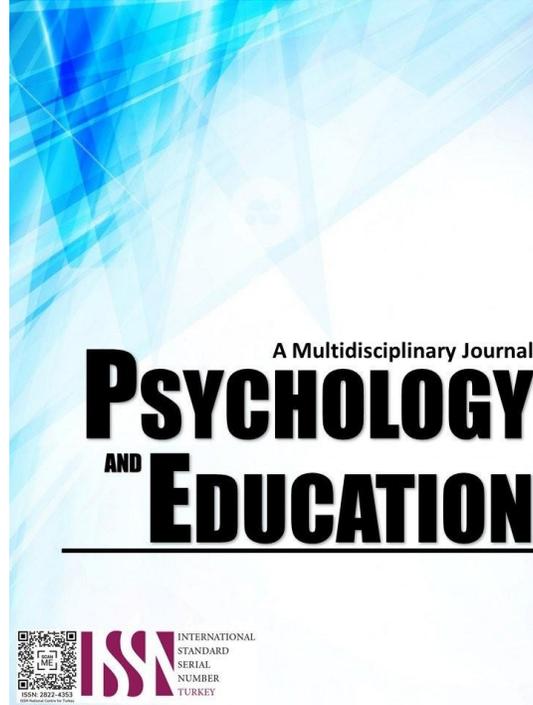


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PSYCHOLOGY AND EDUCATION: A MULTIDISCIPLINARY JOURNAL

Volume: 43

Issue 2

Pages: 242-251

Document ID: 2025PEMJ4155

DOI: 10.70838/pemj.430209

Manuscript Accepted: 06-19-2025

The Correlation Between Fear of Missing Out and Sense of Belongingness among Young Adults

Hughnixie C. Paccarangan,* Princess Leila M. Daduyo, Micaela Anne R. Espiritu, Jhun G. Himoldang
For affiliations and correspondence, see the last page.

Abstract

Fear of Missing Out (FoMO) is an emotional reaction of being left out on what others are doing or not being updated to what is in the present while sense of belongingness is how connected an individual to a certain group. In gathering the data, the researchers targeted the young adults aged 18-26 years old residing in Quezon City, District 5. In line with the research instruments, the researchers used the Fear of Missing Out Scale by Przybylski (2013) and the Sense of Belonging Instrument by Hagurty and Patusky (1995). The Sense of Belonging Instrument consists of two subtests which are the SOBI-P and SOBI-A. The SOBI-P measures the psychological state of the respondents while the SOBI-A refers to antecedents to sense of belonging that consists of everyday situations.

Keywords: *Fear of Missing Out, sense of belongingness, young adults, antecedents, psychological state*

Introduction

The phrase “fear of missing out” (FoMO) was first used in 2004 and has been frequently used since 2010, according to Gupta and Sharma in 2021. Zhang et al., (2020), proposed that FoMO is the emotional reaction of missing something that has to do with one’s identity, whether private or public. FoMO is the dread of missing out on anything that could improve or preserve one’s social or private life. Additionally, FoMO may also be defined as the fear of falling behind, either socially or personally, due to missing out on something. In today’s time, frequent use of social media has a significant impact on how individuals perceive and feel things because of the need to keep up with the pace of others and to be on the same page with them. A variety of detrimental life experiences and emotions, including sleep deprivation, diminished life competency, emotional strain, a negative impact on physical health, anxiety, and a lack of emotional control, are linked to FoMO since it is considered a type of problematic attachment to social media. It's also possible that intimate connections are seen as a means of fending off social rejection (Altuwairiqi et al., 2019). Attachment is an inbuilt regulatory system that, when triggered by environmental threats, lowers alertness or anxiety and increases survival and safety, as cited by La Guardia in 2008. In other words, people use other people as a shield against danger and to control their emotions when faced with threats. Relationship partners can also provide a base from which to explore and take chances in the social sphere when they are not triggered by danger. The social environment has a significant impact on the nature of attachment. Finding out which population is more susceptible to this occurrence is something the researchers intend to do. FoMO is a multifaceted construct that may be maintained by fulfilling experiences that stem from people's need for interpersonal bonds.

Given the prevalence of social media in the lives of students, it is vital to understand the dynamics that influence their well-being and academic performance. Social media has become a major concern among students. Teenagers use technology and social media on a daily basis (McBride, 2021). With this concern, students are most likely to experience FoMO because they feel that there is a need to be included in certain events.

A sense of belongingness, on the other hand, is defined as the desire to belong to and be accepted by a group of people or an event. Abraham Maslow’s hierarchy of needs includes a sense of belongingness as one of his primary needs that influences human behavior, which helps individuals feel accepted by the people around them such as their family, friends, and other relationships. There is a distinction between trait (i.e., belonging as a core psychological need) and state (i.e., situational sensations of belonging) belongingness. According to research, a variety of daily life experiences and pressures might affect state belonging (Ma, 2003; Sedgwick & Rougeau, 2010; Walton & Cohen, 2011 as cited by Allen et al. in 2021).

According to Slavich in 2020, various study lines imply that the primary design of the human brain and immune system is to keep the body biologically and physically safe by pushing people to avoid social risks and seek social safety, connection, and belonging. The need to belong has been embedded in people biologically because individuals tend to seek validation and connection with other people. There is a saying that no man is an island, which suggests that everyone needs interaction and to form bonds with others that can help them better cope with life. Most people have a profound need to feel a sense of belonging, which is seen positively but frequently as a fluid and fleeting connection with other people, places, or events (Allen, 2020). Given that belonging is a subjective experience, it exists in a dynamic social environment. Biological necessities supplement, amplify, and interact with social structures, norms, situations, and experiences Slavich also stated in 2020. But despite its value, many people still struggle to feel like they belong. Many people experience social isolation, loneliness, and a lack of connection with others (Anderson & Thayer, 2018).

The purpose of this study was to determine if young adults struggle with having a sense of belongingness and the reason behind it, this also aimed to determine its connection with the fear of missing out. The study aimed to help find an effective coping mechanism for those who experience this and promote a positive relationship within themselves and others. Hence, the focus of this study was to determine the relationship between fear of missing out and a sense of belongingness among young adults.

The researchers first sought to identify the cause of FoMO to answer the research problem and how it could affect these individuals. Additionally, one of the reasons why the researchers pursued this study was to identify how FoMO and sense of belongingness could impact their mental health by exploring the relationship between these two. Furthermore, through this study, better and healthier mental well-being could be promoted by recognizing the possible risk factors with psychological stress. Given that FoMO and digital technology could be associated, the researchers also aimed to discover what other factors could cause this feeling, which in turn can affect the sense of belongingness of a young adult. Moreover, the researchers aimed to enlighten the readers of this study, especially those who experience FoMO and struggle with having a sense of belongingness, for them to understand what they could be going through by giving additional knowledge about what FoMO is. With the rise of social media and digital interaction, FoMO has developed as a common psychological condition defined by anxiety caused by the fear of being excluded from rewarding experiences or social interactions. This study sought to shed light on how FoMO affects the sense of belonging of individuals, which is important for their psychological well-being and social inclusion. Lastly, the researchers would want that the findings from this research would benefit young adults experiencing FoMO, along with their parents and the people around them.

Research Questions

The main goal of this study was to gather information about the experiences of today's young adults regarding their sense of belonging and fear of missing out, as there aren't many studies that address this subject. This study determined the interaction between the fear of missing out and the sense of belongingness among young adults. Specifically, it sought to find out the answers to the following questions:

1. What is the level of FoMO of the respondents?
2. What is the level of Sense of Belongingness of the respondents in terms of:
 - 2.1 sense of belongingness - psychological state;
 - 2.2 sense of belongingness – antecedents; and
 - 2.3 overall sense of belongingness?
3. Is there a significant relationship between Fear of Missing Out (FoMO) and Sense of Belongingness among the respondents?

Methodology

Research Design

Quantitative research was the primary research design employed in this investigation to determine the degree of fear of missing out and the sense of belongingness of a young adult individual because the study's questions are intended to produce numerical data. A quantitative research design was chosen to meet the research's purpose of collecting a large amount of data from the given criteria of respondents. This avoided any biases while conducting the study

This research used correlational research to determine whether young adults' sense of belongingness is impacted by FoMO. It also sought to evaluate any noteworthy interactions between the factors and this research design helped the researchers to gather data because it is more structured, and it uses different tools that supported the study. Additionally, correlational design investigates the associations between or among two or more variables in a single group, which might occur at several levels. It is a non-experimental design that investigates the link between two or more factors. Moreover, it should be noted that the researchers did not investigate the cause-and-effect relationship. A correlational research design analyzes correlations between variables without allowing the researcher to control or manipulate them. A correlation shows the intensity and/or direction of a relationship between two or more variables. A correlation's direction can be positive or negative (Devi et al., 2023). In other words, it establishes the correlational relationship between variables.

One of the most commonly employed research techniques for data collection is the survey which was also utilized in this study. An online survey was used for the research to measure the degree of interaction between the fear of missing out and the sense of belongingness among young adults.

Respondents

The target respondents were young adults whose ages ranged from 18–26 years old, regardless of their sex. The researchers gathered information from 206 participants to gather enough support for the study. This provided precise data and a balance between acquiring significant findings and effectively managing available resources. According to the general rule regarding sample sizes, 200 respondents is the minimum size that can provide an acceptable margin of error and prevent diminishing returns on the data (Lyons and Hearn, n.d.). The researchers used a probability sampling technique called stratified sampling, which allowed the researchers to easily gather precise data based on the age of participants.

Table 1. *Profile of the Respondents in Terms of Sex*

<i>Sex</i>	<i>Frequency</i>	<i>Percentage</i>
Female	118	57.28%
Male	88	42.27%
Total	206	100%

Table 1 displays the frequency and percentage of the distribution of the respondents in terms of sex. The majority of the respondents were female with a frequency of 118 and a percentage of 57.28%, while male respondents had a frequency of 88 and a percentage of 42.72%.

Table 2. *Profile of the Respondents in Terms of Residential Barangay*

<i>Barangay</i>	<i>Frequency</i>	<i>Percentage</i>
Bagbag	5	2.4%
Capri	0	0%
Fairview	80	39%
Gulod	4	2%
Greater Lagro	20	9.8%
Kaligayahan	17	8.3%
Nagkaisang Nayon	6	3%
North Fairview	15	7.3%
Novaliches Proper	19	9%
Pasong Putik Proper	21	10.2%
San Agustin	3	1.5%
San Bartolome	3	1.5%
Sta. Lucia	7	3%
Sta. Monica	6	3%
Total	206	100%

Table 2 shows the frequency and percentage distribution of the respondents in terms of their residential barangay. The majority of the respondents were from Barangay Fairview with a frequency of 80 and a percentage of 39%, while 21 respondents were from the barangay of Pasong Putik with a percentage of 10.2%, 20 respondents were from Barangay Greater Lagro with a percentage of 9.8%, 19 respondents were from Novaliches with a percentage of 9%, 17 respondents from Kaligayahan, which is 8.3%, 15 respondents from North Fairview, which is 7.3%, and 7 respondents were residing in Sta. Lucia, which is 3%, both from the barangays of Nagkaisang Nayon and Sta. Monica had 6 respondents individually, which is 3% each; only 5 respondents were from Barangay Bagbag, which is 2.4%; 4 respondents were from Brgy. Gulod, which had a percentage of 2%; and the remaining data were from San Agustin and San Bartolome, which had 3 respondents each and a percentage of 1.5% individually.

Instrument

The survey used in the research consisted of a total of 40 questions designed to assess both the participants' fear of missing out (FOMO) and their sense of belonging. In addition, this allowed the researchers to gather data about the relationship between FOMO and a sense of belonging in young adults. Moreover, it included an explanation of the main concept and purpose of the study and the general parts of the survey for the participants. The survey questionnaires were distributed to the respondents with proper guidance on how they answered. The survey proper was composed of three parts. The first part was to gather the demographic profile of the respondents. The second and third parts of the survey proper were the Fear of Missing Out Scale and the Sense of Belonging Instruments, which measured the level of their FoMO and sense of belongingness, respectively. Additionally, an online platform was used to conduct the survey for easier access and more convenient for the participants than answering a physical pen-and-paper questionnaire. Through this, the survey did not take too much time as the instrument can be answered by respondents in less than ten (10) minutes. Lastly, the researchers collected data from the participants while maintaining confidentiality.

Sense of Belonging Instrument (SOBI-P & SOBI-A)

The Sense of Belonging Instrument was designed to examine an individual's sense of belonging while also testing its psychological characteristics. The items were designed to reflect the psychological feeling of belonging as well as the factors that contribute to it. Bonnie Hagerty and Kathleen Patusky created this test in 1995.

The Sense of Belonging Instrument (SOBI) contains 27 items separated into two categories: 1. The SOBI-P assesses psychological sense of belonging (valued involvement and fit); 2. SOBI-A, which examines the factors that contribute to a sense of belonging, such as people's motivation to feel like they belong. The survey used a Likert-type scale ranging from 1 (strongly disagree) to 4 (strongly agree). The SOBI-P items are negatively phrased (a score of 4 indicates a low sense of belonging), whereas the SOBI-A items are positively phrased (a score of 4 shows a high sense of belonging). A panel of seven experts, each with academic and clinical experience on issues connected to a sense of belonging, evaluated the instrument's content validity.

For the Sense of Belongingness instrument, 1.00 - 2.49 indicates a low sense of belongingness in the psychological state, antecedents, and overall sense of belongingness, and 2.50 - 4.00 suggests a high sense of belongingness in the psychological state, antecedents, and overall sense of belongingness.

The content validity index (CVI) was used to assess the degree to which experts agreed that the items were related to the definitions. The CVI for each item was derived by calculating the percentage of judges who rated the item as quite or extremely relevant. Item content validity ranged between 0.50 and 1.00. The content validity of the full instrument was 0.83.

Fear of Missing Out Scale

FoMO scale is an instrument developed by Przybylski, Murayama, DeHann, and Gladwell in 2013. This is a psychometric instrument that consists of 10 items and is designed to measure an individual's fear of missing out on everyday experiences, specifically in the context of social media and digital networking (e.g., "I get anxious when I don't know what my friends are up to," "When I miss out on a planned get-together, it bothers me," or "When I go on vacation, I continue to keep tabs on what my friends are doing.")

This instrument used a 5-point Likert scale, with 5 being the highest, which relates to the participant most likely, and 1 being the lowest, which is least likely to be related to the participant. The five categories are: extremely true of me (5), very true of me (4), moderately true of me (3), slightly true of me (2), and not at all true of me (1). The verbal interpretation of the Fear of Missing Out scale implies that a score of 1.00–

2.49 means that the respondents are experiencing low FoMO, 2.50–3.49 indicates an average FoMO, and 3.50–5.00 was considered high.

The FoMO scale has demonstrated strong internal consistency, indicating that the items within the scale effectively measure the same fundamental construct. This is commonly evaluated using metrics such as Cronbach's alpha, which gauges the level of correlation among the items on a scale. Studies have consistently reported elevated Cronbach's alpha values for the FoMO Scale with strong internal consistency.

The FoMO scale has shown strong construct validity, including its ability to precisely capture the concept of fear of missing out. This validity has been confirmed through factor analysis, consistently revealing a single underlying dimension for the scale. Moreover, its positive correlation with related constructs like neuroticism and social media usage provided additional evidence supporting its validity.

Procedure

The researchers established specific research questions that addressed knowledge gaps in the topic with a step-by-step process of collecting data. Firstly, it was to find young adults whose ages are 18-26 years old and who are residing in District 5 of Quezon City through social media posting, particularly Facebook and Messenger. Secondly, the respondents were briefed about the qualifications needed for the study and that the survey would be answered through Google Form.

To collect data and answer these questions, standardized survey questionnaires were used as the primary research tools to ensure the quality of the data. These instruments included validated scales to measure Fear of Missing Out (FoMO) and Sense of Belonging (SOBI) in terms of Psychological State and Antecedents. To reach the targeted participants, the researchers distributed the survey by sending the link of the Google Form via Facebook posting and directly messaging individuals in Messenger with the emphasis that they need to be a young adult and should be residing in District 5 in Quezon City to answer the survey. The survey was designed to be completed on any device, including mobile phones, tablets, laptops, or desktops. After gathering data from 200 participants, the researchers reviewed the responses from the selected student participants which were analyzed and tallied together with a statistician that validated the results of the study.

The online survey questionnaire consisted of three main parts: a demographic profile questionnaire, a sense of belongingness (the Sense of Belonging Instrument) questionnaire, and a fear of missing out questionnaire. The set of questions for the first part identified the demographics of the respondents. For the sense of belongingness, it was a 27-item set of questions that include two (2) categories that pertain to the psychological state (SOBI-P) and antecedents (SOBI-A). As for the fear of missing out scale, it consisted of a 10-item questionnaire that would assess the degree of FoMO among young adults. Both of these questionnaires utilized a 5-point Likert scale. The scale had a numerical equivalent where 'strongly disagree' equated to 1 and 'strongly agree' equated to 5.

Data Analysis

This study collected demographic data from respondents, including their age, sex, and barangay within District 5, Quezon City. The statistical frequency was used to measure the demographics of the respondents and would be presented using tables and charts. The test of normality indicated that the distribution was skewed, hence Spearman's rho was used to analyze the rest of the data. It is a non-parametric test to be able to measure the strength of the relationship between two variables. A high correlation indicates a strong association between two variables, whereas a low correlation indicates that the variables are loosely correlated. In a positive correlation, when one variable increases, the other also increases. A negative correlation, on the other hand, indicates that if one variable increases, the other falls and vice versa.

Ethical Considerations

Informed consent was obtained from every participant in this study, regardless of their background, as this was a very important part of this research. Ensuring the privacy of the participants was the main priority in this investigation, which included participants' anonymity throughout the survey process.

In addition, it is important to ensure that there would be no pressure on the participants when getting their informed consent. They were assured that they could stop answering or decline to answer the survey if they experienced any distress or uncomfortable feelings during

the survey. The researchers also made sure that they were available to answer any questions and address any concerns that the participants may have while answering the survey and if in any case the respondent exhibited a high tendency to experience anxiety or any other negative emotion.

Results and Discussion

This chapter included the presentation, analysis, and interpretation of data which were gathered by the researcher. The data are presented in tables and were analyzed and interpreted to effectively answer the problems presented in this study through the statistical treatments used by the paper.

The following tables show the participants' responses to the instruments provided. Table 3 shows the level of respondents' fear of missing out. Table 4 shows the respondents' level of sense of belongingness in terms of psychological state, antecedents, and overall sense of belongingness. Lastly, Table 5 presents the correlation between fear of missing out and sense of belongingness among the respondents.

Level of FoMO of the respondents Mean and Standard Deviation of Respondents' Fear of Missing Out (FoMO) Scores

Table 3. *Level of Fear of Missing Out (FoMO) of the Respondents*

	Mean	Standard Deviation	Interpretation
Fear of Missing Out	2.45	0.78	Low

Table 3 shows the mean and standard deviation of respondents' fear of missing out (FoMO) scores. The overall mean score $M = 2.45$ with a standard deviation of $SD = 0.78$. Therefore, the level of fear of missing out (FoMO) of the respondents can be verbally interpreted as low provided by the FOMO scale questionnaire. Through the findings, the researchers discovered that young adults with low FoMO do not feel left out by their peers; rather, they are content with what they have. They do not feel much pressure to conform with current trends as if they are deeply concerned. Furthermore, a young adult with low FoMO has high self-confidence, therefore failure to attend a particular event or occasion, or missing a conversation, will not be an issue for them since they have adequately established their self-confidence.

The concept of Fear of Missing Out (FoMO) is characterized by a constant worry that others are enjoying fulfilling social experiences without their own presence (Alabri, 2022). Belonging treatments, such as those employed in educational settings, have been shown to improve students' social ties while decreasing feelings of exclusion or FoMO. These therapies often entail reframing problems as common and manageable experiences, which fosters a better feeling of community and belonging (Murphy et al., 2020). Przybylski et al. (2013) also found that FoMO could be an outcome of connection demands that begin throughout adolescence and extend into maturity, with FoMO displaying a negative correlation with age and life satisfaction in a sample of individuals aged 22 to 65, as cited by Barry & Wong in 2020. This implies that as their age and life satisfaction increase, they are likely to feel low levels of FoMO.

The findings indicate that the respondents do not exhibit this tendency, implying a lack of mental and emotional distress associated with missing out. Psychologically, individuals who experience FoMO often feel stressed and anxious when excluded from activities. However, the results demonstrate that the respondents are not affected by such discomfort, suggesting a healthy psychological state with low levels of anxiety. Furthermore, the results imply that these young adults are contented with their current social interactions as they do not feel the need to be always involved in everything around them.

Level of Sense of Belongingness of the Respondents

Table 4. *Level of Sense of Belongingness of the Respondents*

	Mean	Standard Deviation	Interpretation
Psychological State	2.60	0.57	High
Antecedents	2.94	0.46	High
Overall Sense of Belongingness	2.91	0.42	High

Table 4 displays the respondents' Psychological State, Antecedents and their overall sense of belonging. Mean and standard deviation of the respondents' psychological sense of belonging (SOBI-P). The total mean score was $M = 2.60$ with a standard deviation of $SD = 0.57$. Therefore, the level of sense of belongingness of respondents in terms of psychological state is high.

The findings indicate that a high sense of belonging can greatly impact an individual's overall well-being. These young adults may feel accepted and valued within the group they are part of; hence, their relationships with the group members are stronger than those who feel less of a sense of belonging. Sharing the same values and goals are factors that contribute to this feeling of belonging. Additionally, the result aligns with many recent literatures that highlight the importance of a strong psychological sense of belonging for mental health and well-being and how it is associated with different positive results.

It is said that students who have a positive sense of belonging in school have an improved overall well-being, mental health and long-term academic success (Halcrow & Cox 2020). Additionally, the results using SOBI-P demonstrated high consistency in different cultures and populations, including older adults and young adults. A study on older adults in Iran using the Persian version of SOBI showed that those with a higher sense of belonging are reported to have better mental health and lower levels of loneliness and

depression (Allen, et al., 2021). In addition to that, Baumeister & Leary, 1995; Baumeister & Robson, 2021 as cited by Einstein et al in 2023, a high sense of belongingness among young adults means that they have strong communication and bond with other people. Building a solid connection with peers or colleagues could lead to a high sense of belongingness.

The table also highlights the respondents' total mean score in Sense of Belongingness in terms of Antecedents of $M = 2.94$, with a standard deviation of $SD = 0.46$. This indicates that the respondents experience a high level of belonging in terms of their antecedents with moderate differences in their responses to the items.

Based on the results of SOBI-A, one can say that individuals who scored high on the SOBI-A are reported to have more fulfilling relationships with others. Additionally, this suggests that the respondents have a healthy, positive sense of belonging, with some of their individual differences in their experiences. Studies of Ma, 2003; Sedgwick & Rougeau, 2010; Walton & Cohen, 2011 as cited by Allen et al., 2021 suggest that belonging is affected by different day-to-day events and stressors. Additionally, as discussed by Trampe et al., 2015, as cited by Allen et al., 2021, the person's sense of belonging can change as much as it can the way that happiness and other emotions change over time depending on the situation and experiences and their perceptions towards it. This also shows in the results of SOBI-A where the respondents who scored high on the SOBI-A are more likely to have a more fulfilling relationship with others. This indicates that despite the differences in their daily experiences, they can still maintain a healthy, positive sense of belonging. As cited by Lim et al., 2020 in the study by Pillow et al., 2020, the SOBI-A is related to individuals with less loneliness, greater relationship security, lower neuroticism, and higher extraversion which are all consistent with approach motivations or a growth orientation to belonging.

It also displays the level of respondents' overall sense of belongingness. The mean score of $M = 2.91$ suggests that respondents generally experience a high level of belongingness. The standard deviation of $SD = 0.42$ indicates that the responses of most participants had a similar strong sense of connection and acceptance within their group.

According to the Belongingness theory by Baumeister & Leary, 1995 as cited by Browne et al., 2018, there is a strong need for humans to belong. It is stated that if there is a loss of special bonds, people will have a high level of being left out while, if there is a powerful bond between people, the fear of missing out will be low.

Researchers also found that those young adults with a high sense of belonging reveal strong social relationships with their family, peers, and colleagues. Therefore, they feel less anxious about missing out on something. In addition, young adults who are part of a particular group share the same values and personalities, which they become aligned to the group's beliefs and goals. Their strong relationships with their group reduce anxiety and contribute to their success.

Correlation Between Fear of Missing Out (FoMO) and Sense of Belonginess among the Respondents

Table 5. Test of Significance of Relationship Between Fear of Missing Out (FoMO) and Sense of Belonginess of the Respondents

<i>Fear of Missing Out (FoMO)</i>	<i>Spearman's rho</i>	<i>p-value</i>	<i>Decision</i>	<i>Remarks</i>
Sense of Belongingness – P (Psychological State)	- 0.383	<.001	Reject Ho	Significant
Sense of Belongingness – A (Antecedents)	0.361	<.001	Reject Ho	Significant
Overall Sense of Belongingness	0.302	<.001	Reject Ho	Significant

Table 5 displays the significant relationship between the Fear of Missing Out and the Sense of Belongingness of the respondents using Spearman's rho. The Fear of Missing Out and the Sense of Belongingness - Psychological State had a moderate negative correlation, which proves that if a young adult experiences a stable sense of belongingness, it can mitigate the anxiety and discomfort that were associated with the fear of missing out. When they feel secure about their relationships, they are likely to feel less preoccupied with the need to stay constantly connected with their surroundings. On the other hand, the Fear of Missing Out and the Sense of Belongingness - Antecedent had a moderate positive correlation, showing that situations relating to the sense of belongingness had positive effects on young adults. In addition to this, the anticipation or motivation to belong can increase our fear of missing out. This indicates that the desire to establish connections and be part of a group drives individuals to keep up with social activities, which can be specifically seen in everyday activities like the regular social media we use to keep up with our friends and family and to stay connected with them. Meanwhile, there was a moderate positive correlation between respondents' Fear of Missing Out and overall Sense of Belongingness, indicating that while FoMO can be a motivator in social interactions, it can also be an indicator that individuals value their social bonds and are driven to maintain them as they engage in social activities and communication that may strengthen their sense of belongingness, despite the anxiety caused by FoMO.

The need to belong was a drive to meet interpersonal relationships and current trends and issues. A probable explanation for this was that their fundamental psychological needs were met. Because, according to self-determination theory, the fulfillment of three fundamental psychological needs—competence, autonomy, and relatedness—is the source of an individual's psychological well-being. And people who do not have their needs met frequently have FoMO, or psychological discomfort. Autonomy refers to self-rule,

allowing one to initiate, choose, and accept actions. Heteronomy is the opposite, causing control. Competence involves overcoming difficulties and achieving expertise. The need to belong, or relatedness, aims to develop strong interpersonal relationships (Zhang et al., 2020). Fulfilling the need to belong is linked to a wide spectrum of positive emotions and general well-being (Allen et al., 2021). Inability to sustain social ties leads to unmet desires for belonging, leading to negative psychological, physical, and pathological outcomes (Paravati et al., 2020). FoMO was also discovered to be positively correlated to cognitive reactions to socially inclusive situations and the need for belonging, and additional research findings suggest that FoMO can enhance social connections in some contexts, making it potentially beneficial to well-being (Roberts & David, 2019).

The correlation implies that if a young adult is strongly affiliated with their group or the situation and environment they are currently in, they may feel a higher need to belong because they are afraid that they might miss something important or something fun within their group. Whereas, if a young adult is not connected with the people around them, they may feel that it is not their business if the situation is not directly involved in their life. The p-value yielded was less than .001, which was clearly less than the value of the alpha of .05, therefore rejecting the null hypothesis.

Conclusion

The level of Fear of Missing Out (FoMO) among the respondents was low, which shows that they lack interest in the events in their surroundings, or that the particular matter does not directly concern their attention which is due to having a high level of satisfaction in their lives. Moreover, these young adults are more satisfied with their existing interests and social interactions, making them less concerned that they may miss out on anything enjoyable in their environment.

The degree of Sense of Belongingness among young people in terms of psychological state and antecedents was both high, which is why the overall result of the Sense of Belongingness among young adults also shows a high sense of belongingness. Situations that create a sense of belonging appear to have a beneficial effect on FoMO, implying that the expectation of belonging can increase the worry of missing out. This could be attributed to a variety of things, including a healthy environment, effective communication, and stable, meaningful relationships. This can infer that the respondents feel that they were valued, involved, and fit in the situation they were currently in. They would also be motivated by the environment and the people around them and can be influenced by their daily experiences, social interactions, and personality traits, which can make them feel less lonely, resulting in better well-being.

Furthermore, the findings of the study show that there was a considerable link between the fear of missing out and the sense of belongingness among young adults. This relationship can be described as a moderate positive correlation. It follows that if a young adult has a low Fear of Missing Out, he or she will also have a low Sense of belongingness. Furthermore, this wider correlation indicates that, as young adults' sense of belongingness grows, so does their fear of missing out. This was most likely because of the connection between social needs and the fear of being excluded from enjoyable social interactions.

Being exposed to different circumstances affects these results, so being exposed to a happy and healthy environment leads to feeling a higher drive to belong. Young adults who have been exposed to inclusive surroundings would likely find it simpler to achieve a balance between feeling safe and connected in relationships. Additionally, Fear of Missing Out can also have both positive and negative impacts. While it can improve the existing social connections a young adult has by encouraging them to make engagements, it can also be a reason for feeling discomfort if it becomes excessive. This is evident in the things that an individual does on a daily basis. Engaging in social activities makes individuals feel more connected to others, but if they feel under continual pressure to attend these events, they may get anxious and exhausted.

According to the need-to-belong theory, fear of missing out is caused by unstable social belonging. FoMO was more likely to occur when individuals had a strong urge to belong (Dogan, 2019). Therefore, if a young adult sees the people around them as part of themselves or feel a strong connection with each other, they would likely feel and experience a higher fear of missing out. This is because they will likely think that certain situations involving people, they are affiliated with greatly concern their lives, so they want to be involved as much as possible. Unlike when the connection they had was inadequate to maintain a strong bond, they were not likely to feel any discomfort or concern about missing out on particular events and situations.

Based on the conclusions given, the researchers provide the following recommendations:

Young Adults Experiencing FoMO

Since most young adults are hooked on social media, they are most likely to experience FoMO because there are a lot of trends that are not easy to get along with. Therefore, they should limit their social media use because this is primarily where FoMO originates. They should be mindful of the time and their behavior when using social media.

To those young adults who are experiencing fear of missing out (FoMO), it is recommended to seek professionals who could help them with different strategies on what to do if they experience anxiety or any concern about being left out. It is also important to join various support groups where they can share their experiences and learn from other's experiences as well. With this, they will have a positive outlook on different things and have a good relationship with other people.

Establishing a good relationship with their interests or hobbies in life could also help young adults prevent FoMO. Investing time in

different hobbies such as sports, music, art, or even planting is a good source of positivity that will improve their well-being.

Parents/Family

To improve proper guidance, it is recommended that parents or family must have an open conversation with their child and be free from judgment. With this, they could consider their parents or other relatives as their safe space who can actively listen to them. It is highly encouraged to have a weekly gathering so that young adults will not feel any discomfort among their parents as well as their relatives. Activities that could make them not feel left out such as watching movies, playing with pets, or having lunch or dinner together at the same time and place. It is also recommended for parents or families to have a supportive environment with these young adults to build and strengthen their trust in them as well as the people surrounding them.

Community

In communities, it is recommended to curate different activities that could help young adults not feel that they are being left out and to build strong relationships with the people surrounding them. Activities such as team building, sportsfest, or festivals will improve their connection with other people. Also, community service that is aligned with these young adults' interests will enhance their skills and communication.

Building a safe and supportive environment where young adults are welcomed and valued could make them feel included because they can have easy access to support services.

Psychology Practitioners

It is recommended that psychology practitioners conduct a thorough assessment to identify what causes FoMO and what triggers them to feel FoMO. They should also educate the young adults on the clear definition of FoMO and how it affects their sense of belongingness, where it came from, and how to handle themselves whenever they experience it. Teaching different coping strategies could also improve their mental well-being as well as their social connections with other people.

Teaching mindful social media use is also recommended to provide strategies that could help them limit their usage as well as how to handle their emotional responses whenever they feel FoMO.

Future Researchers

It is recommended to invest in a larger number of participants and lessen the limitations, such as widening the scope of the area where the study should take place for further research. It is also recommended to widen the age group and not focus only on young adults aged 18-26 years old.

It is also recommended that future researchers conduct a qualitative study regarding this topic and identify factors that cause Fear of Missing Out (FoMO) and how it affects the Sense of Belongingness of the respondents positively or negatively.

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Affiliations and Corresponding Information

Hughnixie C. Paccarangan

National University – Philippines

Princess Leila M. Daduyo

National University – Philippines

Micaela Anne R. Espiritu

National University – Philippines

Jhun G. Himoldang

National University – Philippines