



Instagram Addiction : Narcissism and Fear of Missing Out (FoMO)

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ARTICLE INFO

Article history:

Received Oct 25, 2022
Revised Nov 10, 2022
Accepted Nov 20, 2022

Keywords:

FoMO
Instagram
Media Social

ABSTRACT

This study aims to determine the relationship between Fear of Missing out (FoMO) and addiction to social media Instagram in adolescents. Fear of Missing out is the fear of losing valuable moments of individuals or other groups while social media addiction is excessive use or dependence on social media, in this study, Instagram. This study uses a systematic literature review (SLR) method. conclusions were drawn by conducting a review of a total of 14 journals, with the keywords Fear of Missing Out and Instagram social media addiction. The results showed that the higher the FoMO, the higher the level of social media addiction, and the relationship between fear of surveillance and social media addiction. Suggestions for youth to manage their own access to social media by carrying out other activities such as participating in extracurricular activities at school.

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1. INTRODUCTION

Many experts have revealed the age limit for young people to be 1221 years old. Experts also classify them into three categories. That is, ages 12 to 15 years are early adolescence, ages 15 to 18 years are middle age, and ages 18 to 21 years are late adulthood (Desmita, 2006). According to Hurlock (1980), another opinion for understanding the boundaries between early adolescents and late adolescents (17 years) is that adolescents usually attend high school. Teenagers must be able to make adjustments to achieve the goals of adult socialization patterns. The most difficult part is adapting through increased peer influence, social behavior, social groupings (friendships), social rejection, new values in support, or choice of leaders (Hurlock, 1980). On the other hand, technological developments affect the growth of the younger generation. Technical updates can attract people and keep them informed about developments, including youth. One of the technologies favored by teenagers is the internet (Taylor, 2013).

According to APJII survey data, Indonesian internet users increased by 27.91 million (10.12%) in 2018 to 171.18 million (64.8%) of the total population of 264.16 million. The Internet provides convenience and causes a high level of dependence on the Internet without even reaching it (Young & de Abreu, 2011). Other terms have been mentioned to identify internet addiction, such as internet addiction (Young, 1998), obsessive-compulsive

internet use (Goritz et al, 2012). (Greenfield, 1999), Pathological Internet Use (Morahanmartin, 2000), Problematic Internet Use (Caplan, 2002). The evolution of technology and communication development creates a new phenomenon: social media addiction that affects society. Social media addiction is defined by Nurfajri (Nurmandia, 2013) as a mental illness in which users experience the following: It is used to generate anxiety, mood disorders (difficulties adjusting, depression) and excitement which can lead to social disabilities.

Young (2010) revealed that social media addiction is included in internet addiction. Internet addiction is included in Cyber Relational addiction, one of which is Instagram and several factors such as gender, mental state, purpose, and time of internet use. Young's statement (2010) states that Instagram's addiction to social media sites is included in the addiction group, namely 20 addictive internet addictions. Aspects of Internet addiction, among others, are based on Young (2010). Namely, excessive use, expectations, lack of control, and neglect of social life. With these developments, the types of features and technologies available to users will continue to change. This makes social media a superordinate concept for specific references to different designs and uses (Cross, 2013). From the internet, you can see and meet various types of information that are trending on Instagram social media. Instagram usage becomes more active when someone comes across life posts such as photos or videos. This is known as content. This makes Instagram content more engaging and makes Instagram more fun for people to use. Vania (2016) is a social network that is very popular today and is a social network that is in great demand by people aged 18-24 years (teenagers), the majority of users in Indonesia.

According to a study by British research and analytics firm Taylor Nelson Sofres (TNS), the most active Instagram users in Indonesia are teenagers aged 1,824 (59%), with 25-34 years coming second and last. 34-44 years. The existence of this phenomenon has been proven by many studies that internet addiction can have a negative impact on humans. Santika's research (2015) shows that there is a positive relationship between FoMO (Fear of Missing Out) and internet addiction among students at SMAN 4 Bandung. The results also show that adolescents show increased tolerance for internet use at school. Basically, FoMO means that an individual must always be connected to other people's social activities. This case can be explained by the fact that mental health is based on three basic psychological needs: ability, autonomy, and connectivity, but FoMO is responsible for the lack of satisfaction with these three basic needs (Song et al., 2017). According to another study, FoMO causes feelings of loss, stress, and distance when unfamiliar with important events carried out by others—the level of happiness and the perception of happiness in the opinion of others (Przybylski, Murayama, DeHaan & Gladwell, 2013).

Based on the definition given, aspects of Fear of Missing Out (FoMO) are: Fear of losing valuable moments from individuals, fear of losing valuable moments from other groups, the desire to be connected to what other people are doing. In contrast, a 2012 survey by MyLife.com found that 56% fear missing out on important events, news and status updates when not on social media (Azmil, 2013). According to another study conducted in the United States and United Kingdom in 2012, around 65% of adolescents have experienced FoMO in the last four months, 40% of whom often experience FoMO (JWTI Intelligence, 2013).

2. RESEARCH METHOD

This research is a type of systematic literature study (SLR). The aim of this method is to provide researchers with a better understanding of the background of the research and why and how research results can be used as a reference for new research. Search for articles in Google Scholar publications with the selected keywords. Namely, Fear of Missing, Social Media Addiction, Instagram Social Media Addiction. Articles or journals that meet the inclusion and exclusion criteria will be used for further analysis. This article

summary uses documents published between 2014 and 2020 and is accessible in full in PDF format. The journal criteria to be evaluated are articles. The Indonesian Research Journal, a type of Research Article Journal that contains youth topics, is not a literature study on Fear of Missing Topic (FoMO) with Instagram social media addiction. Next, the magazine that summarizes the topic of Fear of Missing Out (FoMO) and Instagram social media addiction among young people will be reviewed. Magazine was selected as a criterion for magazine reviews to address the relationship between fear of surveillance and teens' Instagram social media addiction. Research journals that meet the criteria are then collected to produce a summary of the journal which includes the name of the researcher, year the journal was published, research title, methodology, and a summary of results or findings. Read and observe to further clarify journal summaries and full text analysis. The journal summary analyzes the research objectives and the content contained in the research results. Analysis of the contents of the journal acts as an analysis. The collected data is sought for similarities and differences and discussed to draw conclusions.

3. RESULTS AND DISCUSSIONS (10 PT)

3.1 Fear of Missing (FoMo)

Based on the fourth journal analyzed, 35 (23.3%) respondents had high FoMO values and 115 (76.7%) respondents had low FoMO values (Setiadi & Agus, 2020). The fifth journal analyzed showed a linear relationship between the Big Five personality traits from this study, which consisted of integrity, extroversion, tolerance, and a tendency to neurosis. With $r = 0.248$ and $RSquare$ of 6.1%, we are afraid to miss social media. Personality traits stimulate fear of missing out on social media, but 93.9% are influenced by variables other than this study. The six journals analyzed showed a positive and significant relationship between neuroticism and FoMO in adolescents who are active social media users. The higher the individual's neuroticism score, the higher the individual's FoMO score and vice versa (Tresnawati, 2016). The seven journals analyzed included one subject with a very high FoMO value and three subjects with a high FoMO value. The fear of missing the moment caused by the inability to satisfy the need for psychological connection, namely the fear of missing out when meeting desires and social media when you are not close to others, you may experience symptoms (Akbar et al., 2018). The Eighth Journal divides Instagram social media usage into six parts, with 13, 46, and 710 uses per day included in low intensity, 1115, 1620, and 20 times per day. We analyze that above is calculated. It belongs to the high power of use. Demographic data collected from all male and female participants regarding Instagram usage shows that Instagram is used 46 times a day. So it can be concluded that the intensity of Instagram usage by Bandung City students is low. The correlation value of the need to belong because of fear of FOMOMO is 0.327, and the significance value is 0.000 ($\alpha < 0.05$). This result means that there is a relationship between low and positive variables. The results of data processing show a low level of need for affiliation and the risk of missing students when using social media Instagram, but has a positive correlation (Shodiq et al, 2020). The tenth journal analyzed included 98 (28.6%) of 343 subjects affected by social media addiction. There are FoMO scales obtained from 343 subjects with high FoMO values of up to 36 (10.5%).

Based on our survey results, we found that teenagers are generally disappointed when they miss the opportunity to meet friends, even if they are not invited to the meeting. Almost all teenagers are known to use social media 15 minutes before going to bed and 15 minutes after waking up every day (Fathadhika & Africani, 2018). Of the eleven journals analyzed, the highest percentage of FoMO tendencies was found in the lower category of 47.95, with 47 respondents. You can see that the high enough category is in second place. Then there are 17 people who are prone to FoMO in the very low category, 7 people who are prone to the high category, and 4 people who are prone to very high (Maysitoh et al, 2020). The 14th Journal investigated the psychometric properties of the Arabic version of

the Fear of Missing Out (FoMO) scale. The results show that the Arab FoMO scale is internally consistent. They also show that the scale scores well when tested concurrently against another scale that has a theoretical affinity for FoMO, namely measuring social media addiction (AlMenayes,). 2016). Przyblyski, DeHaan, and Gladwell (2013) define Fear of Missing Out (FoMO) as the fear of losing precious moments to other people or groups who don't have them, and other people do it through cyberspace which is characterized by a desire to be . , Stay connected or internet. From the analysis of several magazines above, we can conclude that FoMo rates range from low to moderate, but it still shows that high school youth are most afraid of being left behind. This is consistent with the facts about FOMO (FoMO), including FOMO (FoMO), which is the driving force behind Przyblyski, Murayama, DeHaan, and Gladwell's use of the Internet (Dossey, 2014). Especially in social media, FoMO (FoMO) is highest in adolescence, and in early adulthood (emergency adulthood), low life satisfaction results in high FOMO (FoMO). FOMO (Fear of Missing Lead) is caused by frequent access to the Internet during activities that require concentration, such as driving a car or studying in class.

3.2 Aspects Of Fear Of Missing Out

Based on the definition of Przyblyski, Murayama, DeHaan, Gladwell (2013), the aspects of Fear of Missing Out (FOMO) are:

- a) Fear of losing precious individual moments. B. Fear of losing precious moments from other groups.
- b) The desire to stay in touch with what other people are doing.

3.3 Factors Influencing Fear Of Missing Out

According to Przyblyski, Murayama, DeHaan and Gladwell (2013), the low level of this basic psychological need is FOMO (FoMO) because FOMO (FoMO) is considered a situational state from this perspective. According to Przyblyski, Murayama, DeHaan, Gladwell (2013), if psychological needs are not met in terms of self-connection, the aspects of fear are ignored are: A. Unmet psychological needs for connectivity Connection (intimacy and the desire to connect with others) is the need to feel a sense of belonging, connection, and oneness with others. Conditions such as strong, warm, and compassionate bonds can satisfy needs for affinity, and individuals may have more opportunities to interact and develop social skills that are considered important. Will be higher. And when the psychological need for connection is not met, it leads to anxiety for the individual and attempts to make sense of what other people experience and do, including through the internet.

Unmet psychological needs for self Psychological needs for self are related to ability and autonomy. Competence is defined as an individual's unique desire to feel effective in interacting with the environment, reflecting the need to practice skills and find the best tasks (Reeve & Sickenius in Tekeng, 2015). Competency needs are associated with individual beliefs that enable certain actions or actions to be carried out efficiently and effectively. Individuals feel frustrated and hopeless when they are dissatisfied with their competence. Autonomy is the experience of feeling the presence of choice, support, and motivation to initiate, maintain, and end engagement in behavior (Niemic, Lynch, Vansteenkistec, Bernstein, Deci & Ryan in Tekeng, 2015). Autonomy means that individuals are free to integrate their own actions without being bound or controlled by others (the individual is the originator and source of his actions). If your psychological needs are not met, you will be instructed to get various information via the internet and contact other people. This will make individuals try to find out what happened to other people through the internet.

3.4 The Relationship Between Social Media Addiction And Fomo

The internet has been the greatest invention in human history by providing a large amount of information. In a short time, individuals can find virtual information on various topics (Arnett, 2013). When getting information from the internet, social media now provides information, not only because it comes from searching for applications, but also

because the many social media that are currently developing encourage many people to use it. On social media, individuals are constantly updating and sharing the information they need. Social media increasingly fulfills the need to obtain and share information, including social information, because social media provides various forms of social information, including: B. Information about activities, activities of other individuals or groups, and ongoing conversations (Przyblylski, Murayama, Dehaan & Gladwell, 2013). As a result, various forms of information obtained from the internet continue to grow and be up to date. According to research by Dossey (2014), people continue to use their cell phones when they wake up, before going to bed, while eating, and even while riding a motorcycle or car. A smartphone for surfing the internet. This shows that the goal of Internet users is to seek information, and because they need to be up-to-date and up-to-date, they spend more time on the Internet. The purpose and time of using the internet is one of the factors that cause internet addiction. These symptoms are indirectly related to aspects of internet addiction described by Young (2010). This means that you are infatuated with the internet, take longer to be satisfied using the internet, cannot use internet controls, reduce or stop using the internet, access the internet longer than expected.

Apart from Young, the aspects of internet addiction described by Griffiths (2015) are also related to internet addiction symptoms, namely tolerance, increased internet use. An unfulfilled desire to obtain information from the Internet can cause discomfort, fear, and anxiety when the Internet is not available for fear of missing or up-to-date information. This is supported by the research of Larry et al. Since 2015, the continuous use of smartphones and the internet and increased arousal can further increase anxiety and addiction every night (several times), which of course can cause sleep disturbances, discomfort when unable to use the internet is also a symptom related to aspects of internet addiction .

Young (2010) trying to adjust to reducing or reducing internet use can make you anxious, uncomfortable, depressed, and frustrating. Fear of lack of information is one of the characteristics of Fear of Missing Out (FoMO). The fear of missing information or missing the latest information makes people use the internet more intensively so they don't feel left behind. Increasing the intensity of the time you spend using the internet is part of your internet addiction. According to a study by Abel, Cheryl & Sarah (2016), individuals have easy access to various information on the Internet, enabling individuals to read and view their lives from what others have on the page. It's easier to compare with life. Displays internet. Study by AlMenayes (2016) The many applications provided by the Internet have enabled individuals to search for various information more efficiently and inexpensively (so that individuals feel the need to stay in touch with the Internet) and continue to be interested in using the Internet. Previous studies show that around 65.ri of young people are afraid of FoMO and 40% are afraid of FoMO.), over the past 4 months (JWTIntellegence, 2012).

Based on the explanation above, it can be concluded that Fear of Missing Out (FoMO) is related to adolescent internet/social media addiction. Unmet psychological needs for connection and self are important aspects of Fear of Missing Out (FoMO), and adolescents continue to use the Internet to make those affected feel that their psychological needs are being met. This indicates an increase in internet usage and discomfort when you don't have access to the internet / social media. Fear of Missing Out (FoMO) and social media addiction have a huge impact on teens. One of the developmental tasks of youth is to personally investigate and experiment with what is achievable through the modern Internet. This study focuses on understanding the potential relationship between fear of missing out on FoMOs and social media addiction tendencies in adolescence.

3.5 Social Media Addiction Instagram

In the first journal analyzed, 12 students (15.18%) were in the very low category, 32 students (40.50%) were in the low category, and 28 students (35.45%) were obtained. trend data. Included in the high category, with 7 students (8.87%) in the very high category

(Muna & Astuti, 2014). The second journal analyzed contained data from 168 students, of whom 77 (45.8%) said that social media addiction was included in Masu's moderate addiction category (Pratiwi & Fazriani, 2020). A third journal analysis found that more than half of respondents accessed social media 46 hours a day, based on how frequently they used social media. The results of the research on the degree of social media addiction symptoms in nursing students at Pajajaran University were dominated by students with moderate social media addiction symptoms (72.2%) (Hartinah et al, 2019). The ninth journal analyzed showed that the risk of ignoring problematic social media use affected 35.8%, while 64.2% was caused by other factors. The problematic behavior of using social media and the fear of losing something has a positive and meaningful relationship, but still creates a reciprocal relationship (Risdyanti et al, 2019).

The 12th journal analyzed contains 5 students who rely on internet and FoMO. The form of internet addiction that you experience varies. For example, if your cell phone is not connected to the internet, you often do everything to ensure smooth access to the internet and forget about your student work because you are busy accessing the internet. Internet playing time is increasing day by day because we access the internet when we cannot access it (Ayuningtyas & Wiyono, 2020). The thirteenth journal to conduct the research shows that heavy social media use is very common and has a negative impact on young people. In this study, we wish to expand the literature on the risk and protective factors of adolescent social media addiction. Studies show that the most important risk factor for social media addiction is teen smartphone addiction. The results show that the second risk factor for social media addiction is fear of abandonment. High awareness of scientific ability was found to be a protective factor. Therefore, developing a program for healthy smartphone use for parents and adolescents can be a good prevention strategy.

Additionally, risk group assessment of young people with smartphone addiction is another good strategy for program funding. In addition, program improvements, including social activities, and the provision of effective and efficient learning methods for school students can help reduce unhealthy youth use of social media (TuncAksan & Akbay, 2019). Young (2010) The desire to use the Internet from time to time just for satisfaction feels depressed, anxious, depressed, and frustrated because the activity of using social media is reduced. Some of the magazines briefly described above show that the respondents surveyed experienced the characteristics of social media addiction. With reference to Young (2010), we can conclude whether the characteristics of Instagram social media addiction are thinking about and enjoying activities on the Internet. Social media, online longer than expected, reduce, control, and even use the internet to reduce activity on social media, overcome difficulties, and deal with problems Stop using and feel depressed, anxious, depressed, and frustrated. B. Fear of ignoring the link between Instagram and social media addiction Instagram has a variety of options, from adding friends, sending comments, sharing photos and videos, to providing favorable feedback about what users are sharing. The facilities provided by Instagram can suit people's tastes and make Instagram more popular with the general public (Nisrina, 2015). Through Instagram, individuals can follow and build relationships with many people in different parts of the world. In this way, Instagram has become an integral part of today's youth. Orzack (Mukodim, et al. 2004) states that people who are addicted often find the virtual world more interesting than the real world. Especially in this case, the internet-addicted social media Instagram makes you feel good about doing something interesting instead of doing something offensive. Adding some teenagers Antara Dalam (Ayu & Anggita, 2020) FOMO and social media addiction, time using and learning social media, ignoring teachers and confusing study time at school and continuing to access social media during class There is a significant positive relationship. The higher a student's FOMO level, the more likely they are to experience social media addiction.

The convenience provided by the internet indirectly brings people to a high level of internet addiction and tends to show addiction or symptoms of addiction (Young & de

Abreu, 2011). Internet users can access different types of information using different applications and different websites. This mixed information means that a person stands in front of a computer or smartphone for a long time. With the development of this technology, we cannot separate humans from the various applications that are presented. The use of the internet which has been intensified for a long time will cause various problems which are known in psychologist circles as follows. Internet addiction. Internet addiction is a phenomenon that was born from the evolution of technological and communication developments and affects humans. Several studies have shown that internet addiction can have a negative impact on humans. The development of the internet today is very helpful for humans to know many things very easily. The Internet isn't just about information. The internet has many other benefits, such as online games and several website addresses that provide a medium for interacting with other people around the world. E-mail, Facebook, etc. (Zarella, 2010).

Today, the Internet is widespread not only on personal computers and laptop computers, but also on smartphones. Internet that can be accessed on a smartphone is much more practical because it can be used anytime, anywhere. Currently, smartphones also offer several social media applications that make it easier for someone to use them. For example, interact. whatsapp, BBM, LINE Messenger, Instagram, You Tube, Path, etc. The results of a global webindex survey of 1,664 year-old Indonesian internet users show that there are several social media platforms that are being actively used by Indonesians. Platforms can be divided into two categories of social media: social networking media and social media. Courier. The first is Youtube with 43% usage share, the second is Facebook with 41% usage share, and the second is Whatsapp with 40% usage share. Facebook users are dominated by teenagers in 2016 because this social media platform allows teenagers to express their lives through social media. Teenagers' addiction to social media can be associated with compulsive behaviors that lead to adverse effects. Subathra, Nimisha & Hakeem (2013) found that addiction causes a person to repeat certain activities. Dangerous activity that interferes with other important activities such as work or school. Xu and Tan (Griffith, 2013) also argue that people who are frequently involved in social media are less socialized in real life. For those who have Social media fans Social media is always used and causes many problems, such as neglecting real life relationships.

According to Azizan's research (2016), students of SMK N 1 Bantul are not confident in expressing their lives in the real world, so there is a huge impact between self-esteem and dependence on social media, I know that. Fuster's findings (2017) show that accessing social networks via mobile phones is an addictive behavior and is highly correlated with a fear of being ignored. From the results of this study, samples up to 7.6.ri have the risk of relying on online social networks. According to Przyblylski, Murayama, DeHaan, and Gladwell (2013), Fear of Missing Out (FoMO) is the fear of losing valuable moments from other people or groups who cannot attend the event. And it is characterized by a desire to stay connected to what other people are doing on the Internet and in cyberspace. FOMO is primarily social horror, but recent advances in technology and the Internet have made FOMO even scarier. Increase (JWTIIntelligence, 2012). FOMO (Fear of Missing Out) is referred to as social anxiety that arises from advances in technology, information, and the growing presence of social media. Today, there are various forms of information on the Internet. With social information, you can use the Internet to connect and communicate with people around you without having to meet face to face (Abel, Cheryl & Sarah, 2016).). According to Abel, Cheryl & Sarah (2016), currently there are various forms of social media applications on the internet that can be used to stay connected and communicate with the social environment without having to meet in person.

According to a 2012 survey by MyLife.com, 56% fear missing out on important events, news and status updates when they are not on social media (Azmil, 2013). According to another study conducted in the United States and England in 2012, around 65% of adolescents experience FoMO and 40% often experience FoMO within 4 months (JWTI

Intelligence, 2013). Excessive use of the internet/social media causes feelings of anxiety, depression, depression, or hypersensitivity (male, 2010). If requests for information from the Internet are not met, this can cause discomfort, fear, or anxiety. Fear of lack of information is one of the characteristics of Fear of Missing Out (FoMO). From the fear of losing information and feeling not up to date. According to AlMenayes (2016), people with Fear of Missing (FoMO) are still interested in using the Internet and may become more dependent on the Internet and social media. In Indonesia, FoMO is a new topic from the world of cyberpsychological behavior, and conceptual research has only been carried out by two parties, so there is still little research on the relationship between adolescent FoMO and social media addiction. .. 2011 and Przybylski 2013. Adolescents with high FoMO scores are more likely to open Facebook and social media if they wake before bed and wake before eating, and adolescents are more likely to use their cell phones, so the social relationship between media addiction and FoMO is an important topic. While riding a motorcycle (Przybylski, 2007). Murayama, DeHaan & Gladwell, 2013; Young & de Abreu, 2011).

4. CONCLUSION

Based on the results of the study, several conclusions can be drawn that Fear of Missing Out (FoMO) is related to adolescent internet or social media addiction. FOMO (Fear of Missing Lead) is caused by frequent access to the Internet during activities that require concentration, such as driving a car or studying in class. study time at school and continuing to access social media during class There is a significant positive relationship. The higher a student's FOMO level, the more likely they are to experience social media addiction. There are several factors that can influence the occurrence of FoMO, namely unmet psychological needs for Connection connectivity and unmet psychological needs for oneself.

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