

The Influence of Self-Concept and Intimate Friendship On Fear of Missing Out (Fomo) In Adolescent Users

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DOI : <https://doi.org/10.61796/icossh.v2i3.56>



Sections Info

Article history:

Submitted: April 10, 2025

Final Revised: May 15, 2025

Accepted: May 28, 2025

Published: June 05, 2025

Keywords:

Intimate friendship

Self- concept

Fear of missing out

Teens

Instagram

ABSTRACT

Objective: This study aims to analyze the influence of Self-Concept and Intimate Friendship on Fear of Missing Out (FoMO) in adolescent Instagram users in Sidoarjo. FoMO is a psychological event that is increasing along with intensive use of social media, especially among adolescents. **Method:** Quantitative method using a survey approach. The sample of this study amounted to 200 adolescents who were determined using purposive sampling technique or certain criteria. The instrument used in the FoMO scale was adapted from Wegmann, Oberst, Stodt & Brand. The self-concept scale from William H. Fitts and the intimate friendship scale from Etriya Miranda. The data will be analyzed by multiple linear regression using IBM SPSS software version 26. **Results:** : the results show that self-concept has a significant positive effect on FoMO ($p=0.002$), meaning that the lower the self-concept tends to be the higher the individual experiences FoMO. On the other hand, intimate friendship has a significant negative effect on FoMO ($p=0.000$), meaning that the stronger the friendship relationship, the lower the level of FoMO experienced. The results of the analysis show that adolescents with low self-concept tend to experience social anxiety and social comparison on social media, while intimate friendship acts as a protective factor in reducing the impact of FoMO. **Novelty:** In this study, the novelty lies in the empirical analysis of the relationship between self-concept and intimate friendship on FoMO in adolescent Instagram users in Sidoarjo. The findings provide important insights for parents, educational practitioners and academics in understanding the psychosocial factors that can influence FoMO and designing effective interventions in reducing the adverse effects of social media use.

INTRODUCTION

In the era of disruption, social media has become an integral part of teenagers' lives, including in Sidoarjo. Instagram has become one of the most popular social media platforms, allowing teenagers to share important moments, keep up with friends and establish social interactions. However, intense use of Instagram can also have adverse effects, one of which is the emergence of Fear of Missing Out (FoMO) events. Through Instagram, teens can share important moments in their lives, get the latest information, and communicate with friends.

Instagram is composed of two words "Insta" and "gram", the word "instant" meaning fast-paced. The term "instant" comes from the polaroid camera, which is a type of camera that can print photos directly from the object that is the focal point, while "gram" comes from the word "telegram", which is a means of sending news instantly. The use of these two words can be used to understand that Instagram is a medium for creating images and sending them quickly. Instagram is a social media organized using web 2.0 technology that can provide opportunities for users to provide and share content. Instagram is currently one of the popular social media used as means of communication and more than one billion individuals in the world are its users[1].

Instagram has two types of individuals as its users, namely active and passive. According to Verduyn, Ybarra, Resibois, Jodines, and Kross, an active Instagram user is someone who likes to post, responds in the form of likes and comments. Passive users are individuals who simply observe other people's posts, not providing feedback. From research conducted by Hanley, Watt, and Coventry proves that passive users on Instagram have a lower level of life satisfaction than active users. Research conducted by Verduyn, Ybarra, Resibois, Jodines, and Kross proves that using Instagram passively can lead to social comparisons and envy which can lower the level of individual life satisfaction[2].

Instagram itself can have a negative impact, especially on a person's psychological condition. According to research by the Royal Society of Mental Health, Instagram is a social media that has a very negative impact on mental health. The study conducted by Brooks revealed that high levels of stress and low happiness as negative effects of Instagram. The results of the initial research study by Khusnul Khotimah et al entitled The Relationship Between Self Esteem and Life Satisfaction of Generation Z Instagram Social Media Users show that accessing Instagram can cause feelings of anxiety, overthinking of oneself and feelings of envy when respondents compare themselves and other individuals they see through Instagram. Yesilyurt and Turhan's study states that filling time with social media can reduce the quality of life[2].

According to Alwisol, FOMO is a state where a person experiences anxiety when the psychological need to connect with other individuals is not met. The emergence of anxiety about information that may be missed on social media when individuals do not have enough time, money or experience other obstacles that prevent continuous connection to the internet is one of the signs that appear[3]. Abel, Buff & Burr argue that individuals who have FoMO tendencies will experience various symptoms such as difficulty detaching themselves from smartphones, feeling anxious and restless when unable to access social media, and prioritizing interactions with friends in cyberspace rather than in real life. By sharing photos and videos of activities is a way for them to express high enthusiasm[4].

FoMo has an impact on adolescents, including lagging behind in understanding the material, having difficulty in concentration, reduced interest in learning, less motivated to learn and more interested in spending time on social media such as Instagram, Tiktok, WhatsApp and Youtube as media platforms, also potentially a means of disseminating inaccurate information. FoMo has a strong relationship with the inability to fulfill the need to interact with others, lack of independence and limitations in achieving goals independently. It is also associated with increased levels of stress and decreased individual well-being. FoMo is seen as a negative phenomenon as it encourages showing off, fosters impatience and reduces gratitude. Based on a survey, about 57% of 13 year olds have a strong desire to open social media accounts at least six times a day, not to upload photos or videos, but to observe or stalk[5].

There are two aspects of FoMO according to Przybylski, Murayama, DeHaan and Gladwell Fear of Missing Out, namely: a. Psychological need for unfulfilled connection. b. Unfulfilled psychological need for self. JWT Intelligence says there are three aspects of Fear of Missing out (FoMO), namely: a. Fear of missing out on information updates on the internet. b. Anxiety that arises when someone does not access the internet while others do. c. Insecurity stemming from the lack of information on the internet[6].

Wegmann, Oberst, Stodt, & Brand, argue that there are two dimensions to be able to measure the fear of missing out, namely: a. Trait-FoMO, is the natural character of the self-awareness process in the use of the Internet, which creates certain emotions when someone misses information or social interactions. b. State-FoMO, is an effort to maintain contact with others by sharing personal news through online activities and in order to get information related to events that occur in the immediate environment[7].

Adolescere is a Latin term that can be interpreted as growing up or growing into adulthood is the root word of "adolescence". It refers to a broad range of maturity that includes mental, emotional, social, and physical maturity. Adolescents are individuals who are going through a developmental stage that includes biological, cognitive, and social-emotional changes as they move from childhood to adulthood. Adolescents have a need to communicate and desire to make friends. However, due to the advancement of modern technology, teenagers now communicate or have conversations online, especially through the medium of[8].

The period between childhood and adulthood is referred to as adolescence. Many changes and developments occur during adolescence including changes in self-concept, way of thinking, mental, physical and even social. Since adolescents have a wide range of attitudes, traits and personal actions, the behavior patterns that are formed will be very unique. By responding to messages, posting emotions, liking posts and the like, teens who use social media have practiced interpersonal communication[9].

According to the APJII survey in 2023 concluded that the behavior of internet use in Indonesia, the platform that is widely accessed is social media with a percentage of 78.19%, one of the social media that is widely used is Instagram, ranked third after Facebook and YouTube. Based on a survey conducted by NapoleonCat, in Indonesia Instagram users in November 2019 were recorded at 61.6 million. Of these, the majority of users are women, with a percentage of 50.8%. The January-May 2020 period, has the number of Instagram users in Indonesia increased to 69.2 million. Meanwhile, in January 2022, Indonesia occupied the fourth position of the most Instagram users, reaching 99.15 million users. In Indonesia, Instagram users who really dominate are 18-24 years old. The age of 10-22 years can be said to be a teenage age. The National Population and Family Planning Agency (BKKBN) states that 10-24 are teenagers. From the existing data, it can be concluded that in Indonesia Instagram users have increased from 61.6 million users in 2019 to 99.15 million users in 2022. With the majority of Instagram users being teenagers[10].

From the results of an initial survey conducted to teenagers in Sidoarjo online, it was found that 19 teenage respondents had Instagram accounts, 57.1% were in the middle teenage category, 42.9% were in the late teenage category. In the indicator of the need to be socially connected, 51% of teenagers are worried when they don't get news related to their friends' activities, spend a lot of time following what is happening and don't have the opportunity to meet with their friends. In the social appreciation indicator, 64% of adolescents experience feelings of anxiety when their friends have fun without them and they have less experience than others. In the indicator of engagement with social media, 54% of adolescents feel that when they are on vacation they will monitor their friends and will share vacation moments on Instagram, besides that it is important for them to respond to their friends' jokes. As many as 57% of teenagers feel that they miss social opportunities when they miss planned meetings.

From the results of the question and answer conducted on several samples about the Fear of Missing Out (FoMO) event, it is known that the results are in accordance with the aspects of FoMO presented by Przybylski, et al, namely the self dimension represents the relationship between capacity and autonomy. When the needs of self-aspects are not met, a person will express the needs of self-aspects through social media and obtain various types of information used to interact with other people in the internet world. In addition, the connectedness dimension represents an individual's need for connection with other individuals, and if connectedness dimension needs are not met, an individual becomes anxious and engages in experiences and activities that are different from others. There is a tendency to try, for example, through social media one will find out. Fear of Missing Out is influenced by various elements including self-concept, self-regulation, big five personality traits, the depth of social media use, addiction to social and the level of self-confidence[11].

People who suffer from FOMO may be more susceptible to social media addiction as they continue to be interested in using the internet. Smartphone addiction in middle and high school students can lead to decreased academic performance, reduced school participation, increased dissatisfaction with school, anxiety, and other symptoms of depression. The impact of excessive dependence on social media is a decrease in academic achievement which also leads to face-to-face social relationships between friends. Where students are only busy communicating on various social communities on the internet does not always have the same impact when interacting in person[5].

Self-concept is an individual's interpretation of themselves that develops through social relationships. Self-concept acts as a determining factor in the process of relationships with others. In addition, self-concept can also be referred to as an individual's perceptions, beliefs, feelings or attitudes towards himself[12].

Someone who has a self-concept realizes their strengths, weaknesses and talents. According to Fatimah, self-concept is how a person views himself made by his knowledge and interpretation of himself. On the other hand, Jahja states that self-concept is how oneself recognizes both physically and non-physically as a self-description. In addition, Clemes & Bean argue that self-concept can affect a person's thoughts, emotions, desires, values or life goals. Hughes et al., defines self-concept as an explanation or description of oneself which includes an assessment of oneself[13].

Burns defines self-concept as one's beliefs about oneself and attitudes. Desmita argues that one's self-concept can be formed by one's thoughts and feelings about oneself. A person's self-concept includes their own beliefs, opinions and self-evaluations [7]. Self-concept is a psychological, physical and social self-understanding that arises because of interactions and experiences in communicating with others[12].

Five signs of individuals with negative self-concept according to D.Brooks and Philip Emert: 1) Conscious of criticism 2) Very responsive to flattery 3) Overly critical attitude 4) Leads to a sense of dislike for others 5) Feels worried about competition. On the other hand, individuals with a positive self-concept are characterized by five things, namely: 1) Overcoming problems with confidence 2) Feeling equal to others 3) Without embarrassment when receiving praise 4) Realizing that everyone has a variety of feelings, desires and behaviors that are not all approved by society 5) Able to improve himself because he is able to express aspects of his personality that are not liked and try to change them[14].

Based on research conducted by Imaddudin, individuals with a poor self-concept who are often anxious and lack confidence tend to experience worse conditions and are at risk of experiencing FoMO. Conversely, adolescents with a positive self-concept such as having an empathetic attitude, being optimistic and having a balance in life will be less likely to experience FoMO. A good self-concept also allows individuals to interact positively, both on social media and in their social lives, both privately and in groups[11].

Fitss states that the way a person views himself can be viewed from various aspects of the self-concept, namely: a. Physical Self This aspect relates to the way a person assesses his physical condition, including perceptions of health, body shape, and appearance. b. Moral-Ethical Self makes a person's view of moral and ethical values he has. This includes awareness of good and bad traits, relationship with God, level of satisfaction with religious life, and moral principles believed to be positive and negative. c. Social Self relates to how one sees oneself through the eyes of other individuals as well as the evaluation given by one's social environment. The social self is formed through interactions with others and the process of social cognition. d. Personal Self refers to how a person understands and feels about himself in relation to the outside world. The level of satisfaction with the self and the feeling of being a proper individual greatly influences this aspect. e. Family Self represents the individual's feelings and appreciation of himself in carrying out his role as part of the family. It describes the extent to which individuals are aware of their roles and responsibilities in their family[11].

According to Sharabany, intimate friendship is a relationship that allows a person to rely on each other, share common interests, exchange experiences, and be open in expressing thoughts and feelings with each other. Meanwhile, Sullivan has a view that intimate friendship has a meaningful role to prosper and support adolescents to develop, especially to satisfy the need for a sense of community, attachment and acceptance in the social environment. For adolescents, a more meaningful way of establishing relationships can build intimate friendship[10].

Bauminger, Dottan, Chason, and Har-Even have an opinion that intimacy is a relationship that reflects connections with other individuals and how individuals are open to each other in expressing and exchanging thoughts and expressing what is being felt. Some researchers consider closeness as an element that characterizes a friendship. Meanwhile, Cassidy emphasizes that closeness does not necessarily refer to physical closeness, but rather the ability to negotiate closeness. In friendship, intimacy includes a variety of skills, such as seeking and providing support, negotiating, and being comfortable with self-sufficiency[18].

Sharabany identifies several aspects of intimate friendship, namely: (a) frankness and spontaneity, how individuals can be open to each other in conveying their idiosyncrasies and vices and giving honest views regarding the actions of other individuals. (b)Sensitivity and knowing, involving understanding and sympathy with the awareness to understand feelings and conditions. (c)Attachment, relating to connection and harmony by building feelings of connectedness with friends. (d)Exclusiveness, indicating that the friendship relationship has its own uniqueness, so that it feels at a more special level when compared to bonds with other individuals. (e)Giving and sharing, characterized by an attitude of giving, both in the form of material and social support. (f)Acceptance and sacrifice (taking and imposition), the behavior of putting the needs of friends ahead of one's own needs and being able to accept friends as they are, including their strengths and weaknesses. (g)Common activities, describing

similar interests and interests in certain activities and spending time. (h) Trust and loyalty, trust in friends in keeping personal stories and willingness to spend time defending each other[15].

Baron and Byrne identified a number of characteristics that influence intimate friendship, namely physical attractiveness, similarity, and reciprocity. Meanwhile, Joseph in his research found that the majority of adolescents expect friends who are reliable and trustworthy, who can be used as discussion partners. Teenagers also expect friends who have similar interests and values, such as being able to understand and provide a sense of security, a place to pour out problems and discuss something that cannot be discussed with parents or other people[16].

Intimate friendship has a very important position in supporting happiness and adolescent growth and development. Rachmanie and Swasti in their research revealed that individuals who have good quality intimate friendship will tend to experience lower levels of stress. This relationship is formed through effective communication. Along with the rapid development of information and communication technology, interaction patterns have also changed. Now communication can not only be done face-to-face but can also be done indirectly through social media. Social media facilitates long-distance interactions with ease, and Instagram is one of the platforms that the majority of Indonesians use[10].

Adolescent personality can be influenced by the friendship environment, supported by the surrounding environment and parenting patterns that seek to shape children into good individuals and academic success. Parents also play a role in preventing children from making mistakes. Another influential factor is communication which functions to convey information, exchange knowledge, share thoughts and channel feelings. One means of communication that is widely used is the media[17].

According to Anderson & Sommer, trust is an important element in building intimate relationships and maintaining commitment in both romantic relationships and friendships, both online and offline. Interpersonal trust refers to an individual's psychological condition that reflects a willingness to accept the actions of others, accompanied by the belief that the individual will act as expected, without having to rely on the ability to monitor or control other individuals[18].

Quality friendships can form close relationships and foster mutual trust. This trust is an important factor that allows adolescents to be open and self-disclose[23]. Berndt and Perry in their research found that in the last two decades, intimacy has become the most consistent aspect in the study of friendship. The development of intimacy is associated with the formation of deep bonds between friends, where they tend to seek psychological closeness and understand each other[20].

This study aims to determine the influence of self-concept and intimate friendship on adolescents who experience FoMO. The first hypothesis is that there is an influence between self-concept on FoMO in adolescent Instagram users. Second, there is an influence between intimate friendship on FoMO in teenage Instagram users. Third, there is an influence between self-concept and intimate friendship on FoMO in adolescent Instagram users. This research is useful for individuals in avoiding negative impacts, such as excessive involvement in cyberspace. Excessive use of social media can have a negative impact on its users, including the risk of addiction. In addition, excessive use of communication devices such as cell phones to access social media also contributes to the occurrence of Fear of Missing Out (FoMO) in a person.

RESEARCH METHOD

This research is quantitative research. Sugiyono argues, quantitative methods are research approaches used to study certain populations or samples. Information is collected through research instruments, then analyzed statistically with the aim of describing the findings and testing the research hypothesis[15]. Azwar explained that quantitative research methods focus more on analyzing data in the form of numbers which will then be processed using statistical techniques. This approach allows researchers to obtain results that show the relationship or difference between the variables studied[8]. This research uses self-concept variables as X1 and intimate friendship as X2 with the variable Fear of Missing Out (FoMO) as Y. In this study the subjects are teenagers who use Instagram and then will be processed using non-experimental quantitative research using survey methods.

Population is defined as the entire research subject to be studied[15]. The population of this research is adolescents, which is determined using purposive sampling technique, which is a sampling technique with certain considerations. The sample criteria for this study were (a) domiciled in Sidoarjo (b) adolescents in the early, middle and late categories (c) male and female with an age range of 12 - 15 years (early adolescence); 16 - 18 years (middle); 19 - 22 years (late) [21].

Research participants refer to individuals who are involved or play a role in a study. They are subjects who contribute to the research process, either mentally, emotionally or physically by responding to the activities carried out. In addition, participants also support the achievement of research objectives and are responsible for their involvement[22]. So the sample of participants in this study amounted to 200 adolescents in the early, middle and late teenage categories in Sidoarjo who had Instagram accounts.

The instrument used in this study is a Likert scale using four alternative answers with several favorable and unfavorable statements, with choices (SS) Strongly Agree, (S) Agree, (TS) Disagree and (STS) Strongly Disagree. The Fear of Missing Out (FoMO) scale adopts a scale that has been made by Wegmann, Oberst, Stodt, & Brand which consists of 12 items which include dimensions: a. Trait-FoMO, b. State-FoMO with reliability results of 0.833[22]. Researchers conducted a validity test again by applying the product moment correlation technique and the reliability test using Cronbach's Alpha, which aims to fit the research needs. The results of the validity test conducted from 12 items fell 2 items so that the valid items were 10 items with a reliability value of 0.828.

The self-concept scale adopted from William H. Fitts' theory made by Zulfa Asmarani with a reliability of 0.882. The scale used to measure self-concept consists of 31 items using 5 aspects of self-concept, namely: (1) physical (2) moral and ethical (3) social (4) personal (5) family[8]. From the results of the validity test conducted by researchers, it was found that 15 items were canceled so that the valid items were 16 items with a reliability value of 0.784.

The intimate friendship scale adopts a scale compiled by Etriya Miranda with a reliability value of 0.903 which consists of 35 items. This scale is prepared based on aspects revealed by Sharabany which include (1) Honesty and spontaneity (frankness and spontaneity), (2) Sensitivity and understanding (sensitivity and knowing), (3) Attachment (attachment), (4) Exclusiveness (exclusiveness), (5) Giving and sharing (giving and sharing), (6) Acceptance and sacrifice (taking and imposition) (7) Common activities, (8) Trust and loyalty (trust and loyalty)[23]. From the results of the validity test conducted by researchers, it was found that 17 items were canceled so that the valid items were 18 items with a reliability of 0.825.

RESULTS AND DISCUSSION

Results

In the research that has been conducted, it can be seen that the distribution of FoMO (Fear of Missing Out) in adolescents is based on the score interval category for early, middle, and late adolescents. These results show that the level of FoMO tends to be higher in the early adolescent group than the other groups.

Table 1. Fomo Table Based on Teen Category

Interval	Categories	Early adolesc ence (n)	Presentat ion	Middle adolescents (n)	Presentati on	Late teens (n)	Presentat ion	
$X \leq 17$	VERY LOW	0	0,0%		0	0,0%	1	0,5%
$17 < X \leq 22$	LOW	5	2,5%		5	2,5%	1	0,5%
$22 < X \leq 27$	MEDIUM	24	12,0%		20	10,0%	14	7,0%
$27 < X \leq 32$	HIGH	30	15,0%		38	19,0%	9	4,5%
$X \geq 32$	VERY HIGH	25	12,5%		21	10,5%	7	3,5%

Descriptive Test

Based on the results of descriptive tests, it can be seen that the respondents in this study were 200 respondents with the results of data distribution, namely variable X1 (Self-Concept) has a minimum value of 34, a maximum value of 61 with an average value of 49.67 and a standard deviation of 5.135. This shows that the level of self-concept of respondents varies in a fairly high range, with the average being above the middle of the interval. Whereas for variable X2 (Intimate Friendship) has a minimum value of 27, a maximum value of 70 with an average value of 48.34 with a standard deviation of 6.833. This data shows that the level of respondents' intimate friendship also varies quite widely with a moderate average value. And for variable Y (FoMO), the minimum value is 12, the maximum value is 40 with an average value of 24.84 and a standard deviation of 4.935. This average FoMO value indicates that the respondents' FoMO level tends to be in the moderate category with a fairly even distribution of data.

Table 2. Descriptive Test
Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SELF CONCEPT	200	34	61	49,67	5,135
INTIMATE FRIENDSHIP	200	27	70	48,34	6,833
FOMO	200	12	40	24,83	4,935
Valid N (listwise)	200				

Assumption Test

In this study, the assumption test was carried out first before analyzing the data, the assumption test carried out included normality test and multicollinearity test. When the results show that the data is normally distributed and there are no symptoms of multicollinearity, it can proceed to the next stage.

From the normality test that has been carried out using Shapiro-Wilk in table 3 of the Statistical value of 0.987, it is known that the research data is normally distributed with a Sig. $p=0.062 \geq 0.05$ so that it can be interpreted that the processed data is normally distributed. After knowing the data is normally distributed, then conduct a multicollinearity test, table 4 shows the results of the tolerance of the Self-Concept variable of 0.970 and the Intimate Friendship variable of 0.970 with a VIF value on both variables of 1.031, because the Tolerance value is below 0.100 and the VIF value is more than 10.00, so it can be concluded that the regression model used does not have multicollinearity symptoms.

Table 3. Normality Test
Tests of Normality

	Kolmogorov-Smirnov ^a		Shapiro-Wilk		
	Statistic	df	Statistic	df	Sig.
FOMO	0,067	200	0,987	200	0,062

a. Lilliefors Significance Correction

Table 4. Multicollinearity Test
Coefficients^a

Collinearity Statistics			
Model		Tolerance	VIF
1	SELF CONCEPT	0,970	1,031
	INTIMATE FRIENDSHIP	0,970	1,031

a. Dependent Variable:

FOMO

Hypothesis Test

Furthermore, conducting prerequisite tests with hypothesis testing to find out the effect between the Self-Concept variable (X1) and the Intimate Friendship variable (X2) on the Fear of Missing Out variable (Y). Table 5 shows the results of multiple regression analysis with the value of F count = 12.464 > F table = 3.04, $p = 0.000 < 0.05$, meaning that there is a simultaneous significant effect in table 6 of R' (11.2%) from the variables of Self-Concept (X1) and Intimate Friendship (X2) on the FoMO variable (Y).

Table 5. Hypothesis Test

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	544,360	2	272,180	12,464	.000 ^b
	Residuals	4301,860	197	21,837		
	Total	4846,220	199			

a. Dependent Variable: FOMO

b. Predictors: (Constant), INTIMATE FRIENDSHIP, SELF CONCEPT

Table 6. Determination Coefficient Test

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.335 ^a	0,112	0,103	4,673

a. Predictors: (Constant), INTIMATE FRIENDSHIP, SELF CONCEPT

The multiple regression results in Table 7 show the results of the significant value of the Self-Concept variable (X1) which is $t = 3.084$, $p = 0.002 < 0.05$, meaning that there is a significant positive influence between Self-Concept (X1) on the FoMO variable (Y). Then the Intimate Friendship (X2) variable shows the value of $t = 4.402$, $p = 0.000 < 0.05$ so it can be interpreted that there is a significant negative relationship between the Intimate Friendship (X2) variable and the FoMO (Y) variable.

Table 7. Multiple Regression Test

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta	t	Sig.
1 (Constant)	25,268	3,697		6,834	0,000
SELF CONCEPT	0,202	0,066	0,210	3,084	0,002
INTIMATE FRIENDSHIP	-0,217	0,049	-0,300	-4,402	0,000

a. Dependent Variable:
FOMO

Discussion

From the research that has been conducted, it is found that there is a significant positive influence between self-concept and Fear of Missing Out (FoMO) in adolescent Instagram users, while intimate friendship shows a significant negative influence on FoMO. This discussion will elaborate on these findings based on relevant theoretical foundations.

The results of the regression analysis revealed that self-concept has a significant positive relationship with FoMO, with a significance value of 0.002 ($p < 0.05$). With this, it can be concluded that the more positive one's self-concept is, the lower the likelihood of individuals experiencing FoMO.

Theoretically, self-concept is an individual's perception of themselves that develops through personal experience and social interaction[8]. A favorable self-concept allows individuals to have better emotional control, reducing feelings of anxiety and excessive fear of missed experiences. Conversely, a negative self-concept tends to increase social anxiety, which is a major factor in FoMO [24].

Previous research by Imaddudin also found that people who have a negative self-concept tend to be more prone to FoMO because they tend to feel that they are not good enough compared to other people they see on social media. This finding is in line with the research conducted in this study, where adolescents with low self-concept are more likely to experience FoMO due to a lack of self-confidence and feelings of fear of missing out on important information.

Hypothesis testing results show that intimate friendship has a significant negative influence on FoMO ($p = 0.000$). This means that if a person's intimate friendship is low, then the tendency for individuals to experience FoMO will increase.

In theory, intimate friendship is a close and trusting relationship, where individuals feel comfortable sharing experiences and emotions[25]. However, in the context of social media, intimacy in friendship does not necessarily mean a reduction in FoMO. Some

previous studies have shown that individuals with strong intimate friendships continue to experience FoMO because they want to stay connected to their online friend groups[20].

On the other hand, this study also revealed that the majority of respondents who experienced FoMO were in the middle adolescent category (16-18 years old), which is a phase where social interactions are highly influential on their psychological well-being. However, intimacy in friendship relationships is not always a protective factor against FoMO, as more intense interactions on social media can increase dependency and anxiety if individuals feel left out of their friends' activities.

Social media, especially Instagram, plays a big role in shaping adolescents' FoMO experience. Based on the initial survey in this study, the majority of teenagers spend a considerable amount of time monitoring their friends' activities on Instagram. FoMO experienced by adolescents is caused by the need to stay connected and gain social validation through social media[24].

According to research conducted by the Royal Society of Mental Health, Instagram is the social media platform that has the most negative impact on mental health, as its visual-based nature allows individuals to compare themselves to others more intensively. Yesilyurt & Turhan's study also showed that the more time a person spends on social media, the higher the level of FoMO they experience.

The findings in this study suggest that adolescents who have low self-concept are more likely to experience FoMO because they seek social validation through online interactions. Meanwhile, intimate friendship is not strong enough to dampen the effects of FoMO because social media has become the main means of establishing and maintaining social relationships.

CONCLUSION

Fundamental Finding : The findings of this study revealed that self-concept significantly influenced FoMO in adolescent Instagram users, while intimate friendship showed no significant effect. This suggests that individuals with a more positive self-concept tend to be more resilient to the negative impact of social media, while intimacy in friendship is not always a protective factor against FoMO. Therefore, interventions are needed to improve adolescents' self-concept to reduce the negative impact of social media use. **Implication :** 1. Self-concept enhancement, individuals with a more positive self-concept are better able to control their social anxiety and reduce reliance on social media for self-validation. Therefore, it is important for adolescents to build a healthy self-concept through more meaningful social interactions and confidence-boosting activities. 2. Digital education and awareness of FoMO, parents and educators need to provide adolescents with an understanding of the impact of FoMO and how to manage social media use in a healthy manner. 3. Regulation of social media use, excessive social media use can trigger social anxiety and dependence on external validation. Therefore, it is important to encourage a more balanced pattern of social media use. **Limitation :** First,

this study used a survey method with a quantitative approach, which may limit in-depth understanding of adolescents' subjective experiences in dealing with Fear of Missing Out (FoMO). Second, the sample used only came from adolescent Instagram users in Sidoarjo, so the results of this study may not be generalizable to a wider population with different social and cultural characteristics. Third, this study relied on self-report, which has the potential for social bias where respondents may give answers that are considered more socially acceptable rather than reflecting their true condition. Fourth, this study only focused on two predictor variables, namely self-concept and intimate friendship, whereas FoMO can be influenced by various other factors such as self-regulation, social media addiction, and pressure from the social environment. **Future Research** : Further research is recommended to use a qualitative or mixed approach, in order to gain a deeper understanding and consider other factors that may influence FoMO in adolescents.

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