RESEARCH ARTICLE

SELF-REGULATION AND FEAR OF MISSING OUT (FOMO) ON COLLEGE STUDENTS INSTAGRAM USERS

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ABSTRACT

This study aims to test the relationship between self-regulation and Fear of Missing Out (FoMO). This research was conducted on 100 college students of Universitas Muhammadiyah Purwokerto, Indonesia, from representatives of 11 faculties. The data collection method used the FoMO scale and the self-regulation scale. The reliability test used Cronbach's alpha, and the validity test used the product-moment correlation technique. Validity Test uses product-moment correlation technique, while Reliability Test uses alpha Cronbach. Test validity with $N = 40$ and $r_{table} = 0.312$ ($p = 0.05$). FoMO scale of 40 items. There were 31 valid items and nine deciduous items moving from 0.334 to 0.715 with a reliability of 0.916. At the same time, the scale of self-regulation is as much as 50 items. There were 38 valid items and 12 deciduous items moving from 0.316 to 0.704 with reliability of 0.925. Based on the results of the study obtained $F_{count} = 0.739$ with $F_{table} = 1.69$ ($F_{count} < F_{table}$) and $r_{count} = -0.595$ with $p = 0.000$ ($p < 0.05$) so based on the results of the analysis that there is a significant relationship between FoMO and self-regulation in students Instagram users at Universitas Muhammadiyah Purwokerto, Indonesia. The correlation result indicates a negative value, meaning the higher the self-regulation, the lower the FoMO, or the lower the self-regulation, the higher the FoMO. Then obtained the value of coefficient self-regulation variable determination against FoMO of 35.4%

KEYWORDS

College students; Fear of missing out; Instagram; Self-regulation.

1. INTRODUCTION

The development of the digital world in recent years has experienced very rapid growth. Through a survey released in 2018 by the Association of Indonesian Internet Service Providers (APJII) in 2017, internet users in Indonesia reached 143.26 million people, or equivalent to 54.7 percent of the total population in Indonesia. This means that more than half of Indonesia's population is familiar with the digital world and actively uses the internet in their daily life. One of the most sought-after and most frequently accessed content is social media content (Wibowo and Nurwindasari, 2019). Fifty-nine percent of social media users are aged 18-24 years old, 30 percent of 34-45 years old, and 11 percent of those aged 45 and over. The majority of social media users are people who have an age range of 18-34 years (Mahdia, 2018). One of the social media that has many users in Indonesia is Instagram. Based on research and analysis conducted by researchers in the UK, Indonesia is the 3rd most significant number of Instagram users (Sari, 2017).

Instagram is a social media platform designed by Kevin Systrom and Mike Kriger whose function is to share photos and videos with captions shared with fellow Instagram users. Besides that, users can also comment on other people's uploads (Zakirah, 2018). An interesting phenomenon to study on the Instagram social media platform is how users interact and manage their social media accounts (Dewi and Janitra, 2018). The use of social media repeatedly is a component that supports in building Fear of Missing Out or what can be called FoMO (Reagle, 2015). Repeated

behavior of checking on social media to avoid feeling left behind by something that happened, and social media users were looking for sensation and happiness on social media accounts artificially (Sianipar et al., 2019). FoMO is a symptom of feeling uncomfortable or feeling lost because knowing the activities of other people, so they feel the activities carried out by others are more enjoyable and more valuable than his activities (Abel et al., 2016).

A study stated that FoMO has something to do with social media use, which defines FoMO as "a feeling that is not easy and sometimes leads to a curiosity to know what other people are doing or think others have 'something more' than others. self". Under this FoMO framing, nearly three-quarters of adults reported experiencing the phenomenon (Przybylski et al., 2013). FoMO is important to study for adulthood because adulthood life, especially for college students, seems inseparable from social media. They indirectly follow other people's social activities, making them consciously or unconsciously make comparisons between themselves and others (Christina et al., 2019). FoMO on social media users still has instability in some aspects of life. The rapid flow of information makes individuals need to have the right strategy not to influence them.

Therefore, many college students create an Instagram account as a strategy to be free in finding information. Because the disclosure of information on social media and the many stimuli to find out information are some of the factors driving the occurrence of FoMO (Sianipar et al., 2019). Students are an age phase that is vulnerable to the use of social media compared to other age phases. Because students are in emerging

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adulthood, which is the transition period from late adolescence to young adulthood, in this phase, students are in the process of forming their own identity, trying to live independently by breaking away from the domination or influence of their parents. Students in the age phase they face are looking for meaning in life to form an emotional formation towards themselves. When someone finds it difficult to open up to social media, the internet is one solution because online activities can expand information and strengthen social networks (Smahel in (Soliha, 2015)).

A survey in Singapore and America of 900 participants aimed to determine attitudes towards the use of social media. Social media. A total of 684 participants stated that subjects felt left behind when they did not check their social media accounts. This means that 72 percent of participants experienced FoMO due to using social media, then 65 percent of participants who experienced FoMO were in the adolescent to early adulthood age group. (JWT Intelligent, 2012 (Christina et al., 2019)). Banyumas Regency is a city that has several universities registered with the Regional Higher Education Service Institution or Lembaga Layanan Pendidikan Tinggi Wilayah (LLDikti) VI Central Java, Banyumas has 22 (twenty two) universities (Badan Pusat Statistik, 2019). One of the private universities in Banyumas Regency is the Universitas Muhammadiyah Purwokerto.

Researchers have conducted a preliminary study aimed at 11 (eleventh) students of the Universitas Muhammadiyah Purwokerto who are representatives of each of the faculties at the Universitas Muhammadiyah Purwokerto. Based on a preliminary study conducted on 11 students using Instagram accounts, it was found seven students wanted to know the activities of others who were followed through uploads. Six students never lacked confidence when they saw the advantages of others on the Instagram homepage. Two students could control the impact of using Instagram through other activities. Students must have and determine their achievement targets during their studies in higher education in conducting the study process. Therefore the ability to organize themselves is a predictor in the most significant student success. Self-regulating capacity can be formed using self-regulation strategies influenced by external and internal factors (Oetoyo and Puspitasari, 2014).

Students in the process with the world of lectures faced more looking for life to be more independent so that there is an emotional formation of him. When individuals find it challenging to open up to social, the internet is one solution because online activities can expand information and strengthen social networks to support goal setting stemming from external factors Smahel (Soliha, 2015). The ability to strategize in establishing behavior continuously to achieve the desired goals can be referred to as self-regulation. An individual is called self-regulation if his thoughts and behaviors are under his control, not controlled by others and the environment. Then a self-regulated individual means they can control the fear that others influence and the stimulus in his domain (Ormrod, 2012). Referring to the results of previous research that FoMO occurs among students that facilitates its users in accessing information related to activities, activities, and news that is happening (Putri et al., 2019).

From the results of a preliminary study conducted by most of the subjects using Instagram accounts, most of them knew the activities of others who were followed through uploads. The issues of the preliminary study mostly felt less confident when they saw an advantage in other people on the subject's Instagram homepage. Most of them could reduce the detrimental effects of using Instagram through activities in the real world. Several research results prove that Fear of Missing Out (FoMO) has a relationship with several variables, including self-esteem and the level of neuroticism (Christina et al., 2019; (Wicaksono et al., 2019)). One of the factors in fear of missing out is self-regulation. According to Bandura, self-regulation is the ability of individuals to regulate themselves by regulating behavior, creating standards of conduct for themselves, and giving consequences for their behavior (Raras Haryuningrum, 2015).

In the use of social media, of course, there must be a portion arrangement that must be realized not to cause a negative impact. Self-regulation is not just setting strategies and actions to achieve a goal. Still, self-behavior and avoiding negative stimuli that are considered to interfere with activities are also forms of social cognition contained in self-regulation. The ability to strategize in determining behavior continuously to achieve the desired goals can be referred to as self-regulation. A person is said to have self-regulation if his thoughts and behavior are under his control, not controlled by other people and the environment.

Then someone who has self-regulation means that he can control the fear influenced by other people and the stimuli in his environment (Ormrod, 2012). Fear of Missing Out (FoMO) was studied in several populations, including first-year students, teenagers aged 13-18 years, and college

students (Gezgin et al., 2018; Wicaksono et al., 2019; Christina et al., 2019). This study will focus on students who use Instagram accounts aged 18-24 years. Based on the description above and referring to the preliminary study results, this encourages researchers to want to do further research on Fear of Missing Out (FoMO) in Universitas Muhammadiyah Purwokerto's college students who have Instagram accounts, which are mainly related to self-regulation.

1.1 Fear of Missing Out (FoMO)

The basic theory of Fear of Missing Out (FoMO) is fear. Fear or fear is an unpleasant feeling that usually arises as a normal response to a problem (Marks, 1987). FoMO is defined as the fear or anxiety an individual has when the individual does not feel the experience or activity of others considered attractive (Przybylski et al., 2013). FoMO is a phenomenon that individuals think is fear if others have a pleasant experience. Still, the individual does not feel it, so the individual tries to stay connected to others through social media or the internet (Alt, 2015). FoMO indicators are categorized into 3 (three) hands, namely: a) Fear, b) Anxiety and c) Anxiety (Przybylski et al., 2013). Several factors affecting FoMO are information disclosure on social media, age, social one-upmanship, events spread through the hashtag feature, relative deprivation conditions, and self-regulation (Sianipar et al., 2019).

1.2 Self-Regulation

Self-regulation is a self-regulating skill and motivates one to use it as the basis of strategic planning in a thought-out or pre-defined goal-setting process (Boekaerts et al., 2000). Self-regulation is self-building both in terms of pre-planned thoughts, feelings, and actions. Feedback is tailored to the setting of personal goals, namely by the self-management of metacognitive, motivational, and actively playing a role (Zimmerman, 1989). Aspects of self-regulation are categorized into 3 (three) aspects, there are: a) metacognitive, b) motivation, and c) behavior (Zimmerman, 1989). Several factors that influence self-regulation consist of external and internal factors. External factors include the environment & external reinforcement, while internal factors are self-observation, appraisal process, & self-reaction (Feist and Feist, 2008).

1.3 Instagram

Instagram is a social media that displays photos instantly in its appearance. Then the word "gram" comes from the word "telegram," which means a telegram is a tool used to convey information to others quickly. Therefore, it is called Instagram, which can upload photos, videos, and posts using an internet network to communicate information quickly to others (Ayu, 2013). Instagram was launched by Mike Krieger and Kevin Systrom, with who Mark Zuckerberg bought most of their shares in 2012. Instagram was initially only facilitated for Apple users, such as iPhone, iPad, and iPod Touch. But since 2013, Instagram has started to penetrate Android phones. Three months after the launch on Android phones, Instagram got more than one rating on Google Play. As of 2018, there are more than 400 million users worldwide (Riska Indah, 2018).

1.4 Correlation Between Two Variables

I was referring to Self Determination Theory (SDT), where FoMO signifies poor self-regulation in a person that arises due to the unmet psychological basic needs. The SDT theory reveals how self-regulation can be determined effectively through the fulfillment of 3 basic psychological requirements: competence, autonomy, & connectedness (Sianipar et al., 2019). It can be said that self-regulation can be fulfilled by a sense of connectedness, as found in the aspect of FoMO (Przybylski et al., 2013).

1.5 The Present Study

Research on FoMO has been conducted with the research subjects of adolescent social media users. The results stated a significant positive relationship between neuroticism levels and FoMO in adolescent social media users (Christina et al., 2019). The difference between this study and previous research is that previous studies used free variables of neurotic levels. The subjects in the study were adolescent age phases and not explained the subject's education level. While this study uses self-regulation-free variables, the issue in this study is the early adult phase of students. Previous studies have targeted social media users without knowing the specific type of social media users, but this study specifically explained the target is social media Instagram.

Research on self-regulation and FoMO has been conducted with research showing a negative and significant relationship between self-regulation and FoMO in the first-year students of the Faculty of Psychology, Diponegoro University. The contribution made from self-regulation to

FoMO is 2.9% (Sianipar et al., 2019). The difference between this research and previous research is that the research is located on demographic research, in the last research more specifically in the first-year students of the Faculty of Psychology, Diponegoro University, which highlights real life. In contrast, in this study, the research subjects are Universitas Muhammadiyah Purwokerto, who have an active Instagram account or highlight cyber life.

2. MATERIAL AND METHOD

The data collection method is a method used by researchers to obtain the data under investigation. The results of the study depend on the data collection technique. This researcher uses a quantitative approach. Quantitative research is a method of collecting data by collecting, processing, analyzing, and presenting data based on the amount that is carried out objectively as problem-solving or testing a hypothesis to become general principles (Duli, 2019). Validity used in this study is content validity that emphasizes on the validity of the instruments compiled and associated with the domain measured (Yusuf, 2016). The population in this study is all students of Universitas Muhammadiyah Purwokerto who have and use an active Instagram account.

Because the population is not known clearly because not all college students at Universitas Muhammadiyah Purwokerto have an Instagram account, forgetting the sampling can use easy sampling techniques if the population is not known for sure. Based on this, researchers use the formula, unknown people, to determine the sample size (Riduwan, 2004). There were 100 students involved and were taken by accidental sampling technique, which is one of the sampling techniques by choosing who the researcher met and filling out a questionnaire according to the characteristics of the data source (Sugiyono, 2006). This study uses a quantitative approach with a correlational approach.

The data collection process is carried out using a Google Form which contains identity data, demographic data, and research instruments. The Google link of the form is disseminated with the help of social media and directly to the research subjects. The research instrument is the FoMO scale which consists of 40 items and the self-regulation scale of 50 items. The FoMO scale is based on the dimensions of fear, worry, and anxiety (Przybylski et al., 2013). In contrast, the self-regulation scale is based on the dimensions of self-confidence, moral regulation, and delayed gratification (Hergenhahn, 1984). The method of data analysis used to test hypotheses in this study is a product-moment correlation. Validity tests, reliability tests, and hypothesis tests are conducted with the help of the SPSS for Windows Release 25.00 program.

3. RESULTS AND DISCUSSION

Based on the results of the analysis of FoMO scale trials obtained a coefficient of validity moving from 0.334 to 0.715. An item with a significance of 5% obtained table of 0.132 is said to be valid if $r_{\text{count}} > r_{\text{table}}$. Based on the validity test results where $N = 40$ on 40 items of item tested produced 31 useful item items and nine items that died because the validity value is less than 0.312. Based on the analysis results, the self-regulatory scale trial obtained a coefficient of validity moving from 0.316 to 0.704. An item with a significance of 5% obtained r_{table} of 0.132 is said to be valid if $r_{\text{count}} > r_{\text{table}}$. Based on the validity test results where $N = 40$ on 50 items of item tested produced 38 valid item items and 12 items of item killed because the validity value is less than 0.312. The calculation of the reliability test of the FoMO variable coefficient scale is $\alpha = 0.904$, while the self-regulation scale is $\alpha = 0.918$. Thus both scales have an Alpha Cronbach value of close to 1.00 so that it can be used to conduct research. Then conducted a normality test using the Kolmogorov-Smirnov technique to find out the normal or not spread of research variables score. Here is a table of normality test results:

Table 1: Normality Test with Kolmogorov-Smirnov			
Independent Variable	Dependent Variable	Assmp. Sig. (2-tailed) / p-value	Result
Self-regulation	FoMO	0.200	Normally distributed

Based on the table above, the normality test calculation results show that a significance value of 5% produces $p = 0.200$ ($p < 0.05$). So the basis of decision-making in the normality test is that the data is usually distributed. The linearity test in this study to find out if the analysis results used are free from deviations or not. Here is a table of linearity test results:

Table 2: Linearity Test				
Independent Variable	Dependent Variable	Sig. (p)	Probability	Result
Self-regulation	FoMO	0.212	< 0,05	Significantly linear

Based on the table above, we obtained deviation from Linearity Sig. (p) = 0.212, ($p > 0.05$). While based on the value of F from the table above obtained $F_{\text{count}} = 0.739$ and $F_{\text{table}} = 1.69$, ($F_{\text{count}} < F_{\text{table}}$). It can then be concluded that there is a significant linear relationship between self-regulation (dependent variable) and the FoMO (independent variable). After that, a hypothesis test was conducted using product-moment correlation to determine a relationship between self-regulation and FoMO. Here's a table of hypothetical test results:

Table 3: Hypothetical Test			
Variables	Pearson Correlation	Significant	Result
Self-regulation Fear of Missing Out	-0.595	$p = 0.000$ ($p < 0.05$)	There is a significant negative relationship between the two variables

The analysis results show that the coefficient value = -0.595 with $p = 0.000$ ($p < 0.05$), so it can be concluded that self-regulation has a negative correlation with FoMO in students using Instagram at the Muhammadiyah University of Purwokerto, Indonesia. This means that students who have low self-regulation have higher FoMO. The value of the coefficient of determination = 0.354, indicating that the self-regulation variable affects the FoMO variable by 35.4%. In line with the research (Sianipar et al., 2019) mentioned that there is a negative and significant relationship between self-regulation with FoMO with a value of $p = 0.010$ ($p < 0.05$) and $r_{\text{count}} = -0.169$.

The practical contribution of self-regulation to FoMO is 2.9%. The small contribution is effective because Generation Z is a reflective and mental health-conscious generation, so it has consequences for social media use. It is also related to high self-regulation. The study results (Christina et al., 2019) showed other variables affecting FoMO levels, namely neuroticism contributing 21.5% to FoMO. Another variable that can affect the level of fomo is the unmet basic psychological needs, including the need for autonomy that can make its own decisions and competency needs that can face the environment (Przybylski et al., 2013).

4. CONCLUSION

This study proves that self-regulation contributes to the FoMO of Instagram users at the Muhammadiyah University of Purwokerto. Self-regulation contributes 35.4% to FoMO, while other factors make an effective contribution of 64.6%, including gender, age, faculty origin, an average time of using Instagram, etc.

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