findings revealed that FOMO may be escalated when social comparisons are made on social networking sites and hence, low level of self-esteem and personality disorders impact the Instagram usage which further impacts people to feel FOMO. Gupta, Prasad and Singh (2022) conducted a research on 120 young adults in Delhi NCR to assess the relationship between social media addiction, self-esteem and FOMO, findings revealed a positive significant relationship between social media addiction and FOMO and significantly negative relationship between self-esteem and FOMO along with self-esteem and social media addiction.

While human beings are considered the most evolved species and have innovated many advancement, there is a grave concern in humans turning into slaves of technology, especially the social media usage. The present study highlights how the indiscriminate use of internet and social media impacts our motivation and self-evaluation.

IMPLICATIONS

The technology driven world had impacted the lives of young adults the most. The urge to stay active and being connected to their friends and family members all the time had taken a toll on their psychological well-being. The anxiety created by the activities in social situations made them not to miss out on anything. Teens and young adults were more impacted by FOMO. FOMO was the feeling that others were having more stimulating and rewarding experiences than them. There was a need to constantly check on what's going on in others' lives which created tension in their mind and hence, people experienced an increased activation time on social media. The increased social media usage and constantly checking on others life events accordingly impacted people's self-esteem.

The present research aimed to study the relationship of Social Networking Addiction, FOMO and Self Esteem among young adults. Standardized tools were used to measure Social Networking Addiction, FOMO and Self-Esteem. A total sample of 60 in the age 18-25 years were collected. The results found out that there was significant positive correlation between social networking addiction and fear of missing out among young adults. There was also a significant positive correlation between self-esteem and conflict (sub-dimension of social networking addiction scale). However, there was no significant correlation between self-esteem with FOMO and self-esteem with social media addiction. As the results clearly showed that social media use and FOMO were highly correlated, so it is expected that when FOMO was reduced then social media use would be automatically reduced.

To lessen the intensity of people experiencing FOMO, direct work should be done on the causes of FOMO. One way was enhancing the perceived social support of the person. Perceived social support was directly linked to lowering the stressful life events and a hope and courage that

everything would be fine. The other way was to develop a sense of gratitude for all the minor things they possessed in their life. This gave them a sense of comfort that they were better than many and that everybody had different life experiences. The lesser they make social comparisons, the more satisfied they would be with their own life. Thus reducing FOMO and impacting their social media usage. As 'Rome was not built in a day', so it's not possible to detach oneself from using social media all at once. Perseverance was all it takes to achieve something successfully!

Nothing in this world is difficult to achieve, the problem is just of determination and will power. For every problem either minor or major, the solutions are always in front of the eyes but people are just not able to implement it in their lives. Elder people always guide the younger ones to not place the mobile phones near them while sleeping, stay away from phones while waking up in the morning for half an hour at least, keeping the phones aside and savour the food properly and many more. These are the basic behaviours which we can inculcate in our daily lives to help ourselves in curtailing the use of social media.

Whenever we pick up the cell phones, we usually do so to check if someone has texted us or indulge in gossips or to check on what's interesting going on in the world. The first thing we can do is to turn off the notifications of all the social media apps which distracts us. Turning the notifications off and silencing the message tone would help a lot in concentrating on the task at hand. Almost everyone has heard the phrase, "Out of sight is out of Mind." Hiding the apps and using passcodes which makes the apps difficult to open again and again will also make the app unapproachable. Some social media apps and phones have the option of setting timer for app usage, phones also have the feature of notifying the user of the total screen time. So, setting timer for the apps and total screen time for the day will help monitor our screen activity. As all the

work has become digital, it is impossible to avoid the phones completely but what could be done is to find at least one hour a day where we can just keep our phones aside and engage in any activity like which we love doing, like reading, going for a walk, spending time with family and friends, spending time in nature or playing outdoor games. This will further benefit our mental and physical health as well.

Since, social media addiction and fear of missing out is significantly related, when social media addiction is reduced then FOMO will automatically be reduced. Much of the FOMO is due to social media overuse and rest of it is due to the person's negative perceptions about themselves along with social upward comparisons. When the person start believing that everybody has both good and bad experiences in their life equally, they can accept their life as it is, be grateful of whatever life has bestowed them with, then the feeling of FOMO will decline. Negative thinking patterns generally consume most of our energy and create a loop of self-deprecating thoughts. In such a situation it is better to either talk to someone about how one is feeling along with opting for a positive mind set. Sometimes it is about having faith that everything will come at a perfect time.

The base of all the problems affecting mental health is low level of self-esteem. Losing confidence in oneself means losing all the opportunities which one could have conquered otherwise. There could be many reasons for low self-esteem of an individual. What one could do on their part to improve the self-esteem is to be mindful of their negative thinking patterns, the triggers which enable them and the situations which make them lose faith in themselves. By being aware of all these things and ultimately working on them could be helpful. Focusing on the strengths, acknowledging individual differences, surrounding oneself with positive thoughts and

those people who help one grow, challenging the negative belief system could help improve self-esteem.

The findings of the present study can be used to direct out efforts to emphasize on teaching ‘self-regulation’ and ‘self-directedness’ to people at large. To break out of the vicious cycle of social networking addiction, leading to fear of missing out (FOMO) and low self-esteem, there is a dire need to encourage meaningful engagement of people in a structured daily schedule. Phone-free periods should be systematically introduced with an active engagement alternative being offered to people, so that they can form new adaptive practices and work towards a better physical and mental health and high achievement.

LIMITATIONS

No research can be all-inclusive. During this humble effort to investigate the relationship between Social Networking Addiction, Fear of Missing Out (FOMO) and Self Esteem, the researcher did realize the following limitations.

It is suggested that the sample size should be large so that generalization could be made in a better way. It would be better if the ratio of males and females is well represented, it would provide us with comparison between both the sexes along with representing both the perspectives equally. The sample must be representing one city properly. There should not be much difference between the type of population from different cities.

As older adults are also quite active on social media these days, so some research should also be done to assess their levels of FOMO and addiction.

The sampling technique used was convenience sampling. Hence, the results might not be generalized to the population.

SUMMARY

The present study aimed to investigate correlation between Social Networking Addiction, Fear of Missing Out (FOMO) and Self Esteem. 60 young adults (18-25 years) were administered Social Networking Scale (SNAS), Fear of Missing Out Scale (FOMOS) and Self Esteem Scale. The results revealed significant positive correlation between social networking addiction and fear of missing out; and significant negative correlation between self-esteem and conflict dimension of social networking addiction; significant positive correlation between fear of missing out and salience, fear of missing out and tolerance, fear of missing out and relapse, fear of missing out and conflict (a sub-dimensions of social networking addiction).

These findings indicate that social networking addiction can perpetuate a state of ‘FOMO’, which can further lead to increase in usage of social media. Caught in this vicious cycle, one may experience low self-esteem and helplessness. To break this cycle, the self-regulation training can be beneficial.

REFERENCE

- Abrar-ul-Hassan, S., & Safdar, G. (2022). Relationship between Self-Esteem and Problematic Use of Facebook among University Students. *Annals of Social Sciences and Perspective*, 3(1), 199-217.
- Acar, I. H., Avcılar, G., Yazıcı, G., & Bostancı, S. (2022). The roles of adolescents' emotional problems and social media addiction on their self-esteem. *Current Psychology*, 41(10), 6838-6847.
- Alt, D. (2015). College students' academic motivation, media engagement and fear of missing out. *Computers in Human Behavior*, 49, 111–119. <http://dx.doi.org/10.1016/j.chb.2015.02.057>
- Amiri, Z., & Taghinejad, N. (2022). Prediction of Nomophobia Based on Self-Esteem, Five Personality Factors and Age in Undergraduate Students. *Iranian Evolutionary and Educational Psychology Journal*, 4(1), 9-9.
- Andreassen, C. S., Torsheim, T., & Pallesen, S. (2014). Predictors of Use of Social Network Sites at Work - A Specific Type of Cyberloafing. *Journal of Computer-Mediated Communication*, 19(4), 906–921. doi:10.1111/jcc4.12085
- Ardiana, R. T., & Tumanggor, R. O. (2020, December). Social media Instagram addiction and self-esteem in high school students. In *The 2nd Tarumanagara International Conference on the Applications of Social Sciences and Humanities (TICASH 2020)* (pp. 290-294). Atlantis Press.
- Arslan, G. (2019). Mediating role of the self-esteem and resilience in the association between social exclusion and life satisfaction among adolescents. *Personality and Individual Differences*, 151, 109514.

- Aygul, T. A., & Akbay, S. E. (2019). Smartphone addiction, fear of missing out, and perceived competence as predictors of social media addiction of adolescents. *European Journal of Educational Research*, 8(2), 559-566.
- Azizi, S. M., Soroush, A., & Khatony, A. (2019). The relationship between social networking addiction and academic performance in Iranian students of medical sciences: A cross-sectional study. *BMC psychology*, 7(1), 1-8.
- Barker, E. (2016). This is the best way to overcome fear of missing out. *Time Magazine*.
- Barry, C. T., & Wong, M. Y. (2020). *Fear of missing out (FoMO): A generational phenomenon or an individual difference?* *Journal of Social and Personal Relationships*, 37(12), 2952–2966. doi:10.1177/0265407520945394
- Battle, J. (1978). Relationship between self-esteem and depression. *Psychological reports*, 42(3), 745-746.
- Baumeister, R. F., & Leary, M. R. (1995). The need to belong: desire for interpersonal attachments as a fundamental human motivation. *Psychological bulletin*, 117(3), 497.
- Bibi, S., Saqlain, S., & Mussawar, B. (2016). Relationship between emotional intelligence and self esteem among Pakistani university students. *Journal of Psychology & Psychotherapy*, 6(4), 1-6.
- Blackwell, D., Leaman, C., Tramposch, R., Osborne, C., & Liss, M. (2017). Extraversion, neuroticism, attachment style and fear of missing out as predictors of social media use and addiction. *Personality and Individual Differences*, 116, 69-72.
- Bowlby, J. (1969). Attachment and Loss (Vol. 1). New York, NY: Basic Books.
<https://doi.org/10.1177/00030651840320012>

- Boyd, D. M., & Ellison, N. B. (2007). Social network sites: Definition, history, and scholarship. *Journal of computer-mediated Communication*, 13(1), 210-230.
- Brandtzæg, P. B., & Heim, J. (2009). Why people use social networking sites. In *Online Communities and Social Computing: Third International Conference, OCSC 2009, Held as Part of HCI International 2009, San Diego, CA, USA, July 19-24, 2009. Proceedings* 3 (pp. 143-152). Springer Berlin Heidelberg.
- Buglass, S. L., Binder, J. F., Betts, L. R., & Underwood, J. D. (2017). Motivators of online vulnerability: The impact of social network site use and FOMO. *Computers in Human Behavior*, 66, 248-255.
- BURNS, R. B. (1982). Self-concept Development and Education (London, Holt Rinehart).
- Burrow, A. L., & Rainone, N. (2017). How many likes did I get?: Purpose moderates links between positive social media feedback and self-esteem. *Journal of Experimental Social Psychology*, 69, 232-236.
- Cambridge Dictionary (2020) FOMO. <https://dictionary.cambridge.org/dictionary/english/fomo> (Accessed 12.11.2020).
- Cambridge Dictionary. Self-esteem. <https://dictionary.cambridge.org/dictionary/english/self-esteem>
- Caprara, G. V., Alessandri, G., & Barbaranelli, C. (2010). Optimal functioning. *Psychotherapy and psychosomatics*, 79(5), 328-330.
- Chen, B., Liu, F., Ding, S., Ying, X., Wang, L., & Wen, Y. (2017). Gender differences in factors associated with smartphone addiction: a cross-sectional study among medical college students. *BMC psychiatry*, 17(1), 1-9.

- Cherry, K. (2022, November 8). What Is Self-Determination Theory? Verywell Mind.
<https://www.verywellmind.com/what-is-self-determination-theory-2795387>
- Cheung, C. K., Cheung, H. Y., & Hue, M. T. (2015). Emotional intelligence as a basis for self-esteem in young adults. *The Journal of psychology*, 149(1), 63-84.
- Cingel, D. P., Carter, M. C., & Krause, H. V. (2022). Social media and self-esteem. *Current Opinion in Psychology*, 101304.
- Clayton, R. B., Osborne, R. E., Miller, B. K., & Oberle, C. D. (2013). Loneliness, anxiousness, and substance use as predictors of Facebook use. *Computers in Human Behavior*, 29(3), 687–693. <https://doi.org/10.1016/j.chb.2012.12.002>
- Cohen C (2013) FoMO: Do you have fear of missing out. *The Telegraph*, 16.
- Coopersmith, S. (1967). *The antecedents of self-esteem* San Francisco Freeman, 1967.
- Corporate Finance Institute. (2023, March 13). Maslow's Hierarchy of Needs.
<https://corporatefinanceinstitute.com/resources/management/maslows-hierarchy-of-needs/>
- DeCharms, R. (1968). *Personal causation*. New York: Academic Press.
- Deci, E. L. (1975). *Intrinsic motivation*. New York: Plenum.
- Deci, E. L., & Ryan, R. M. (1985). *Intrinsic motivation and self-determination in human behavior*. New York: Plenum
- Deci, E. L., Ryan, R. M., Van Lange, P. A. M., Kruglanski, A. W., & Higgins, E. T. (2012). *Handbook of theories of social psychology. Volume, 1*, 416.

- Deters, F. G., & Mehl, M. R. (2013). Does posting Facebook status updates increase or decrease loneliness? An online social networking experiment. *Social psychological and personality science*, 4(5), 579-586.
- Dictionary, M. W. (2018). Self-esteem.
- Dogan, T., Totan, T., & Sapmaz, F. (2013). The role of self-esteem, psychological well-being, emotional self-efficacy, and affect balance on happiness: A path model. *European Scientific Journal*, 9(20).
- Domahidi, E. (2018). The associations between online media use and users' perceived social resources: A meta-analysis. *Journal of Computer-Mediated Communication*, 23(4), 181-200.
- Dou, F., Li, Q., Li, X., Li, Q., & Wang, M. (2021). Impact of perceived social support on fear of missing out (FoMO): A moderated mediation model. *Current Psychology*, 1-10.
- Eight out of ten Indian internet users admit to 'Fear of Missing Out' (FOMO) when not connected | Tata Communications.* (2021, May 14). Tata Communications. <https://www.tatacommunications.com/media-alert/eight-ten-indian-internet-users-admit-fear-missing-fomo-not-connected/>
- Elhai, J. D., Levine, J. C., Alghraibeh, A. M., Alafnan, A. A., Aldraiweesh, A. A., & Hall, B. J. (2018). Fear of missing out: Testing relationships with negative affectivity, online social engagement, and problematic smartphone use. *Computers in Human Behavior*, 89, 289-298.
- Elhai, J. D., Rozgonjuk, D., Alghraibeh, A. M., & Yang, H. (2021). Disrupted daily activities from interruptive smartphone notifications: Relations with depression and anxiety

- severity and the mediating role of boredom proneness. *Social Science Computer Review*, 39(1), 20-37.
- Erciş, A., DELİGOZ, K., & Mutlu, M. (2021). Öğrencilerin FoMO ve plansız satın alma davranışları üzerine bir uygulama. *Atatürk Üniversitesi İktisadi ve İdari Bilimler Dergisi*, 35(1), 219-243.
- Erikson, E. H., & Erikson, J. M. (1998). *The life cycle completed (extended version)*. WW Norton & Company.
- Eroglu, Y. (2016). Interrelationship between Attachment Styles and Facebook Addiction. *Journal of Education and Training Studies*, 4(1), 150-160.
- Esteem: Maslow's Hierarchy of Needs. (2023b, April 14). *The Interaction Design Foundation*. <https://www.interaction-design.org/literature/article/esteem-maslow-s-hierarchy-of-needs#:~:text=The%20need%20for%20esteem%20is,safety%2C%20and%20physiological%20needs>).
- Fabris, M. A., Marengo, D., Longobardi, C., & Settanni, M. (2020). Investigating the links between fear of missing out, social media addiction, and emotional symptoms in adolescence: The role of stress associated with neglect and negative reactions on social media. *Addictive Behaviors*, 106, 106364.
- Fardouly, J., Diedrichs, P. C., Vartanian, L. R., & Halliwell, E. (2015). *Social comparisons on social media: The impact of Facebook on young women's body image concerns and mood*. *Body Image*, 13, 38–45. doi:10.1016/j.bodyim.2014.12.002
- Flynn, S., Noone, C., & Sarma, K. M. (2018). An exploration of the link between adult attachment and problematic Facebook use. *BMC psychology*, 6(1), 1-16.

- Garaigordobil, M., & Bernarás, E. (2009). Self-concept, self-esteem, personality traits and psychopathological symptoms in adolescents with and without visual impairment. *The Spanish journal of psychology*, 12(1), 149-160.
- Gezgin, D. M., Hamutoglu, N. B., Sezen-Gultekin, G., & Gemikonakli, O. (2018). Relationship between Nomophobia and Fear of Missing out among Turkish University Students. *Cypriot Journal of Educational Sciences*, 13(4), 549-561.
- Gonzales, A. L., & Hancock, J. T. (2011). Mirror, mirror on my Facebook wall: Effects of exposure to Facebook on self-esteem. *Cyberpsychology, behavior, and social networking*, 14(1-2), 79-83.
- Gosain, P., & Yadav, K. (2020). A study on social media usage and fear of missing out (FOMO) among youngsters. *Journal of Studies in Social Sciences and Humanities*, 6(2), 76-87.
- Grady, J. S., Her, M., Moreno, G., Perez, C., & Yelinek, J. (2019). Emotions in storybooks: A comparison of storybooks that represent ethnic and racial groups in the United States. *Psychology of Popular Media Culture*, 8(3), 207.
- Griffiths, M. (2005). A 'components' model of addiction within a biopsychosocial framework. *Journal of Substance use*, 10(4), 191-197.
- Griffiths, M. D., Kuss, D. J., & Demetrovics, Z. (2014). Social networking addiction: An overview of preliminary findings. *Behavioral Addictions*, 119-141.
- Gupta, M., Prasad, R. B., & Singh, V. (2022). To Study the relationship between Social Media Addiction, Self Esteem and Fear of Missing Out. *International Journal of Indian Psychology*, 10(2).

- Haand, R., & Shuwang, Z. (2020). The relationship between social media addiction and depression: A quantitative study among university students in Khost, Afghanistan. *International Journal of Adolescence and Youth*, 25(1), 780-786.
- Hamburger, Y. A., & Ben-Artzi, E. (2000). The relationship between extraversion and neuroticism and the different uses of the Internet. *Computers in Human Behavior*, 16(4), 441-449.
- Hamutoglu, N. B., Topal, M., & Gezgin, D. M. (2020). Investigating Direct and Indirect Effects of Social Media Addiction, Social Media Usage and Personality Traits on FOMO. *International Journal of Progressive Education*, 16(2), 248-261.
- Handa, M., & Ahuja, P. (2020). Disconnect to detox: a study of smartphone addiction among young adults in India. *Young Consumers*, 21(3), 273-287.
- Hart, J., Nailling, E., Bizer, G. Y., & Collins, C. K. (2015). Attachment theory as a framework for explaining engagement with Facebook. *Personality and Individual Differences*, 77, 33-40.
- Harter, S. (1978). Effectance motivation reconsidered. Toward a developmental model. *Human Development*, 21(1), 34-64.
- Hasanvand, B., & Khaledian, M. (2012). The relationship of emotional intelligence with self-esteem and academic progress. *International Journal of Psychology and Behavioral Sciences*, 2(6), 231-236.
- Hawi, N. S., & Samaha, M. (2017). The relations among social media addiction, self-esteem, and life satisfaction in university students. *Social Science Computer Review*, 35(5), 576-586.
- Hogan, B. (2016). Social media giveth, social media taketh away: Facebook, friendships, and APIs. *International Journal of Communication*, Forthcoming.

- Hoşgör, H., Koç Tütüncü, S., Gündüz Hoşgör, D., & Tandoğan, Ö. (2017). Examination in terms of different variables of prevalence of fear of missing out among college students. *International Journal of Academic Value Studies*, 3(17), 213-223.
- Huang, L. Y., Hsieh, Y. J., & Wu, Y. C. J. (2014). Gratifications and social network service usage: The mediating role of online experience. *Information & Management*, 51(6), 774-782.
- Jan, M., Soomro, S., & Ahmad, N. (2017). Impact of social media on self-esteem. *European Scientific Journal*, 13(23), 329-341.
- Jenaro, C., Flores, N., Gómez-Vela, M., González-Gil, F., & Caballo, C. (2007). Problematic internet and cell-phone use: Psychological, behavioral, and health correlates. *Addiction Research & Theory*, 15(3), 309-320.
- JWT (2011). Fear of Missing Out (FOMO). http://www.jwtintelligence.com/production/FOMO_JWT_TrendReport_May2011.pdf.
- Kersebaum, P. (2020). *Instagram and Life-satisfaction: does fear of missing out act as a mediator in the relationship between Instagram use and Life-satisfaction of young adults?* (Bachelor's thesis, University of Twente).
- Klobas, J. E., McGill, T. J., Moghavvemi, S., & Paramanathan, T. (2018). Compulsive YouTube usage: A comparison of use motivation and personality effects. *Computers in Human Behavior*, 87, 129-139.
- Koç, H., Şimşir Gökalp, Z., & Seki, T. (2023). The Relationships Between Self-Control and Distress Among the Emerging Adults: A Serial Mediating Roles of Fear of Missing Out and Social Media Addiction. *Emerging Adulthood*, 21676968231151776.

- Kuss, D. J., & Griffiths, M. D. (2011). Online social networking and addiction—a review of the psychological literature. *International Journal of Environmental Research and Public Health*, 8(9), 3528-3552.
- La Guardia, J. G., Ryan, R. M., Couchman, C. E., & Deci, E. L. (2000). Within-person variation in security of attachment: a self-determination theory perspective on attachment, need fulfillment, and well-being. *Journal of Personality and Social Psychology*, 79(3), 367.
- LaBrie, J. W., Hummer, J. F., & Pedersen, E. R. (2007). Reasons for drinking in the college student context: The differential role and risk of the social motivator. *Journal of Studies on Alcohol and Drugs*, 68(3), 393-398.
- Lai, C., Altavilla, D., Ronconi, A., & Aceto, P. (2016). Fear of missing out (FOMO) is associated with activation of the right middle temporal gyrus during inclusion social cue. *Computers in Human Behavior*, 61, 516-521.
- Leary, M. R., Schreindorfer, L. S., & Haupt, A. L. (1995). The role of low self-esteem in emotional and behavioral problems: Why is low self-esteem dysfunctional?. *Journal of Social and Clinical Psychology*, 14(3), 297-314.
- Leary, M. R., Tambor, E. S., Terdal, S. K., & Downs, D. L. (1995). Self-esteem as an interpersonal monitor: The sociometer hypothesis. *Journal of Personality and Social Psychology*, 68(3), 518.
- Lin, L. yi, Sidani, J. E., Shensa, A., Radovic, A., Miller, E., Colditz, J. B., ... Primack, B. A. (2016). ASSOCIATION BETWEEN SOCIAL MEDIA USE AND DEPRESSION AMONG U.S. YOUNG ADULTS. *Depression and Anxiety*, 33(4), 323–331. doi:10.1002/da.22466

- Ma, C. M. (2022). Relationships between Social Networking Sites Use and Self-Esteem: The Moderating Role of Gender. *International Journal of Environmental Research and Public Health*, 19(18), 11462.
- Mahajan, P. (2009). Use of social networking in a linguistically and culturally rich India. *The International Information & Library Review*, 41(3), 129-136.
- Mandas, A. L., & Silfiyah, K. (2022). Social Self-Esteem and Fear of Missing Out Towards the Social Media User of Generation Z. *Jurnal Sinestesia*, 12(1), 19-27.
- Marengo, D., Poletti, I., & Settanni, M. (2020). The interplay between neuroticism, extraversion, and social media addiction in young adult Facebook users: Testing the mediating role of online activity using objective data. *Addictive behaviors*, 102, 106150.
- Marino, C., Vieno, A., Pastore, M., Albery, I. P., Frings, D., & Spada, M. M. (2016). Modeling the contribution of personality, social identity and social norms to problematic Facebook use in adolescents. *Addictive behaviors*, 63, 51-56.
- Martens, M. P., Neighbors, C., Lewis, M. A., Lee, C. M., Oster-Aaland, L., & Larimer, M. E. (2008). The roles of negative affect and coping motives in the relationship between alcohol use and alcohol-related problems among college students. *Journal of Studies on Alcohol and Drugs*, 69(3), 412-419.
- Maslow, A. H. (1943). A theory of human motivation. *Psychological review*, 50(4), 370.
- Maslow, A. H. (1987). *Motivation and personality (3rd ed.)*. Delhi, India: Pearson Education.
- Milyavskaya, M., Saffran, M., Hope, N., & Koestner, R. (2018). Fear of missing out: prevalence, dynamics, and consequences of experiencing FOMO. *Motivation and Emotion*, 42(5), 725-737.

- Modzelewski, P. (2020). Fomo (fear of missing out)—an educational and behavioral problem in times of new communication forms. *Konteksty Pedagogiczne*, 14(1), 215-232.
- Moghadas, A., & Ghasemipour, F. (2021). The study of Instagram membership on arising Fomo syndrome collective case study of 18-40 youth in Mashhad. *Interdisciplinary Studies in Media and Culture*, 11(1), 245-270.
- Ndubuaku, V., Inim, V., Ndudi, U. C., Samuel, U., & Prince, A. I. (2020). Effect of social networking technology addiction on academic performance of university students in Nigeria. *International Journal of Recent Technology and Engineering (IJRTE)*, 173-180.
- Orth, U., & Robins, R. W. (2014). The development of self-esteem. *Current directions in psychological science*, 23(5), 381-387.
- Orth, U., Robins, R. W., & Roberts, B. W. (2008). Low self-esteem prospectively predicts depression in adolescence and young adulthood. *Journal of Personality and Social Psychology*, 95(3), 695.
- Osatuyi, B., & Turel, O. (2018). Tug of war between social self-regulation and habit: Explaining the experience of momentary social media addiction symptoms. *Computers in Human Behavior*, 85, 95-105.
- Oxford Dictionary (2018) FOMO. [https://en.oxforddictionaries.com/ definition/fomo](https://en.oxforddictionaries.com/definition/fomo) (Accessed 3.3.2021).
- Pandey, R., Tiwari, G. K., Parihar, P., & Rai, P. K. (2021). Positive, not negative, self-compassion mediates the relationship between self-esteem and well-being. *Psychology and Psychotherapy: Theory, Research and Practice*, 94(1), 1-15.

- Park, S., & Kang, M. Kim., M.(2014). Social relationship on problematic internet use (PIU) among adolescents in South Korea: A moderated mediation model of self-esteem and self-control. *Journal of Computer in Human Behavior*, 38, 349-357.
- Patel, V. K., Chaudhary, P., Kumar, P., Vasavada, D. A., & Tiwari, D. S. (2021). A study of correlates of social networking site addiction among the undergraduate health professionals. *Asian Journal of Social Health and Behavior*, 4(1), 30.
- Peng, W., Li, D., Li, D., Jia, J., Wang, Y., & Sun, W. (2019). School disconnectedness and Adolescent Internet Addiction: Mediation by self-esteem and moderation by emotional intelligence. *Computers in Human Behavior*, 98, 111-121.
- Pettijohn II, T. F., LaPiene, K. E., Pettijohn, T. F., & Horting, A. L. (2012). Relationships between Facebook intensity, friendship contingent self-esteem, and personality in US college students.
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in human behavior*, 29(4), 1841-1848.
- Punyanunt-Carter, N. M., De La Cruz, J. J., & Wrench, J. S. (2017). Investigating the relationships among college students' satisfaction, addiction, needs, communication apprehension, motives, and uses & gratifications with Snapchat. *Computers in Human Behavior*, 75, 870-875.
- Reis, H. T. (1994). Domains of experience: Investigating relationship processes from three perspectives. *Theoretical frameworks for personal relationships*, 87, 110.

- Riordan, B. C., Flett, J. A., Hunter, J. A., Scarf, D., & Conner, T. S. (2015). Fear of missing out (FoMO): The relationship between FoMO, alcohol use, and alcohol-related consequences in college students. *Annals of Neuroscience and Psychology*, 2(7), 1-7.
- Roberts, J. A., & David, M. E. (2020). The social media party: Fear of missing out (FoMO), social media intensity, connection, and well-being. *International Journal of Human-Computer Interaction*, 36(4), 386-392.
- Rogers, T. B. (1981). A model of the self as an aspect of the human information processing system. *Personality, Cognition, and Social interaction*, 193-213.
- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press
- Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68.
- Ryan, R. M., & La Guardia, J. G. (2000). What is being optimized over development?: A self-determination theory perspective on basic human needs across the life span. *Psychology & the Aging Revolution*, 145-172.
- Salim, F., Rahardjo, W., Tanaya, T., & Qurani, R. (2017). Are self-presentation influenced by friendship-contingent self-esteem and fear of missing out?. *Makara Human Behavior Studies in Asia*, 21(2), 70-82.
- Sarkova, M., Bacikova-Sleskova, M., Madarasova Geckova, A., Katreniakova, Z., van den Heuvel, W., & van Dijk, J. P. (2014). Adolescents' psychological well-being and self-esteem in the context of relationships at school. *Educational Research*, 56(4), 367-378.
- Scott, J. (2000). Rational choice theory. *Understanding contemporary society: Theories of the present*, 129, 126-138.

Self-Determination Theory of Motivation - Center for Community Health & Prevention - University of Rochester Medical Center. (n.d.).

<https://www.urmc.rochester.edu/community-health/patient-care/self-determination-theory.aspx#:~:text=Self%2Ddetermination%20theory%20suggests%20that,is%20willingly%20endorsing%20one's%20behavior.>

Seligman, M. E. (1975). *Helplessness* (pp. 166-188). San Francisco: Freeman.

Seo, D., & Ray, S. (2019). Habit and addiction in the use of social networking sites: Their nature, antecedents, and consequences. *Computers in Human Behavior*, 99, 109-125.

Shahnawaz, M. G., & Rehman, U. (2020). Social networking addiction scale. *Cogent psychology*, 7(1), 1832032.

Sheldon, K. M., Abad, N., & Hinsch, C. (2011). A two-process view of Facebook use and relatedness need-satisfaction: Disconnection drives use, and connection rewards it. *Journal of Personality and Social Psychology*, 100(4), 766–775. <https://doi.org/10.1037/a0022407>.

Shen, J., Brdiczka, O., & Liu, J. (2015). A study of Facebook behavior: What does it tell about your Neuroticism and Extraversion?. *Computers in Human Behavior*, 45, 32-38.

Shoval, D., Tal, N., & Tzischinsky, O. (2020). Relationship of smartphone use at night with sleep quality and psychological well-being among healthy students: A pilot study. *Sleep health*, 6(4), 495-497.

Simons, J. S., Gaher, R. M., Correia, C. J., Hansen, C. L., & Christopher, M. S. (2005). An affective-motivational model of marijuana and alcohol problems among college students. *Psychology of Addictive Behaviors*, 19(3), 326.

- Smith, H. M., & Betz, N. E. (2002). An examination of efficacy and esteem pathways to depression in young adulthood. *Journal of Counseling Psychology*, 49(4), 438.
- Stead, H., & Bibby, P. A. (2017). Personality, fear of missing out and problematic internet use and their relationship to subjective well-being. *Computers in Human Behavior*, 76, 534-540.
- Steers, M. L. N., Wickham, R. E., & Acitelli, L. K. (2014). Seeing everyone else's highlight reels: How Facebook usage is linked to depressive symptoms. *Journal of Social and Clinical Psychology*, 33(8), 701-731.
- Steinfeld, C. NB Ellison en C. Lampe (2008). *Social capital, self-esteem, and use of social network sites: A longitudinal analysis. In: Journal of Applied Developmental Psychology, jr*, 29, 434-445.
- Stothart, C., Mitchum, A., & Yehnert, C. (2015). The attentional cost of receiving a cell phone notification. *Journal of Experimental Psychology: Human perception and Performance*, 41(4), 893.
- Suwandi, V. V., Cangara, H., & Wahid, U. (2022). Instagram Addiction: Narcissism and Fear of Missing Out (FoMO). *Jurnal Mantik*, 6(3), 3693-3701.
- Tanhan, F., Özok, H. İ., & Tayiz, V. (2022). Fear of missing out (FoMO): A current review. *Psikiyatride Guncel Yaklasimlar*, 14(1), 74-85.
- Tanhan, F., Özok, H. İ., & Tayiz, V. (2022). Fear of missing out (FoMO): A current review. *Psikiyatride Guncel Yaklasimlar*, 14(1), 74-85.
- Tarhan N (2021) Sosyal Medya Psikolojisi. İstanbul, Der Yayınları.
- Teoh, H. J. (2010). Self esteem amongst young adults: the effect of gender, social support and personality. *Malaysian Journal of Psychiatry*, 19(2), 41-49.

- Topic: Social media usage in India. (2022, September 22). Statista.
<https://www.statista.com/topics/5113/social-media-usage-in-india/>
- Turel, O. (2015). An empirical examination of the “vicious cycle” of Facebook addiction. *Journal of Computer Information Systems*, 55(3), 83-91.
- Turel, O., & Qahri-Saremi, H. (2016). Problematic use of social networking sites: Antecedents and consequence from a dual-system theory perspective. *Journal of Management Information Systems*, 33(4), 1087-1116.
- Uram, P., & Skalski, S. (2022). Still logged in? The link between Facebook addiction, FoMO, self-esteem, life satisfaction and loneliness in social media users. *Psychological Reports*, 125(1), 218-231.
- Urban Dictionary (2006) FOMO. <https://www.urbandictionary.com/define.php?term=fomo> (Accessed 2.6.2021).
- Varchetta, M., Frascchetti, A., Mari, E., & Giannini, A. M. (2020). Social Media Addiction, Fear of Missing Out (FoMO) and online vulnerability in university students. *Revista Digital de Investigación en Docencia Universitaria*, 14(1), e1187.
- Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). Social comparison, social media, and self-esteem. *Psychology of Popular Media Culture*, 3(4), 206.
- Wang, X. (2020). Mobile SNS addiction as a learned behavior: a perspective from learning theory. *Media Psychology*, 23(4), 461-492.
- White, R. W. (1963). Ego and reality in psychoanalytic theory. Monograph No. 11 of Psychological Issues, 3 (3).

- Wilcox, K., & Stephen, A. T. (2013). Are close friends the enemy? Online social networks, self-esteem, and self-control. *Journal of Consumer Research*, 40(1), 90-103.
- Worsley, J. D., McIntyre, J. C., Bentall, R. P., & Corcoran, R. (2018). Childhood maltreatment and problematic social media use: The role of attachment and depression. *Psychiatry Research*, 267, 88-93.
- Xu, H., & Tan, B. C. Y. (2012). Why do i keep checking Facebook: Effects of message characteristics on the formation of social network services addiction. Located at <http://elibrary.aisnet.org/Default.aspx?url=http://aisel.aisnet.org/cgi/viewcontent.cgi?article=1216&context=icis2012>.
- Yang, S. Y., Wang, Y. C., Lee, Y. C., Lin, Y. L., Hsieh, P. L., & Lin, P. H. (2022, May). Does smartphone addiction, social media addiction, and/or internet game addiction affect adolescents' interpersonal interactions?. In *Healthcare* (Vol. 10, No. 5, p. 963). MDPI.
- Yong, M., & Wijaya, E. (2023). HUBUNGAN SELF-ESTEEM DAN FEAR OF MISSING OUT (FOMO) PADA PENGGUNA INSTAGRAM. *Multilingual: Journal of Universal Studies*, 3(1), 101-103.
- Younas, F., Amjad, S., & Qayyum, S. (2022). Fear of Missing Out and Phubbing in Young Adults: The Mediating Role of Social Media Addiction. *Pakistan Journal of Social Sciences*, 42(4), 867-878.

