

Relationship FoMO and Nomophobia with Social Anxiety Symptoms in the Use of Social Media at UMP

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ARTICLE INFO

Article history:

DOI:

[10.30595/pshms.v5i.967](https://doi.org/10.30595/pshms.v5i.967)

Submitted:

Oct 13, 2023

Accepted:

Feb 25, 2024

Published:

Mar 20, 2024

Keywords:

Social anxiety symptoms,
Social media, FoMO,
Nomophobia

ABSTRACT

Background: Along with the increase in social media users, people are also starting to experience what is called social anxiety. This social anxiety is caused by feelings of worry or fear of the judgment of others. This causes individuals who experience social anxiety to try to avoid social situations so that they can avoid the negative judgments of other. Anxiety about the judgment of others in one of the main symptoms of social anxiety. In addition, people who frequently use social media tend to like to compare themselves with others. *Method:* This research is a quantitative study with a cross-sectional approach. The sample used in this study was undergraduate nursing students at Muhammadiyah University in Purwokerto with a total of 99 respondents. There were 3 instruments used in this study, namely the SAS-SMU questionnaire, the FoMO's questionnaire, and the NMP-Q questionnaire. *Results:* The results of the analysis of the relationship using the chi-square statistical test found $p=0.000(p<0.05)$, meaning that there is a significant relationship between FoMO and symptoms of social anxiety in the use of social media. The results of the relationship analysis using the chi-square statistical test found $p=0.001(p<0.05)$, meaning that there is a significant relationship between Nomophobia and symptoms of social anxiety in the use of social media. *Conclusion:* There is a significant relationship between FoMO and symptoms of social anxiety in using social media and there is also a significant relationship between Nomophobia and symptoms of social anxiety in using social media.

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1. INTRODUCTION

Humans are social creatures who always looking for ways to stay connected with other people, whether directly (offline) or through media, one of which is a smartphone (online). According to data from Hootsuite (We Are Social), a social media management service site with the theme Global Digital Report 2021, in January 2022, the number of global internet users reached 4.95 billion, or 62.5% of the total population, and there are 191 million active social media users in Indonesia, with a percentage of 68.9% [1].

In 2018, ICT watch (a civil society organization that focuses on collaboratively building the capacity of Indonesian human resources on knowledge and skills in digital literacy, online expression, and cyber governance) conducted a survey that showed that an average individual uses the internet for 9 hours a day, including part of that time spent accessing social media [2]. The use of social media for 2-4 hours every day can cause mental health problems such as depression, stress, and feelings of anxiety [3].

People who tend to or often compare themselves with other individuals (social comparison) often see social media with a negative view. This increases their risk of experiencing depression and social anxiety[4]. Social anxiety is a kind of problem related to anxiety or nervousness that is generated when people are afraid, worried, or anxious when interacting or are negatively evaluated and scrutinized by others during social interaction in a social or group setting [5].

Research conducted by Vriends regarding the comparison of the prevalence of social anxiety between students in Indonesia and students in Switzerland showed that, compared to students in Switzerland, students in Indonesia showed a very high level of social anxiety[6].

When other individuals have activities that are considered more meaningful or valuable than their own experiences, these individuals often become anxious because they want to always be connected and monitor the activities of other individuals, causing them to feel anxious and lost, which became known as FoMO[7].

FoMO (Fear of Missing Out) has an influence on the relationship between social anxiety and problematic Facebook use[8]. In this context, social anxiety acts as a motivating factor underlying an individual's desire to keep checking social media, while FoMO reinforces this urge by creating anxiety and discomfort when they feel disconnected or are not getting information deemed important.

FoMO is more related to anxiety than depression; this was concluded after their research on 920 respondents through an online survey at a Chinese university[9]. In addition, smartphones, which are devices that are widely used to access social media and the internet, cannot be separated from human daily life. This phenomenon can cause individuals to develop nomophobia (no mobile phone).

Nomophobia is a feeling of anxiety, discomfort, sadness, or fear that occurs because someone cannot connect to their smartphone or cell phone[10]. Anxious sensations that arise as a result of being away from this smartphone are called nomophobia. Copaja-Corzo et al. [11] concluded in their research conducted in England that of the 2,163 subjects included, 58% of men and 48% of women were found to have nomophobia.

This research aims to determine whether or not there is a relationship between FoMO, Nomophobia, and symptoms of social anxiety in the use of social media among undergraduate nursing students at the Faculty of Health Sciences, Muhammadiyah University, Purwokerto.

2. RESEARCH METHOD

This study uses a quantitative research design with a cross-sectional approach to obtain data from a sample at one time. Analytical descriptive research is a type of research that is conducted and aims to describe or provide an overview of a matter that is being studied using data or samples that have been collected. The sample in this study was 99 students, using a sample determination technique to test the hypothesis with a difference of 2 proportions. Data collection used a questionnaire method with the research instruments SAS-SMU (Social Anxiety Scale for Social Media Users), FoMO'S (Fear of Missing Out Scale), and NMP-Q (Nomophobia Questionnaire). Then data analysis in this study used the chi-square method.

3. RESULT AND DISCUSSIONS

The research was conducted at the UMP FIKES in July 2023. The data collection process in this study used a questionnaire instrument that was distributed by the researcher to the sample. The instrument consists of 3 questionnaires, which include the SAS-SMU (Social Anxiety Scale for Social Media Users) questionnaire, the FoMO'S (Fear of Missing Out) questionnaire, and the NMP-Q (Nomophobia Questionnaire) questionnaire. The three questionnaires were distributed by researchers to 99 samples that met the inclusion and exclusion criteria.

Table 1. Characteristics of Respondents (n=99)

Characteristics of Respondents	n	%
Gender		
Male	28	28.3
Woman	71	71.7
Age		
18-20	51	51.5
21-23	48	48.6
Average Length of Smartphone Usage (Year)		
10,70 years	99	100
Average Length of Time Using a Smartphone (Every Day)		
14,59 hours	99	100

Table 1 above shows that the majority of respondents are female (71.7%). Most of the respondents are 18–20 years old (51.5%). The average respondent has owned a smartphone for 10.70 years, and the average respondent uses his smartphone for 14.59 hours a day.

In line with a study conducted by Shensa et al. [12] online research they conducted on adults aged 19–32 in the US showed women (60%) spent a lot of time on social media, which resulted in an increase in worry. Women are twice as likely to experience psychological disorders related to anxiety as men [13].

Students aged 18–23 years experienced symptoms of anxiety disorders due to excessive use of smartphones with high intensity [14].

Then the average length of smartphone use is 10.70 years, with an average length of time using a smartphone in a day of 14.59 hours. This means that there is an increase, judging from the results of research from Riyanto [15], which shows that every day the average person accesses the internet for 8 hours and 36 minutes. Students with an age range of 19–23 years experience social anxiety with a high duration of use of social media [16].

According to research conducted at the University of Oxford, the recommended duration for going online every day is four hours and seventeen minutes; if it exceeds that, gadgets are considered to be able to interfere with brain performance because they reduce rest and sleep time and decrease concentration because they don't care about the surrounding environment due to too much focus on gadgets [17]. The use of social media for two to four hours every day can trigger psychological health problems, including stress, depression, and anxiety [3].

Table 2. Frequency Distribution of Social Anxiety Symptoms in the Use of Social Media, FoMO, and Nomophobia (n=99)

Variable	n	%
Symptoms of Social Anxiety in Using Social Media		
Light	6	6.1
Medium	27	27.3
Heavy	58	58.6
Panic	8	8.1
FoMO		
Light	8	8.1
Medium	63	63.6
Heavy	28	28.3
Nomophobia		
Light	5	5.1
Medium	73	73.7
Heavy	21	21.2

Table 2 shows that the majority of respondents experienced symptoms of social anxiety when using social media in the severe category (58.6%), the majority of respondents experienced moderate FoMO (63.6%), and the majority of respondents experienced moderate Nomophobia (73.7%).

Research by Palupi et al. [14] concluded that there was a significant relationship between smartphone dependence and anxiety: 61.2% of students experienced mild anxiety, 29.9% did not experience anxiety, and 8.9% experienced moderate anxiety. Students usually don't want to be separated from their smartphones, even for a short while, because they are addicted to all the features on their smartphones, and if they let them go even for a short while, it will cause discomfort during their activities [18].

A study by Wibowo & Nurwindasari [2] showed 73 distributions of FoMO in students who were in the medium category as much as 37.33%, high or severe as much as 30.67%, and low as much as 32%. FoMO is related to the use of social media on smartphones.

The poll from *Securevoy* (a firm in England) gave the result that the majority of nomophobia occurs in the student group (66%). Phenomena related to nomophobia are often encountered in everyday life, especially for those aged 18–25 and studying at university [19].

Table 3. Relationship Between FoMO and Social Anxiety Symptoms in the Use of Social Media

FoMO	Symptoms of Social Anxiety in Using Social Media					Sig. (p-value) nn
	Light		Heavy		Total	
	F	(%)	F	(%)	F	(%)
Light	8	100,0	0	0	8	100,0
Medium	23	36,5	40	63,5	63	100,0
Heavy	2	7,1	26	92,9	28	100,0

Based on table 3, the results of the analysis show $p = 0.000$ ($p < 0.05$), which means that there is a significant relationship between FoMO and symptoms of social anxiety in the use of social media for undergraduate nursing students at FIKES UMP in 2023. This is in line with the research conducted by Duan et al. [20], which showed a correlation between FoMO and online social anxiety.

FoMO can also fuel unhealthy social comparisons. Seeing other people's achievements and happiness on social media can make individuals feel less significant or not good enough; these feelings can trigger social anxiety. FoMO can cause social anxiety disorder[21].

Someone who has FoMO is always interested in using social media, and anxiety or fear of not being able to keep up with the latest news causes the person to use social media for a long time. The characteristics of FoMO in this study include: feeling worried when they find out that their friends are having fun without him; considering it important that his friends understand the jokes he makes; feeling annoyed when he cannot hang out with his friends; and always sharing activities online that are conducted.

Table 4. Relationship Between Nomophobia and Social Anxiety Symptoms in the Use of Social Media

<i>Nomophobia</i>	Symptoms of Social Anxiety in Using Social Media						Sig. (<i>p</i>-value) nn
	Light		Heavy		Total		
	F	(%)	F	(%)	F	(%)	
Light	5	100,0	0	0	7	100,0	0,001
Medium	25	34,2	48	65,8	73	100,0	
Heavy	3	14,3	18	85,7	21	100,0	

Based on table 4, $p = 0.001$ ($p < 0.05$) means that there is a significant relationship between nomophobia and symptoms of social anxiety in the use of social media for undergraduate nursing students at FIKES UMP in 2023.

In line with the study conducted by Baby et al. [22], they explained that there is a significant relationship between nomophobia and anxiety about social interaction. One of the most important signs of nomophobia is the amount of time spent on smartphone devices each day. This is evidenced by the duration of smartphone use in this study, which is an average of 14.59 hours every day. In fact, about 73% of health students always carry their cell phones, even when they go to bed (24 hours a day)[23].

Research conducted by León-Mejía et al. [24] found that women and younger individuals suffer more from nomophobia; this is in line with this study, which shows that as many as 71.7% of women aged between 18 and 23 suffer from nomophobia. Nomophobic behavior reinforces social anxiety[25].

The characteristics and symptoms of nomophobia in this study include: feeling uncomfortable when internet access is disrupted so he is unable to get the desired information; feeling annoyed when the smartphone cannot be used; panicking when the pulse or data package is running out; feeling anxious when unable to use the smartphone when lost; and feeling anxious when unable to communicate with his family.

4. CONCLUSION AND RECOMMENDATION

Based on the results of the analysis and discussion conducted by the researchers, it can be concluded that there is a significant relationship between FoMO and symptoms of social anxiety when using social media. And there is also a significant relationship between nomophobia and symptoms of social anxiety in the use of social media among undergraduate nursing students at FIKES UMP. With the majority of respondents being female, the average age is 18–20 years, the average respondent has owned a smartphone for 10.70 years, and the average respondent uses his smartphone for 14.59 hours a day.

From the results of the research, researchers suggest that student can find and do hobbies or other activities such as sports organizing to shift their focus from using smartphones so that they can reduce the time they use smartphones.

Then for the faculty, it is hoped that it can provide a forum for students so that they have other activities that can make them do more activities outside and interact with other people in a real or direct manner, so as to reduce the intensity of smartphone use for students.

Then, for future researchers, it is hoped that this research can provide initial data for researchers who are interested in researching social anxiety and then carry out research to find other factors such as social comparison, disconnectedness, extraversion, and neuroticism. Future researchers can conduct qualitative research using methods such as interviews and observation.

Acknowledgements

On this occasion, without reducing respect, allow the author to sincerely thank Assoc. Prof. Dr. Jebul Suroso as Chancellor of the Muhammadiyah University of Purwokerto, Assoc. Prof. Dr. Ns. Umi Solikhah, Dean of the Faculty of Health Sciences, University of Muhammadiyah Purwokerto, Ns. Happy Dwi Aprilina, S.

Kep., M. Kep, as Chair of the Bachelor of Nursing Study Program, Dr. Supriyadi, S.KM., M.KM, as Thesis Advisor, Ns. Suci Ratna Estria, S. Kep., M. Kep as Examiner I Thesis, Kris Linggardini, SKp. M. Kep as Examiner II Thesis, participants who completed the questionnaire, all lecturers, teaching staff, and staff/employees of the Faculty of Health Sciences, University of Muhammadiyah Purwokerto, for all the knowledge and experience they have provided so far, and all the parties that I cannot mention one by one who have given a lot of help to the author.

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