

FOMO, the Internet, and Life Satisfaction

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Intro:

Topic Studied:

- FOMO, Internet Addiction and life satisfaction

Background:

- Younger generations are growing in a world where internet use is at an all time high and individuals are showing signs of internet addiction. Negative impacts on relationships, academics, finances & emotional aspects of individuals' lives have been produced by internet addiction & therefore life satisfaction is believed to decrease (Akin, 2012). A positive correlation between life satisfaction and internet addiction was found (Bulutin-Serin, 2011). High internet addiction is negatively correlated with life satisfaction (Akin, 2012) and fear of missing out (FOMO) could also be negatively correlated with life satisfaction (Milyavkaya, Saffram, Hope & Koestner, 2018). Individuals who experience FOMO feel less positive and more negative affect, which could lead to low life satisfaction (Milyavaska et al., 2018)

Method:

Participants:

- 58 ECSU students (49 female, 9 male)
- Mean age: 20.67 ($SD=1.34$)
- 53% Caucasian, 40% Hispanic/Latinx, 3.4% African American, 1.7% Asian American

Materials:

- Consent Form
- Debriefing Form
- Fear of Missing Out scale (FOMOS) (Prybski, Murayama, DeHaan & Gladwell, 2013)
- Internet Addiction Test (IAT) (Young, 1998)
- Satisfaction with Life Scale (SwLS) (Diener, Emmons, Larsen & Griffin, 1985)

Procedure:

- Link to survey
- Consent checked off
- Questionnaires followed.
- Debriefing Form emailed



Hypotheses:

- There will be a negative correlation between **FOMO** and **life satisfaction**.
- There will be a negative correlation between **internet addiction** and **life satisfaction**.
- There will be a positive correlation between **FOMO** and **internet addiction**.

Results:

Measures	1	2	α	M	SD
1. FOMOS	-	-.62**	.88	2.43	.80
2. SwLS	-.62**	-	.92	4.46	1.53
3.IAT	.56**	-.51**	.93	1.33	.66

** $p < .01$

Discussion:

Hypotheses Supported?

- A negative correlation between **FOMO** and **life satisfaction** was found.
- A negative correlation between **internet addiction** and **life satisfaction** was found.
- A positive correlation between **FOMO** and **internet addiction** was found.

Major Conclusion:

- Individuals with high FOMO and internet addiction scores will most likely have a low life satisfaction rate.
- Important to find ways to prevent or limit FOMO and internet use.

Limitations

- Sample population
- Confounds in variables

Strengths of Study:

- Good reliability in measures.
- Relevant to current times.
- Helpful to students.

Future Research

- Representative sample
- Experimental study,
- Look explanation for 3 variables.
- Other factors affect relationship between the variables?

Implications

- Brochures to help students
- Red flags on internet addiction
- Reduce FOMO
- Tips for productivity offline

