

## Knowledge level of the Society about Fear of Missing Out Through Webinar in COVID-19 Pandemic

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### Abstract

*The COVID-19 pandemic situation causes many people to be confined at home and triggers people to tend to spend more time accessing social media. Social media basically shows activities carried out by other people and this can trigger the phenomenon of Fear of Missing Out (FoMO). The purpose of this study is to know the level of knowledge of the Indonesian society about the FoMO and how to overcome it in the era of the COVID-19 pandemic. This study is a type of descriptive survey study. The sample is 779 people who have met the inclusion and exclusion criteria. The data was obtained through a google form which was distributed to webinar participants. The collected data were 779 respondents from different age groups (12-55 years). All existing age groups can answer more than half of the questions correctly. The average of questions answered correctly was almost the same in all age groups, with the 41–45-year-old group being in the top position. The average post-test result from all age ranges was 69.57. Conclusion: The average level of society knowledge about the FoMO phenomenon and how to solve it through webinar in the COVID-19 pandemic which was known from the post-test scores did not show much different results between each age range. This shows that all age ranges have the same susceptibility to experiencing FoMO.*

**Keyword:** *Fear of Missing Out; FoMO; Knowledge level; COVID-19;*

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## **Introduction**

With the rise of the COVID-19 pandemic situation and more people being confined at home, people tend to have more time accessing social media. Social media basically shows activities carried out by other people and this can trigger the phenomenon of Fear of Missing Out (FoMO)(Hunt *et al.*, 2018). FoMO is a feeling of anxiety experienced as an individual is not able to go through the same valuable experience as others (Przybylski *et al.*, 2013). A survey conducted by the Global Web Index in 2014 stated that out of 27.4 million internet users in Indonesia, the age group of 13 to 33 years are at risk of experiencing FoMO (Hato, 2013). A study from the University of Maryland revealed that there is an addiction to social media use such as feeling "worried about missing information". As many as 39% of Indonesian people admit to experiencing disturbances such as "worries" or "social anxiety" and even "fear" of missing certain events if they do not come into contact with the world of social media (Kemendag, 2014).

FoMO is a phenomenon that is not limited by age, where a person will feel a negative subjective perception of himself and his well-being (Barry and Wong, 2020). Some individuals with FoMO always try to check social media even in dangerous or disrespectful conditions such as while driving, in class or talking face to face with other people (Oberst *et al.*, 2017). Some special characteristics about the impact of FoMO include that individuals always oblige themselves to check social media which seems to haunt their daily lives. Then, the individual will always force himself to participate in all activities to create his own "stage show". The meaning of the stage show is a place to represent someone in everyday life, both online and offline. Finally, individuals always feel themselves lacking and demand themselves for more (Przybylski *et al.*, 2013). In addition, Barry and Wong (2020) stated that another characteristic of FoMO is the appearance of sleep disturbances in someone who experiences it.

To prevent the adverse effects of FoMO, society needs to know in advance about FoMO and how to overcome it. For this reason, education is an important tool in preventing FoMO. Conducting education using video media and/or webinars will be more effective in disseminating information and knowledge (Nagy and Bernschütz, 2016). This is supported by the fact from (Unesco, 2003) that the Indonesian people have very little interest in reading. In connection with such conditions, we are interested in conducting education through webinars to find out the level of knowledge of the Indonesian people about the FoMO phenomenon and how to overcome it in the era of the COVID-19 pandemic.

## **Method**

This study is a descriptive survey study that describes the level of society knowledge about FoMO through webinars during the COVID-19 pandemic. This study was conducted on July 11<sup>th</sup>, 2021, through an online webinar via Zoom and live YouTube which was opened to the general society throughout Indonesia. The

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population in this study were all participants who attended the webinar. The sample in this study was 779 people who met the inclusion criteria in the form of attending the webinar, were willing to fill out a google form, and were aged 12-55 years. The exclusion criteria in this study were those who were not willing to fill out the google form and incomplete form data. The data used are primary data obtained through a google form containing demographic data (name, age, gender, occupation, and last education) and 7 post-test questions in the form of true-false objectives which discuss the FoMO material that has been delivered previously by the webinar presenter. Data was obtained through a google form which was distributed to webinar participants through the zoom chat feature and YouTube live chat. The data obtained were then processed and described in the form of distribution tables of respondents along with the average post-test results on a scale of 7 and 100 for the age group.

## **Results and Discussion**

The demographic characteristics of the respondents consist of age, gender, and occupation. Table 1 shows the largest distribution of respondents in the age group 16-20 years with a total of 572 respondents (73.43%) followed by the age group 21-25 years with a total of 113 respondents (14.51%), and the age group 12-15 years with a total of 67 (8.60%) respondents. The youngest respondent in this webinar is 12 years old, while the oldest respondent is 55 years old. Table 1 also shows that the respondents were dominated by women with a total of 689 respondents (88.45%), students with a total of 490 respondents (62.90%), and the last education was the high school

**Table 1.** Distribution of Age, Gender, Occupation, and Educational History of Webinar Participants

Respondents Characteristic		Respondents (n=779)	
		f	%
Age (year-old)	12 – 15	67	8.60
	16 – 20	572	73.43
	21 – 25	113	14.51
	26 – 30	9	1.16
	31 – 35	4	0.51
	36 – 40	6	0.77
	41 – 45	2	0.26
	46 – 50	1	0.13
	51 – 55	1	0.13
Gender	Male	88	11.30
	Female	689	88.45
Occupation	Student	247	31.71
	Undergraduate student	490	62.90
	Civil service employee	9	1.16

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	Private sector employee	16	2.05
	Housewife	1	0.13
	Other	16	2.05
Last education	Elementary school	4	0.51
	Middle school	87	11.17
	High school	575	73.81
	D3	7	0.90
	S1/D4	96	12.32
	S2	8	1.03
	S3	1	0.13

Table 2 shows that all ages can answer more than half the number of questions correctly. The average post-test results also show that the age group 41-45 years is the age group with the highest post-test score, while the age group with the lowest post-test score is in the 46-50 year age group. The average post-test result for all age ranges was 69.57 on a scale of 100.

**Table 2.** Average Post-test Results by Age Group

Age	Average Post-test Result	
	1-7 scale	1-100 scale
12 – 15	4.8	68.90
16 – 20	4.89	69.98
21 – 25	5	71.42
26 – 30	4.77	68.25
31 – 35	5	71.42
36 – 40	4.83	69.04
41 – 45	5.5	78.57
46 – 50	4	57.14
51 – 55	5	71.42

Table 3 shows the interval of post-test results and the number of participants who obtained those scores. From the data, it was found that the highest score interval of 6-7 was obtained by 195 participants, while none of the participants obtained the lowest interval value. Dominantly, the participants obtained a score of 4-5 with a total of 542 participants.

**Table 3.** Post-test Result Data

Score Interval	f
0-1	0
2-3	41
4-5	542
6-7	195

During the COVID-19 pandemic, most people do all activities at home or better known as work from home (WFH). This global-level disaster forces humans to switch from direct interaction to indirect interaction, namely by communicating online (Yuliarti, 2020). Thus, this is the main trigger for social and communication crises in society (Indasari and Anggriani, 2020). Choudhury, Koo and Li (2020) in their study stated that WFH workers showed a tendency to experience greater psychological problems than non-WFH workers. This is evidenced by the time allocation in which WFH workers seek to pursue social contributions at the end of their working day (Choudhury, Koo and Li, 2020) Social media is currently the only communication door for people to pursue these social contributions so that people start to depend on social media and feel anxious if they miss information. This feeling of anxiety in missing information from others is often referred to as Fear of Missing Out or FoMO (Przybylski *et al.*, 2013).

Our demographic data in table 1 shows the dominant participants aged 16 to 20 years, with a total of 572 participants. This is following a survey conducted in the United States in 2018 which stated that 95% of adolescents have access to smartphones at home and access social media (Anderson and Jiang, 2018). (Panji, 2014), states that there are three motivations for children and adolescents to access the internet, namely to find information, connect with friends (old and new), and for entertainment. The search for information is often driven by schoolwork, while the use of social media and entertainment content is driven by personal needs.

The ongoing COVID-19 pandemic situation has caused people, especially in Indonesia, to continue their activities at home, so that the duration of time used to use social media is getting higher, especially for women (Bersani *et al.*, 2021). Social media in addition to being a means of communication can also be a source of information at this time, especially regarding webinars. This is following the majority of webinar participants who are also respondents dominated by women. In addition, according to Lubis (2014) women are the most dominant social media users. Apart from the fact that women are very fond of looking for information on social media, women can also channel their aspirations, ideas, and feelings to their friends and colleagues. In contrast to men who use social media more towards seeking entertainment and recreation (Noguti *et al.*, 2019).

Respondent data in table 1 also shows that participants are dominated by students and college students, wherein this phase is a process to find various information,

especially through social media (Ainiyah, 2018). Santika (2015) in his study of the relationship between FoMO and internet addiction in SMAN 4 Bandung students, stated that although the level of FoMO and internet addiction in SMAN 4 Bandung students was low, there was a positive correlation between FoMO in SMAN 4 Bandung students and internet addiction. The same result is also shown in the study of Marlina (2017) there is a positive correlation between FoMO and internet addiction in emerging adulthood.

The domination of respondents by high school (SMA) and undergraduate education (S1) can be an illustration of the high use of social media among students and college students. This is following a survey conducted by (Kominfo, 2019) that internet users based on education in Indonesia are dominated by students and college students. In addition, a survey from (Asosiasi Penyelenggara Jasa Internet Indonesia, 2020) also states that 79.23% of internet users are at the strata-1/diploma level of education. A survey conducted in America also stated that the increase in social media users increased, especially among college students (Anderson and Smith, 2018). In addition, research by Yu *et al.*, (2020) shows a positive relationship between FoMO and educational background. Samples with a high school education background or lower showed higher FoMO than samples with S1 and above. Individuals with higher educational backgrounds have better anxiety management. Other studies also mention that the misuse of social media among students has a relationship with the occurrence of FoMO (Alt, 2018).

Based on the average test scores for each age shown in table 2, it does not show many different results between each age range. Until now, there are still no studies showing the level of society knowledge about FoMO concerning the age range. However, Barry and Wong, (2020) in their study involving 419 participants from the United States stated that there was no significant difference between each age with the occurrence of the FoMO phenomenon. This shows that each age has the same susceptibility to experiencing FoMO. This statement is reinforced by Przybylski *et al.*, (2013) which states that social media is the main originator of the FoMO phenomenon, especially now that social media has become a part of life for all teenagers to adults. For this reason, limiting the use of social media is an important solution in reducing the risk of FoMO (Hunt *et al.*, 2018). However, in contrast to the results of a study by (Rozgonjuk *et al.*, 2021) involving 3370 participants in Germany, adolescents or young adults have higher FoMO scores than other ages. The fear of missing a moment in adolescents arises because of the unfulfilled psychological need for self, namely individuals who feel uncomfortable or unable to fulfill their desires (Akbar *et al.*, 2019).

In general, participants obtained good scores, which is at most 542 participants with an interval scores of 4-5, and the second 195 participants with an interval scores of 6-7. There were no participants who did not know at all or almost did not know about the FoMO phenomenon, this was shown from the results where there were no participants in the interval scores of 0 - 1.

### **Conclusion**

The majority of webinar participants are from the age range of 16-20 years, female, and students or college students. The average level of society knowledge about the Fear of Missing Out phenomenon and how to overcome it through webinars in the COVID-19 pandemic which is known from the post-test scores does not show many different results between each age range, with the average value of the entire range age is 69.57. This shows that all age ranges have the same susceptibility to experiencing FoMO. Further research that discusses the effectiveness of the webinar in public education, especially about the Fear of Missing Out phenomenon can be done.

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