The influence of self-control on fear of missing out (FoMO) in Tiktok users aged 16-18 years

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ABSTRACT: In the current era, TikTok has users who are so fast and also popular. When seeing something that is popular and done by others, of course others feel that they don't want to be left behind, especially among teenagers who have social desires that must be fulfilled. This fear of missing out is a form of fear of missing out. Many factors influence the fear of missing out, one of which is self-control. The purpose of this study was to determine the effect of self-control on fear of missing out in Tiktok users aged 16-18 years. This study uses a quantitative approach with purposive sampling technique. The study population was students of SMAN Modal Bangsa and SMKN Al-Mubarkeya with a sample size of 160 students. The research instruments used self-control scale and fear of missing out scale. The results of the simple linear regression test showed a regression coefficient of -0.447 and R Square of 0.260 with a significance of 0.000 (p <0.5) which indicates that the influence of the two variables is 26% and the rest is influenced by other variables not discussed in this study. This study shows that if a person's self-control is high, the fear of missing out will be low, and vice versa.

KEYWORDS: Self-control; Fear of missing out; Tiktok users

Introduction

The world is currently abuzz with the use of the internet. In fact, it is difficult to do various information needs without the internet network. The APJJI survey (Association of Indonesian Internet Service Providers, 2023) for the period 2022-Quarter I 2023 stated that the number of internet users increased by 78.19% with a total of 215,626 million out of a total population of 275,773 million Indonesians. The most common reason for using the internet with 3.33 thousand is to access social media (APJJI, 2023).

The ease of accessing social media and getting many specific sources of information is very beneficial to fulfill personal needs. A survey conducted by OFCOM: News Consumption in the UK (2023) in the UK noted that 71% of teenagers and early adults in the UK consume news on social media between the ages of 16-24. One of the social media that is now fondly used by teenagers to early adults is TikTok. Kemp (2023) in the digital data 2023 statshot report shows that the most TikTok application installations are the United States with 17.5% (143,408,000) and Indonesia with 16.7% (106,518,000). So that Indonesia obtained the position of TikTok user country with the second rank in the world.

The number of TikTok application users certainly has many positive things to gain, but there will be negative consequences received by TikTok users, namely FoMO or an abbreviation for fear of missing out. FoMO is a concern shown and felt by an individual when seeing other individuals' valuable experiences, while the individual himself does not experience the same valuable experience (Darusman & Sumaryanti, 2022). Individuals who experience the FoMO phenomenon tend to have a desire to continue to connect with what other individuals do

(Pryzbylski et al., 2013). FoMO is also a fear when individuals feel left behind by the latest updates that appear on social media (Mudrikah, 2019).

A survey conducted by APS (Australian Psychological Society) in Akbar, et al (2019) found that the highest number of individuals who experience FoMO are in adolescence with a percentage of 50% and adults 25%, this age range is 18-35 years. The survey results show that individuals who experience FoMO feel worried if they do not access social media and use social media 2.7 hours per day and find it difficult to manage sleep when spending time using social media.

Preliminary studies conducted by the author at SMAN Modal Bangsa and at SMKN Al-Mubarkeya which has more than a thousand students consisting of grades 10, 11, and 12. Some of the students interviewed by the author said that almost all of them have TikTok on their smartphones and the reason they use TikTok is to fulfill activities in their spare time. Eight out of ten said that following the trend on TikTok can fulfill its own satisfaction and feel happy doing the same thing that other people do.

The tendency of individuals who experience feelings of pleasure following what others do and easily feel worried if they do not use social media, especially in the TikTok application, is one of the impacts that the individual experiences FoMO. TikTok is an entertainment media that provides satisfaction in using it, either as a content lover or as a content creator. Cibro and Simbolon (2023) state that TikTok can provide stimulation to brain cells, namely the substance dopamine which gives a pleasant and addictive feeling to continue using it so that people with these feelings find it difficult to be separated from their smartphones.

The FoMO phenomenon is one of the conditions of low self-control. Sujarwo and Rosada (2023) state that adolescents who are able to have high self-control will be able to control themselves in accordance with the norms, including the use of social media. Having low self-control is a result of the inability to control oneself for something that is temporarily entertaining. According to Duckworth, Angela et al. (2019) self-control is self-control in regulating thoughts, feelings, and self-initiated actions when goals that are achieved in a lasting manner conflict with momentary goals that are more satisfying.

Individuals who have good self-control will be able to control themselves to manage their time using the TikTok application. So that this control can prevent adolescents and early adults from being affected by the FoMO phenomenon who often use the TikTok application.

Several previous studies have discussed the relationship between self-control and fear of missing out in social media users (Sujarwao & Maula, 2023). Broadly speaking, it is more dominant to discuss the relationship between self-control and fear of missing out with social media objects that are different from this research. Therefore, researchers are interested in examining more narrowly about social media, especially in the use of the TikTok application. The importance of this research is to provide an overview of how FoMO affects adolescents and early adults. So that the actions of the results of this study can be used to prevent and reduce excessive FoMO actions and tend to go in a negative direction if there is a lack of training in self-control from an early age to adulthood.

Research methods

The research method uses quantitative with the type of causal associative research. This causal associative research aims to determine the extent of the causal relationship of the influence between self-control (X) as an independent variable and fear of missing out (Y) as the dependent variable in TikTok users aged 16-18 years. The research population at SMKN Al-Mubarkeya Aceh Besar and SMAN Modal Bangsa Aceh Besar. The sample in this study used purposive sampling technique with the criteria that students have smartphones, active TikTok users and content creators, and are aged 16-18 years. the number of samples that met the criteria was 200 students out of 1,165 students. So that 200 instruments were distributed to students and only 160 instruments were complete.

This research data uses an instrument with an adaptation scale. There are two scales used, namely: self-control scale and fear of missing out scale. The self-control scale is adapted from Averill (1973) which has 3 aspects, namely: behavioral control, cognitive control, and decision making. This scale is based on a Likert scale consisting of 35 statement items. The validity coefficient is 0.365-0.606 and the reliability is 0.866.

The fear of missing out scale was adapted from Przybylski et al. (2013) which has 3 aspects, namely: Fear, worry, and anxiety. The scale is based on a Likert scale consisting of 24 statement items. The validity coefficient is 0363-0.538 and reliability is 0.839. Data collection for this study was carried out using instruments distributed to students from October 6, 2023 to November 17, 2023. The data received will be analyzed using simple linear regression with the aim of knowing the effect of self-control on fear of missing out in TikTok users aged 16-18 years.

Research findings

To see the levels in the research variables, namely in the self-control variable and the fear of missing out variable, it can be seen in table 1 below.

Table 1. Descriptive Data of Self-Control and Fear of Missing Out Variables

Variabel	Mean Empirical	Mean Hypothetical	SD Empirical	SD Hypothetical
Self-control	103,52	98,00	11,97	11,33
Fear of Missing Out	80,16	73,00	10,48	11,00

Based on the descriptive data above, it is known that the empirical mean value is greater than the hypothetical value. This means that the level of reality of self-control and fear of missing out is better than the level measured by the scale. To see categorization based on these levels can be seen in table 2 and table 3.

Table 2. Variable Categorization Results *Self-control*

Categorization	Frequency	Percentage
Very low	4	2,5
Low	22	13,8
Medium	50	31,3
High	64	40,0
Very high	20	12,5

Table 3. Variable Categorization Results *Fear of Missing Out*

Categorization	Frequency	Percentage
Very low	4	2,5
Low	10	6,3
Medium	56	35,0
High	69	43,1
Very high	21	13,1

Table 2 shows that the self-control possessed by students of SMKN Al-Mubarkeya Aceh Besar and SMA Modal Bangsa Aceh Besar is in the high category at 40% and the fear of missing out possessed by students of SMKN Al-Mubarkeya Aceh Besar and SMA Modal Bangsa Aceh Besar is in the high category at 43%. This

means that students experience conditions from both variables in the high category.

Furthermore, hypothesis testing was carried out using simple linear regression. This test is to see the amount of influence of the two variables. Before testing the hypothesis, a classic assumption test will be carried out first which consists of normality, linearity and homogeneity tests.

The first assumption test carried out is the normality test using the one sample Kolmogorov-Smirnov test which aims to see whether the data collected is normally distributed or not. The results of the normality test can be seen in table 4 which shows the significance value of asymp. Sig. (2-tailed) of 0.200 is greater than 0.05. Based on the basis of the one sample Kolmogorov-Smirnov test decision making, it is known that the data is normally distributed and meets the requirements for simple linear regression hypothesis testing.

The second assumption test is the linearity test which aims to see whether the data has a linear relationship or not on a straight line. Based on the data in table 5, it is known in the F-linearity column with a significance value of 0.000. So, on the basis of making a significance

decision ($p < 0.05$), the significance value of 0.000 ($p < 0.05$) obtained the results of linearly related data, thus fulfilling the requirements of the regression model.

The last assumption test is the homogeneity test using the levene test to see if the data has the same variance of the residuals for all observations in fulfilling the regression model. The data can be seen in table 6 which shows a significance value of 0.175 where the value is greater than the significance of 0.05. So based on decision making it can be concluded that the data is homogeneous and meets the requirements of the regression model.

Based on the assumption test that has met the requirements for regression analysis, further hypothesis testing is carried out with the simple linear regression test shown in table 7. In table 8 there are also R-square results from both variables with a value of 0.260, which means that 26% of the variables have an effect with weak closeness. For simple linear regression results in table 7 with a value of -0.0447 so that the self-control variable on fear of missing out has a negative value. This means that if the self-control variable has an increase of one unit, the fear of missing out variable will decrease.

Table 4. Normality Test Results

	Unstandardized Residual
N	160
Mean	0,0000000
SD	9,03824850
Asymp. Sig. (2-tailed)	0,200

Table 5. Linearity Test Results

	F-*Linearity*	Significance
Self-control dan *Fear of Missing Out*	67,939	0,000

Table 6. Homogeneity Test Results

		Levene Statistic	Significance
X	Based on Mean	1,844	0,175

Table 7. Simple Linear Regression Test Results

Model	B	Beta	t	Significance
1(Constant)	126,429		20,235	0,000
Self-control	-0,447	-0,510	-7,453	0,000

Table 8. Determination Coefficient Result (R-*Square*)

Model	R	R *Square*
1	.510[a]	0,260

Discussion

Self-control has a weak influence on the fear of missing out phenomenon, meaning that there are other factors that influence students who use tiktok at SMKN Modal Bangsa Aceh Besar and SMKN Al-Mubarkeya in experiencing the fear of missing out phenomenon. However, from the results of this study self-control still has an influence on fear of missing out. Students' self-control abilities are seen from how mature the students are. This shows that the more students step into adolescence and towards adulthood, the more mature their ability to control their actions and maturity in thinking to take an action (Yahya, AD. (2016:4). So from this, it can be concluded that students of SMAN Modal Bangsa and SMKN Al-Mubarkeya who are in adolescence aged 16-18 years have self-control that is at a high level, as they grow older, self-control will continue to mature to be able to better control themselves in using TikTok.

The better students have good self-control, the lower students will experience the fear of missing out phenomenon. Because one of the factors individuals experience fear of missing out is age and psychological needs. Previous research conducted by Przyblyski, et al (2013) states that adolescents to early adulthood are prone to experiencing fear of missing out than adults in general. Seeing from other factors that influence students to experience fear of missing out expressed in JWTIntelligence (2012) in Humaira (2022) is to fulfill psychological satisfaction, improve mood so as to achieve well-being.

So that students who have not achieved well-being in their lives will fulfill psychological needs by turning to the use of TikTok to see how others fulfill their psychological needs. Therefore, these students tend to spend their time seeing how other individuals and following them. The need for self-control is to avoid such implusive attitudes to rethink the actual actions to fulfill these needs.

Services in guidance and counseling will be able to direct students in increasing self-control in using Tiktok and avoiding the negative effects of fear of missing out. One way to reduce and avoid the fear of missing out phenomenon is to assist students in managing time management and implementing subjective well-being (Yusuf & Saripah, 2023).

The results of this study indicate that self-control has an influence on fear of missing out. Self-control can help individuals control behavior, thoughts and decision making in meeting these psychological needs. According to Yahya (2016) states that individuals who have self-control will always be optimistic, the energy that works to form a life format in the form of reducing negative energy, having the belief that the challenges faced are smaller than their abilities so that there will be more solutions than problems.

Conclusion

This study shows an unidirectional relationship between self-control variables and fear of missing out. If self-control is high, the fear of missing out will be low, and vice versa. Students in the research target also have good enough self-control to be able to control themselves in using TikTok and with this control

students also do not experience fear of missing out to continue to connect with others through TikTok. So that the hypothesis in this study can be accepted with the interpretation that there is an influence of 26% of the self-control variable on the fear of missing out on TikTok users aged 16-18 years.

The implications of the results of this study can be the basis for developing intervention programs aimed at increasing self-control in adolescents. Counselors can design special counseling or training sessions to help adolescents develop better self-management strategies. Also, counselors can adopt a holistic approach in counseling adolescents, which not only considers psychological aspects, but also social and technological aspects. This can help adolescents develop a healthy balance between online and offline life.

Disclosure statement

The authors declare no conflict of interest

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