Social Media Trends and FoMO Among Gen Z: A Systematic Literature Review

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Abstract

This systematic literature review explores the intricate relationship between social media use, Fear of Missing Out (FoMO), and the psychological and social well-being of Generation Z. An extensive initial search yielded 415 documents, which were meticulously screened based on relevance and quality, resulting in a final selection of 29 studies from diverse countries and contexts. The review highlights prevalent patterns, including the strong association between FoMO and increased social media engagement, heightened anxiety, social comparison tendencies, and adverse mental health outcomes among adolescents. It also identifies research gaps such as a limited number of longitudinal investigations, insufficient exploration of cultural or demographic differences, and a lack of consensus on causality and underlying mechanisms. By synthesizing contemporary evidence from various nations, this review provides a comprehensive overview of the current state of research on social media's impact on FoMO and youth well-being. Its contribution lies in offering a consolidated understanding of existing knowledge, thereby informing future investigations aimed at addressing critical gaps in the field.

Keywords: Social Media, Fear of Missing Out, Generation Z.

Introduction

Social media platforms have become deeply embedded in the lives of Generation Z, significantly influencing their behaviors and mental health. Generation Z, defined as individuals born between 1995 and 2010, are characterized by their integration with technology and social media, leading to heightened online engagement. This generation is distinctly labeled as digital natives, having been raised alongside rapid technological advancements, which significantly shapes their behaviors and interactions online (Limilia et al., 2022; Sumolang, 2023). This demographic often experiences the phenomenon known as Fear of Missing Out (FoMO), which exacerbates their engagement with these platforms (Babiker et al., 2023; Littman-Ovadia & Russo-Netzer, 2024; Ngo et al., 2023). Research indicates that FoMO is closely linked to social media addiction, leading to negative emotional outcomes such as anxiety and depression (Bakioğlu et al., 2022; Einstein et al., 2023; Topino et al., 2023). Furthermore, the constant connectivity facilitated by social media can lead to distractions that impair focus and productivity among young users (Koessmeier & Büttner, 2021; Siebers et al., 2023).

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The implications of these findings underscore the need for a nuanced understanding of how social media affects Generation Z's psychological well-being. As they navigate their formative years, the interplay between social media use, peer influence, and FoMO highlights the importance of developing coping strategies to mitigate adverse effects (Barry & Wong, 2020; Scheinfeld & Voorhees, 2022). Thus, while social media serves as a vital tool for connection, it also poses significant challenges that warrant further investigation and intervention. Generation Z's immersion in a digital landscape has significantly influenced their social interactions and information-seeking behaviors. The phenomenon of Fear of Missing Out (FoMO) has emerged as a critical factor, driving increased social media engagement among this cohort. Studies indicate that FoMO is positively correlated with social media addiction, which can lead to negative emotional states such as anxiety and depression (Bakioğlu et al., 2022; Einstein et al., 2023; Tandon et al., 2021). The constant connectivity facilitated by social media platforms fosters a compulsive need to stay updated, further exacerbating feelings of isolation and inadequacy when users perceive others as having more rewarding experiences (Einstein et al., 2023; Groenestein et al., 2024; Littman-Ovadia & Russo-Netzer, 2024).

The overwhelming influx of information during events like the COVID-19 pandemic has led to social media fatigue, prompting some individuals to reconsider their engagement with these platforms (Liu et al., 2021; Xie et al., 2024). This digital environment not only shapes Gen Z's worldview but also influences their academic and social behaviors, as they navigate the complexities of online interactions and peer influences (Ngo et al., 2023, 2024; Rozgonjuk et al., 2020). The interplay between social media use, FoMO, and emotional well-being underscores the need for a nuanced understanding of how digital experiences shape the identities and behaviors of Generation Z. The pervasive utilisation of social media by Generation Z has been associated with considerable psychological and social consequences, particularly the rise of the Fear of Missing Out (FoMO) problem. FoMO is defined by anxiety about the possible loss of gratifying experiences that others might be enjoying, intensified by social media engagement (Lin & Jian, 2022; Littman-Ovadia & Russo-Netzer, 2024; Pi et al., 2024). Research indicates that this phenomenon is particularly prevalent among adolescents, who are more susceptible to social media influences due to their developmental stage and social dynamics (Bloemen & De Coninck, 2020; Ngo et al., 2023; Topino et al., 2023).

FoMO can lead to negative mental health outcomes, such as increased anxiety and social isolation, despite the intention of social media to foster connections (Rifkin et al., 2024; Scheinfeld & Voorhees, 2022; Tandon et al., 2021). The interplay between social media usage and FoMO is complex, with factors such as emotional states and self-presentation playing mediating roles (Ho et al., 2024; Servidio et al., 2024; H. Wang et al., 2023). As social media continues to evolve, understanding these dynamics becomes crucial for addressing the mental health challenges faced by younger generations (Babiker et al., 2023; Groenestein et al., 2024; Xu et al., 2024). Social media platforms substantially foster the emergence of Fear of Missing Out (FOMO) within Generation Z. Continuous exposure to the activities and perceived social achievements of peers might elicit emotions of inadequacy and anxiety around the potential absence of fulfilling experiences, especially among younger individuals (Littman-Ovadia & Russo-Netzer, 2024; Mohanan & Shekhar, 2021). Research indicates that the rapid flow of information on social media intensifies FOMO, leading users to compulsively seek connections to avoid feelings of exclusion (Lin & Jian, 2022; Pi et al., 2024).

The phenomenon is exacerbated by social comparisons, where individuals assess their experiences against those of their peers, often resulting in negative emotional outcomes (Rifkin et al., 2024). This interplay between social media use and FOMO not only affects mental well-being but also influences behaviors such

as social media addiction and compulsive engagement (Bakioğlu et al., 2022; Rozgonjuk et al., 2020). Thus, the pervasive nature of social media fosters an environment ripe for the emergence of FOMO among Gen Z, impacting their social interactions and psychological health. The phenomenon of Fear of Missing Out (FoMO) has become increasingly linked to problematic social media usage, as individuals often perceive a compulsion to engage with these platforms to sustain ties with their peers. Research indicates a favourable association between FoMO and social media addiction, suggesting that the fear of missing enjoyable experiences drives excessive engagement with social media (Bakioğlu et al., 2022; Lin & Jian, 2022; Ngo et al., 2023). This compulsive behavior is exacerbated by the rapid flow of information on social media, which intensifies users' desire to stay updated on their social circles (Littman-Ovadia & Russo-Netzer, 2024; Pi et al., 2024).

Furthermore, research indicates that FoMO can influence the connection between social media usage and adverse psychological effects, including anxiety and depression, especially in teens (Fabris et al., 2020; Servidio et al., 2024). The interaction between FoMO and social media usage not only indicates a behavioural compulsion but also underscores important consequences for mental health and well-being (Ahmed et al., 2023; Tandon et al., 2021). Social media significantly influences Generation Z by exposing them to peer behaviors and achievements that they may perceive as desirable, fostering a compulsion to emulate these behaviors for social acceptance and status. This phenomena is intricately associated with the Fear of Missing Out (FoMO), which intensifies feelings of anxiety and stress among adolescents as they endeavour to maintain parity with their peers (Babiker et al., 2023; Littman-Ovadia & Russo-Netzer, 2024; Ngo et al., 2023).

Research indicates that social media serves as a platform for showcasing experiences, thereby shaping peer norms and intensifying the pressure to conform (Babiker et al., 2023; Lin & Jian, 2022; Ngo et al., 2023). As a result, this compulsive behaviour may result in adverse impacts on mental health, such as heightened worry and social media weariness. (Einstein et al., 2023; Fabris et al., 2020; Świątek et al., 2021). The interplay of social media usage, peer influence, and FoMO highlights the urgent need for awareness and solutions to mitigate these adverse effects on the mental health of young individuals. (Scheinfeld & Voorhees, 2022; Tandon et al., 2021). During adolescence, the interplay between peer influence and the desire for independence often leads to a heightened sensitivity to social dynamics, particularly through social media. Adolescents increasingly seek social connections, which can conflict with their need for personal boundaries, thereby compromising their emotional stability and privacy (Littman-Ovadia & Russo-Netzer, 2024; Ngo et al., 2024).

The phenomenon known as Fear of Missing Out (FoMO) exacerbates this situation, as it drives adolescents to remain perpetually connected to their peers, fearing exclusion from rewarding experiences (Babiker et al., 2023; Bloemen & De Coninck, 2020). This compulsive behavior can lead to problematic social media use, further intensifying feelings of anxiety and isolation (Fabris et al., 2020; Lin & Jian, 2022). Research demonstrate that the social validation pursued via social media interactions can profoundly influence adolescents' self-esteem and mental health, highlighting the intricate relationship between social connectivity and emotional well-being during this pivotal developmental phase (Einstein et al., 2023; Groenestein et al., 2024). Peer influence through social media significantly impacts Generation Z's academic behaviors and attitudes, often leading to excessive online engagement to uphold social images. This tendency is intricately linked to the Fear of Missing Out (FoMO), compelling adolescents to choose social

media engagement over academic obligations, so diminishing their concentration on studies (Ngo et al., 2023, 2024). Research demonstrate that the obligation to sustain a positive online image can result in heightened distraction and diminished academic achievement, as students perceive a necessity to engage incessantly with social media (Koessmeier & Büttner, 2021, 2024; Siebers et al., 2023).

Furthermore, exposure to detrimental content on social media intensifies mental health issues among Gen Z, as they contend with the intricacies of peer influence and social validation (Littman-Ovadia & Russo-Netzer, 2024; Ngo et al., 2024; Tandon et al., 2021). The interaction between FoMO and social media usage may result in adverse emotional consequences, such as anxiety and depression, which subsequently impede academic involvement (Einstein et al., 2023; Gao et al., 2023; Xu et al., 2024). Therefore, comprehending the ramifications of social media on academic conduct is essential for tackling the mental health and educational issues confronted by this age. The pervasive use of social media has been closely linked to the phenomenon of Fear of Missing Out (FoMO), which significantly contributes to anxiety and a compulsive need for constant connectivity. This relationship is evident as individuals experience heightened anxiety about missing rewarding experiences, leading to frequent distractions that disrupt productivity and hinder meaningful real-world interactions (Babiker et al., 2023; Littman-Ovadia & Russo-Netzer, 2024; Rozgonjuk et al., 2020). Research indicates that FoMO correlates favourably with social media addiction, hence exacerbating the cycle of distraction and anxiety (Bakioğlu et al., 2022; Einstein et al., 2023).

Moreover, the fast-paced nature of social media intensifies FoMO, compelling users to engage more frequently with these platforms, often at the expense of their offline relationships and productivity (Lin & Jian, 2022; Siebers et al., 2023). This compulsive behavior not only distracts individuals but also fosters a sense of isolation, as the quality of real-world interactions diminishes (Bloemen & De Coninck, 2020; Scheinfeld & Voorhees, 2022). The relationship between social media usage, FoMO, and its psychological implications highlights the necessity for a comprehensive study of these dynamics to alleviate their negative impacts on mental health and social well-being (Almeida et al., 2023; Xu et al., 2024). The Fear of Missing Out (FoMO) substantially leads to several adverse effects, such as decreased academic achievement, heightened procrastination, and poor well-being. Studies demonstrate that FoMO is significantly associated with social media addiction, resulting in compulsive behaviours that undermine academic concentration and productivity (Bakioğlu et al., 2022; Lin & Jian, 2022; Ngo et al., 2023). Furthermore, the constant engagement with social media can amplify feelings of inadequacy and anxiety, as individuals frequently compare themselves to others, leading to emotional distress (Mao & Zhang, 2023; Rifkin et al., 2024; Tandon et al., 2021).

Additionally, the overexposure of personal data on social media platforms exacerbates these issues, as users often feel pressured to maintain an idealized online presence (Bloemen & De Coninck, 2020; H. Wang et al., 2023). This environment fosters difficulties in time management, as individuals struggle to balance their online interactions with academic responsibilities, resulting in procrastination and decreased life satisfaction (Groenestein et al., 2024; Pi et al., 2024). Overall, the interplay between FoMO and social media usage creates a cycle of negative psychological and academic outcomes that can be challenging to break. Although the prevailing narrative highlights the adverse impacts of social media and FOMO on Generation Z, counterarguments propose that these platforms may also promote good growth and social connectivity. Social media enables community formation, permitting individuals with common interests to connect beyond

geographical limitations. Virtual communities can offer support, affirmation, and a sense of belonging, especially for marginalised groups that may be deprived of such relationships in the physical world.

Moreover, social media serves as a potent instrument for self-expression, creativity, and civic participation. Platforms such as TikTok and Instagram enable youth to display their abilities, express their viewpoints, and participate in social activism. The swift spread of information on social media can enhance awareness of significant social concerns and galvanise collective action. Although excessive social media usage and the compulsion to uphold an idealised online identity can be harmful, moderate participation can augment social capital and promote good self-development. Furthermore, the capacity to curate one's digital persona can be powerful, enabling individuals to investigate many facets of their identity and engage with similar-minded peers. The assertion that social media invariably results in diminished academic performance neglects the possibility for these platforms to be utilised for educational purposes. A multitude of educators are currently incorporating social media into their pedagogical methods to enhance collaborative learning, provide materials, and involve students in substantive discussions. A balanced perspective acknowledges the potential risks and benefits of social media for Gen Z, highlighting the necessity of responsible usage and media literacy.

This study is essential for comprehending the substantial influence of Fear of Missing Out on the academic performance, mental health, and overall well-being of Generation Z, who are deeply engaged with social media. The augmented use of social media among this generation has exacerbated FoMO, resulting in heightened anxiety, compulsive participation, and reduced productivity, which can impede their educational and personal growth. Analyzing the intricate relationship between social media usage, FoMO, and their psychological and behavioral ramifications is crucial for understanding the issues faced by Gen Z. This research aims to systematically review the existing literature concerning the correlation between social media trends, Fear of Missing Out, and their effects on the well-being of this population. It seeks to identify the principal factors contributing to the development and intensification of FoMO among Gen Z, as well as its subsequent impacts on their academic and social functioning.

Methodology

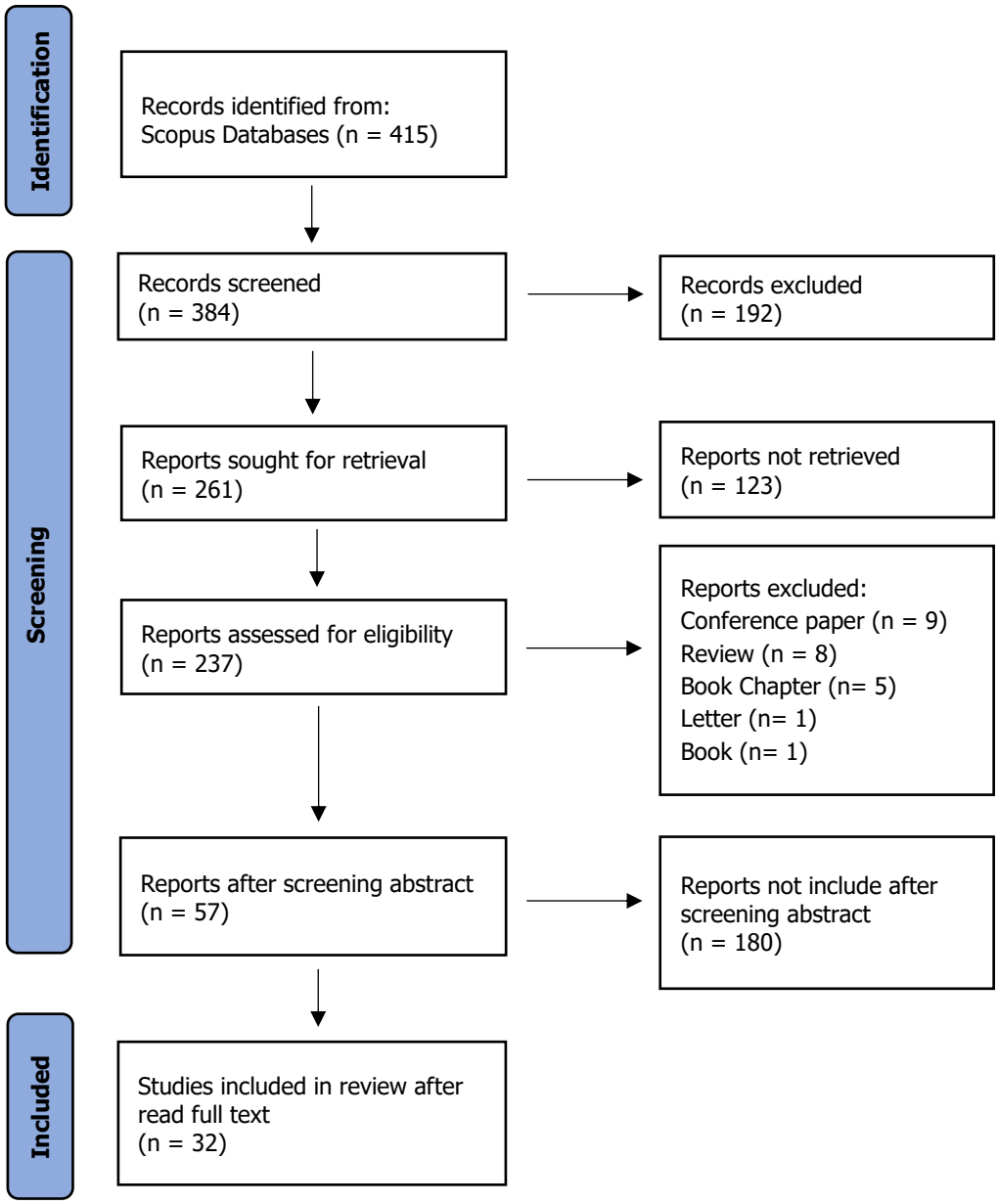
A systematic literature review was performed utilising the Scopus database to uncover studies addressing the mitigation of Fear of Missing Out and the promotion of healthy social media practices among Generation Z. The initial search employed the keywords "Social," "Media," "FoMO," "Fear," "Missing," and "Out," yielding 415 documents. This search was then refined by applying a temporal filter, limiting the results to publications from 2019 to 2025, resulting in 384 documents. To focus on relevant disciplines, the subject area was restricted to Psychology and Social Sciences, which further narrowed the results to 261 documents. The search was then limited to articles only, resulting in 237 articles. Abstracts of these articles were screened for relevance to the research topic, specifically focusing on studies that addressed FoMO in Generation Z, strategies for FoMO reduction, and healthy social media habits. This screening process resulted in 57 articles. Subsequent to the abstract screening, a comprehensive assessment of the remaining 57 papers was performed. This review involved a detailed assessment of each article's methodology, findings, and relevance to the research questions. Specific inclusion criteria were applied during this stage to ensure the selection of high-quality studies that directly addressed the research topic and met the predefined scope of the review.

This rigorous review process resulted in a final set of 29 articles that were deemed suitable for inclusion in the systematic review. These 32 articles formed the basis for the analysis and synthesis of findings related to FoMO, social media habits, and Generation Z.

A comprehensive assessment of each article's methodology, findings, and relevance was performed based on predetermined inclusion criteria. Although not all studies exclusively examined Generation Z, this demographic was chosen as the main focus because the majority of the research explicitly centered on their social media behaviors, experiences with FoMO, and mental health outcomes. The emphasis on Generation Z stems from their status as digital natives who exhibit high engagement with social media platforms, making them particularly susceptible to FoMO and its psychological impacts. Additionally, the distinct developmental stage, social dynamics, and technological affinity of this cohort justify a targeted analysis.

The articles selected for in-depth analysis predominantly featured case studies from a diverse range of countries, including the Australia, Belgium, China, Germany, Israel, Italy, Netherlands, Poland, Portugal, Qatar, South India, Taiwan, Turkey, United States, United Kingdom, Vietnam. The selection of the Scopus database and the multi-step search strategy ensured a comprehensive and systematic approach to identifying relevant literature, minimizing bias and maximizing the inclusion of high-quality research.

Figure 1: PRISMA flowchart of identification and selected studies.



Source: Elaborated by the Author.

Result and Discussion

Social media has become essential to the daily lives of Generation Z, with research showing that this population spends an average of 3 to 6 hours daily on various platforms. The increased interaction with social media has coincided with a rise in the incidence of Fear of Missing Out among Generation Z individuals. Fear of Missing Out, or FoMO, is characterised by anxiety, apprehension, or an incessant urge to remain connected with others to avoid missing experiences or chances. Numerous studies have investigated the elements that influence the emergence and intensification of FoMO in Generation Z, such as social comparison, diminished self-esteem, and an incessant want for social validation and belonging. Several

authors have suggested that mindfulness, digital literacy, and promoting self-compassion could serve as coping strategies to mitigate FoMO. The literature review revealed that FoMO has a significant impact on various aspects of Gen Z's well-being, including their academic performance, social relationships, and mental health. Individuals experiencing high levels of FoMO tend to exhibit increased social media usage, often at the expense of their academic obligations and engagement in other important activities. This obsession with staying connected and fear of missing out leads to decreased productivity, as Gen Z individuals struggle to focus on their studies and prioritize academic tasks. Moreover, the constant need to be updated on their peers' activities and experiences can contribute to feelings of inadequacy, anxiety, and depression, further hindering their overall well-being. This report's overview of research findings is substantiated by a thorough examination of studies examining the correlation between FoMO, social media usage, and the academic and psychological well-being of Generation Z, as illustrated in Table 1 below.

Table 1: Summary of studies reviewed.

Paper	Study Objectives	Methodology	Key Findings
A Preliminary Study on the Association Between Social Media at Night and Sleep Quality: The Relevance Of FOMO, Cognitive Pre-Sleep Arousal, and Maladaptive Cognitive Emotion Regulation (Almeida et al., 2023, Portugal).	Data mining is used to find new trends in phubbing, loneliness, state boredom, state FOMO, and trait boredom. The study also gives us a new way to think about how people use social media and smartphones and their emotions.	With two sets of data, data mining is used to examine social media, smartphone, phubbing, and emotional tendencies. Data collection, cleaning by removing missing values, model creation using J48 Decision Tree, and model performance evaluation using accuracy and F1 score are the steps. The J48 method was chosen for its pattern discovery performance. Decision tree models yield insights for study.	Data mining is used in the study to find new links between using social media and smartphones and feeling lonely, bored, or afraid of missing out (FOMO). It shows that age, gender, geographic location, and social media use affect these states, proving that data-driven strategies work better.
A Study on The Mediating Effect of FoMO on Social Media (Instagram) Induced Travel Addiction and Risk Taking Travel Behavioral Intention in Youth (Mohanan & Shekhar, 2021, South India).	Researchers wanted to find out how fear of missing out (FoMO) and troublesome social media use (PSMU) affect the ability to stop doing something.	Event-related potentials (ERPs) and a changed two-choice oddball task were used to study how problematic social media use (PSMU) affects inhibitory control and how fear of missing out plays a part in this effect. Sixty people were given the Fear of Missing Out (FoMO) measure and the Questionnaire for Problematic Mobile Social Media Use. During the job, we collected EEG data and used SPSS 25.0 to study PSMU, inhibitory control, and FoMO using repeated measures ANOVA and PROCESS Model 4.	The study found that using social media too much (PSMU) lowers inhibitory control by making N2 amplitude go up and P3 amplitude go down for stimuli related to social media. This effect is more weak in people who use PSMU because of fear of missing out (FoMO).
Adaptation and Validation of the Online-Fear of Missing Out Inventory into Turkish and the Association with Social Media Addiction, Smartphone Addiction, and Life Satisfaction (Bakioğlu et al., 2022, Turkey).	The study aims to find out if troublesome social media users (PSMU) have a tendency to pay more attention to things that are related to social media and how fear of missing out (FoMO) affects this tendency.	Eye-tracking and a dot-probe paradigm were used to look at attentional bias in problematic social media users (PSMU) and how fear of losing out affected it. Experiment 1 evaluated PSMU and control groups' attentional bias tendencies, whereas Experiment 2 examined PSMU's sensitivity to FoMO levels. The data was analysed using SPSS, including independent t-tests, χ^2 tests, and repeated measures ANOVA. Attentional bias scores were calculated using formulae.	Problematic social media use (PSMU) is linked to keeping your attention on social media icons and not paying attention to other things. People with high FOMO are more aware of and attentive to social media triggers, which balances out this bias. These numbers show that FoMO is very important for PSMU formation.0

Paper	Study Objectives	Methodology	Key Findings
An Analysis of the Latent Class and Influencing Factors of Problematic Mobile Social Media Usage Among Chinese College Students (Pi et al., 2024, China).	In the study, Chinese teens' digital hoarding, fear of missing out (FoMO), upward social comparison on social media, and awareness are all looked at. It looks at whether there is a connection between collecting digital things and comparing yourself to others. Fear of losing out (FoMO) is used to look at how people deal with digital hoarding and awareness as a way to look at how people are vulnerable.	Online convenience sampling was used to recruit 927 mainland Chinese youth for the cross-sectional study. It assessed upward social comparison, FoMO, mindfulness, and digital hoarding using multiple metrics. Descriptive statistics, correlation analyses, and advanced mediation and moderation analyses using SPSS's PROCESS macro, with regression coefficients checked using Bootstrap. All variables were standardised before analysis.	The study found that fear of missing out (FoMO) acted as a bridge between upward social comparison on social media and digital hoarding. Fear of missing out (FoMO) and the direct effect of upward social comparison on digital keeping are both lessened by mindfulness. This means that mindfulness might be able to lessen these effects. These results shed light on the psychological causes of digital hoarding and offer ways to teach young people how to be responsible on social media.
Antecedents of Social Media Usage Status: Examination of Predictiveness of Digital Literacy, Academic Performance, and Fear of Missing Out Variables (Yildiz Durak & Seferoğlu, 2020, Turkey).	The study aims to find out if (a) fear of missing out (FoMO) is linked to social media fatigue, (b) social overload acts as a mediator between FoMO and social media fatigue, and (c) mutual self-construal acts as a mediator between FoMO and social overload.	A quantitative research method was used for the study, and 3,000 Chinese Internet users filled out an online questionnaire. Representativeness was guaranteed by a quota sampling method. The PROCESS script was used to do statistical analysis to test the mediation and moderation effects. Confidence intervals and resampling methods were used to make sure the results were correct.	The study found that social overload acts as a bridge between FOMO and social media fatigue. This mediation effect is stronger for people with a high interdependent self-construal. It means that fear of missing out and being tired of social media have a bigger effect on them.
Anxiety About the Social Consequences of Missed Group Experiences Intensifies Fear of Missing Out (FoMO) (Rifkin et al., 2024, United States).	The study aims to find out how fear of missing out, positive and negative affect, and how you show yourself offline and online affect the link between using social media and becoming addicted to it.	A cross-sectional study involving 385 Hong Kongers recruited using social media convenience sampling was conducted. An online survey measured social media use, mood, FOMO, self-presentation, and addiction using validated scales. The PROCESS macro in IBM SPSS 29 was used for quantitative studies of sequential mediation models. Institutional permission and ethical compliance were achieved.	There is a strong link between social media use and both positive and negative emotions. These emotions, along with self-presentation and fear of losing out, fully mediate the relationship between social media use and addiction. These results show that emotional and behavioural factors make social media addiction more difficult. They also make me worry about the fact that Internet Addiction Disorder is not included in the standards for diagnosis.
Attentional Bias too Social Media Stimuli is Moderated by Fear of Missing out among Problematic Social Media Users (Y. Wang et al., 2024, China).	The study aimed to investigate whether individuals with problematic social media use exhibit specific attentional biases toward social media icons and how varying levels of fear of missing out (FoMO) modulate these attentional patterns, employing eye-tracking experiments to elucidate underlying cognitive mechanisms.	The study used eye-movement experiments with a dot-probe task to assess attentional bias toward social media icons among problematic social media users, comparing high and low FoMO groups, measuring eye movements, reaction times, and attentional bias scores to explore the moderating role of FoMO.	The study reveal that problematic social media users with high FoMO exhibit sustained attentional bias and vigilance toward social media icons, while low FoMO users show avoidance, indicating FoMO moderates attentional patterns. Attentional bias is linked to PSMU severity, supporting the role of FoMO and cognitive biases in social media addiction.
Dark Consequences of Social Media-Induced Fear of Missing Out (FoMO): Social Media Stalking, Comparisons, and Fatigue (Tandon et al., 2021, United Kingdom).	The study aims to explore how social media influencers affect their fans' decisions to buy, focussing on how desire to duplicate and materialism are involved, as well as FoMO (fear of missing out).	The study used an online survey conducted via Amazon's Mechanical Turk with 272 participants who had prior exposure to social media influencers. To measure the concepts, a seven-point Likert scale was used. For statistical analysis, Hayes' PROCESS macro models, especially models 4 and 8, were used to test the mediation and moderation effects.	The study discovers that desire to mimic and materialism play a big role in how much social media influencers' fans want to buy something. Fear of missing out (FoMO) also affects these connections, making it stronger the effect of being around influencers on greed and the desire to buy, especially when FoMO is high.

Paper	Study Objectives	Methodology	Key Findings
Dealing With Unnecessary: The Mediation Role of Social Overload on Fear of Missing Out and Social Media Fatigue (Xie et al., 2024, China).	The study aims to find out why teens have different levels of social media-related distractions. It will do this by looking at how the average between-person link between social media use and short-term distractions changes, how these differences might be explained, and how they change from person to person.	The study used a preregistered measurement burst design with 300 teens taking both experience sampling method (ESM) tests and internet surveys. Data were collected over 21 days with six surveys per day, using the Ethica app. The study used multilevel modelling with Mplus to look into relationships within and between people as well as the factors that explain differences in how people get distracted by social media.	The study found that 77% of teens were distracted by social media. Interestingly, things like fear of missing out, expectations of friend availability, self-control strategies, and parental restrictions did not seem to explain the differences in the levels of distraction among teens.
Differential Effects of Active Social Media Use on General Trait and Online-Specific State-FoMO: Moderating Effects of Passive Social Media Use (Mao & Zhang, 2023, China).	The main goals were to find out if social media experience could predict academic-related peer influence and FOMO, if FOMO and peer influence were linked and could affect each other at the same time, and if their combined effects could change how students did in school.	The study used a quantitative research method and an online poll with a 5-point Likert scale to get responses from Vietnamese students ages 11 to 18. We used SPSS and AMOS software to do reliability tests, Exploratory Factor Analysis (EFA), Confirmatory Factor Analysis (CFA), and Structural Equation Modelling (SEM) on 419 valid answers.	The research discovered that teens' use of social media has a big effect on peer pressure and fear of missing out (FoMO). Online Peer Norms and Novel Peer Experiences were found to be the most important factors of peer pressure. FoMO acts as a buffer between social media and peer influence, but it doesn't have a direct effect on involvement in academic activities like peer influence does. It's clear that social media can affect how students feel and act in school, showing that it can both encourage good behaviour and put pressure on students to meet academic standards.
Effects of Personality Traits Concerning Media Use Decisions on Fear of Missing Out and Social Media Use Behavior (Lin & Jian, 2022, Taiwan).	In this study, medical college students in China during the COVID-19 pandemic were asked to look at how fear of missing out (FoMO) and resilience affected the link between social media use and bad feelings.	About 470 medical students from Qiqihar Medical University in China filled out self-reported questionnaires as part of a cross-sectional study methodology. We looked at valid answers from 407 students using SPSS and PROCESS macros to see how Fear of Missing Out (FoMO) and resilience affected the link between using social media and feeling bad emotions. Well-known scales measured how much people used social media, fear of missing out (FoMO), resilience, and negative feelings.	The study found that Chinese medical college students who use social media are more likely to feel bad emotions. The fear of missing out (FoMO) is the main factor that makes this link stronger, but resilience weakens FoMO's effect on negative emotions.
Explaining Variation in Adolescents' Social Media-Related Distraction: The Role of Social Connectivity and Disconnectivity Factors (Siebers et al., 2023, Netherlands).	The study aims to investigate individual differences in adolescents' social media-related distraction and examine whether social connectivity factors (FoMO, friendship accessibility) and disconnectivity factors (self-control strategies, parental restrictions) explain heterogeneity in distraction levels, using experience sampling data among adolescents.	The methodology involved a three-week experience sampling method with online surveys in a preregistered design, collecting 21,970 assessments from 300 adolescents. Measures included momentary social media use, distraction, and factors like FoMO, friendship expectations, self-control, and parental restrictions to analyze individual differences in distraction.	The study found that 77% of adolescents experienced social media-related distraction, which was strongly associated with social media use. However, neither social connectivity factors (FoMO, friendship expectations) nor disconnectivity factors (self-control, parental restrictions) explained individual differences, indicating that social media remains a powerful distractor for many adolescents regardless of these variables.
Exploring the Lived Experience and Coping Strategies of Fear of Missing Out (FoMO) Among	The study's goal is to find out how social media use, FoMO, and tiredness are related.	The study employed a web-based survey methodology targeting university students aged 18-25 in Pakistan, using a snowball sampling technique. Data was collected over	Fear of Missing Out (FoMO) is a big part of social media use among young people in Pakistan, and the study shows that it makes social media

Paper	Study Objectives	Methodology	Key Findings
Emerging Adults (Littman-Ovadia & Russo-Netzer, 2024, Israel).		three months via a questionnaire shared through social media platforms. Smart PLS and SPSS were used to do statistical analyses, such as regression and mediation analysis, to look into the links between using social media, fear of missing out (oOMO), and social media tiredness.	fatigue worse. This goes against what other research has found by showing that usage causes FoMO instead of the other way around.
Fear of Missing Out (FoMO): A Penerational Phenomenon or An Individual Difference? (Barry & Wong, 2020, United States).	The study aims to find out how common social media addiction is among TVET students and what kind of link there is between college students in South Africa who are hooked to social media and those who don't like missing out on things.	The study took place at a TVET college in Gauteng, South Africa, and used a quantitative, cross-sectional research method. It chose 279 first-year students between the ages of 18 and 24 through convenience sampling. A 5-point Likert scale was used to rate the constructs, and SPSS Statistics was used for descriptive statistics. SmartPLS was used for Partial Least Squares Structural Equation Modelling (PLS-SEM) to test theories and look at measurement and structural models.	A study found a strong link between TVET students' addiction to social media and fear of missing out (FoMO) and a lack of self-control. FoMO plays a part in the link between self-control and social media addiction. This means that having low self-control can make FoMO worse, which in turn makes social media addiction worse. All of the theories were proven to be true, which shows that these issues need to be dealt with in order to reduce social media addiction.
Fear of Missing Out and Problematic Social Media Use: A Serial Mediation Model of Social Comparison and Self-Esteem (Servidio et al., 2024, Italy).	The study investigated whether Fear of Missing Out (FoMO) and self-compassion can independently moderate the link between teens' social media use and anxiety symptoms, as well as the relationship between social media use and different anxiety symptoms when the moderators were changed.	A random sample of 951 teens who filled out online surveys about their use of social media, anxiety symptoms, fear of missing out (FoMO), and self-compassion were used in the study. Gender and age were used as factors in hierarchical multiple regression and simple slopes analysis in SPSS to look at the data. Expectation Maximisation was used to deal with the few missing data points that were found.	The research discovered that Fear of Missing Out (FoMO) affects the link between teens' anxiety and their use of social media. High FoMO is connected to more anxiety symptoms from social media use, while low FoMO is connected to less anxiety. Self-compassion did not play a big role in the relationship. These results suggest that focussing on reducing fear of missing out (FoMO) might work better than self-compassion as an intervention for teens who use social media a lot and show signs of worry.
Fear of Missing Out and Social Media Use: A Three-Wave Longitudinal Study on the Interplay with Psychological Need Satisfaction and Psychological Well-Being (Groenestein et al., 2024, Netherlands).	The study examines how Fear of Missing Out (FoMO) and social media addiction affect teen mental health, focussing on how neglect and negative social media experiences effect relationships.	Fear of missing out (FoMO), stress from social media events, social media addiction, and emotional symptoms were all measured on different scales in a study with 472 teens from Northern Italy. Cronbach's alpha was used to check for reliability, and multiple regression and bootstrapping were used for path analysis to look into direct and indirect effects between factors. MPLUS software was used to do the analyses.	Fear of Missing Out (FoMO) was found to be a direct predictor of stress in teens caused by neglect and negative responses on social media, as well as social media addiction (SMA) and emotional symptoms. Stress from being ignored can lead to SMA, which then changes emotional signs. The effects of FOMO on SMA and stress from neglect have an indirect effect on mental distress.
Fear of Missing Out as a Mediator and Social Capital as a Moderator of the Relationship Between the Narcissism and the Social Media Use Among Adolescents (Jiang et al., 2023, China).	The study aims to examine whether fear of missing out (FoMO) mediates the relationship between narcissism (self-superior and other-inferior) and problematic social media use among adolescents, and to assess how social capital moderates this mediation, highlighting mechanisms influencing teens' social	The study involved 1380 Chinese adolescents who completed anonymous questionnaires assessing narcissism, FoMO, social capital, and problematic social media use. Statistical analyses included Harman's single-factor test for common method bias, correlation analysis, and moderated mediation models using SPSS PROCESS and Mplus to examine relationships among variables.	The study found that FoMO mediates the relationship between narcissism (both self-superior and other-inferior) and problematic social media use among adolescents, with a stronger effect for other-inferior narcissism. Social capital moderates this mediation, amplifying the impact of narcissism on PSMU when social capital levels are high.

Paper	Study Objectives	Methodology	Key Findings
	media behaviors during the COVID-19 pandemic.		
FoMO, but not Self-Compassion, Moderates the Link between Social Media Use and Anxiety in Adolescence (Einstein et al., 2023, Australia).	The study aimed to investigate whether FoMO and self-compassion independently moderate the relationship between adolescent social media use and anxiety symptoms. It sought to identify vulnerable groups, explore how these psychological factors influence this relationship, and understand the nuanced effects of social media on adolescent anxiety.	The study involved 951 Australian adolescents (mean age 13.69), using online questionnaires to assess social media use frequency, anxiety symptoms, FoMO, and self-compassion. Participants completed validated scales, with data analyzed to examine moderating effects of FoMO and self-compassion on the social media-anxiety relationship.	The study revealed that FoMO significantly moderates the relationship between social media use and anxiety in adolescents, with high FoMO adolescents experiencing increased anxiety linked to social media, whereas those with low FoMO showed reduced anxiety. Self-compassion did not significantly impact this relationship, highlighting the importance of FoMO in understanding social media's effects on adolescent mental health.
Friend or Phisher: How Known Senders and Fear of Missing out Affect Young Adults' Phishing Susceptibility on Social Media (Klütsch et al., 2024, Germany).	The study aims to examine how the user-sender relation and Fear of Missing Out (FoMO), both trait and state, influence young adults' susceptibility to social media phishing, utilizing vignette scenarios to assess behavioral intentions and suspicion, and identifying vulnerabilities to inform countermeasures.	The study employed an online vignette experiment with 193 young adults on Instagram, presenting phishing messages from known or unknown senders, with varying consequences, and measuring susceptibility through behavioral responses and suspicion scales, while also assessing Trait and State FoMO levels.	The study reveals that social media phishing susceptibility among young adults is strongly influenced by the user-sender relationship, with messages from known senders significantly increasing vulnerability. High Trait FoMO diminishes suspicion and heightens susceptibility, especially in trusted sender contexts. Prior phishing experience slightly boosts suspicion, while gender effects are negligible.
How Does the Fear of Missing Out Moderate the Effect of Social Media Influencers on Their Followers' Purchase Intention? (Dinh et al., 2023, United States).	The study aims to look into the two-sided effects of active social media use (ASMU) on loneliness, focussing on figuring out the ways in which ASMU can have both good and negative effects.	Picking 537 college students at random from three universities in Jiangxi province for the study was done using the random sampling method. An online survey got 454 correct answers. Active use of social media, loneliness, and interpersonal happiness were all measured using standard scales. Utilising SPSS and AMOS tools for data analysis and testing hypotheses with structural equation modelling, Cronbach's alpha, McDonald's Omega, and AVE were used to determine reliability and validity. According to the report, passive social media use and daily social media use time were taken into account.	The research discovered that Active Social Media Use (ASMU) can have two opposite effects on loneliness. It can make people feel less lonely by improving interpersonal satisfaction, which lowers trait-FoMO; however, it can also make people feel more lonely by raising state-FoMO, which raises trait-FoMO. It's clear from these results that ASMU's effect on loneliness takes a lot of different paths.
How Social Media, FoMO, and Isolation Influence Our Perceptions of Others Who "Break the Rules" (Scheinfeld & Voorhees, 2022, United States).	The study's goal is to find out how vulnerable young adults are to social media phishing by looking at the relationship between the user and the sender of the message, State FoMO (fear of missing out), and each person's amount of Trait FoMO.	The study used an online vignette method based on Pavlovia. 193 young people responded to Instagram chat scenarios with different sender-receiver relationships and what would happen if they didn't click. Participants' intended behavior and suspicion were measured using multilevel regression analyses, and Trait FoMO was assessed using a standardized scale. The study aimed to understand susceptibility to social media phishing through controlled scenario-based experiments.	According to the study, young adults are more likely to fall for fake emails from people they know. This effect is amplified when they have a high Trait FoMO, which makes them less suspicious. Some people are more suspicious of scam emails because they have been sent by people they know, which can affect state FOMO. These results make it clear that youth and adults need specific help to make them less likely to fall for social media scams.

Paper	Study Objectives	Methodology	Key Findings
Impact of Academic-Related Peer Influence and Fear of Missing Out From Social Media on Academic Activities of Adolescents (Ngo et al., 2023, Vietnam).	The study looks into whether it is possible to guess how much teens will use social media by looking at their Fear of Missing Out (FoMO) and the levels of trust, communication, and alienation with their peers.	The study used a convenience sample of 557 final-year high school students from Niš, Serbia, who had social media profiles. Data were collected via questionnaires administered during school classes, measuring social media use intensity, peer attachment dimensions, and fear of missing out. SPSS and JASP were used to do the statistical studies.	Fear of Missing Out (FoMO) and Teenagers' Trust and Communication (Peer support) are both good ways to guess how much of social media they use. Alienation becomes a major predictor when FoMO is taken into account. This means that FoMO lessens the bad effect of Alienation on social media use. These findings show that social media use might help you make and keep friends.
Impacts of Social Media Experiences on Academically Related Peer Influence and Fear of Missing Out of Secondary and High School Students (Ngo et al., 2024, Vietnam).	The study's main goal is to find out how Fear of Missing Out (FoMO) influences mental health by influencing the amount of time spent on social media and the number of social connections. There is a chain of events that leads to people using social media because they are afraid of missing out (FoMO), which then hurts their health and social skills.	The study used a quantitative approach and had two groups of college students fill out online surveys that measured their subjective well-being, social media intensity, fear of missing out, and social connections. Statistical models were used to test mediation effects in the relationships between these variables.	Fear of Missing Out (FoMO) is linked to more time spent on social media but less time spent with friends and family, according to the study. Fear of missing out (FoMO) can indirectly improve well-being and social connections by making people use social media more. This means that FoMO might be a good thing if it makes people use social media in ways that help them connect with others.
Need for Affect, Problematic Social Media Use and the Mediating Role of Fear of Missing Out in European and Arab Samples (Babiker et al., 2023, Qatar).	The study's goals are to look into how emerging adults with FOMO feel about it and how it affects their feelings, thoughts, and behaviours in different areas of their lives. It will also look into the ways they deal with FOMO in their daily lives and the resources they use.	The study used a qualitative-phenomenological approach and in-depth, semi-structured interviews to look into how young people with FoMO actually experience it. Thematic analysis was used to find similar themes in the data, and strategies for recruiting participants made sure that the views of all of them were represented.	The study found that emerging adults experience FoMO as feelings of exclusion and inadequacy, which can signal unmet needs and prompt self-reflection. It affects social, educational, occupational, and romantic domains. Participants use coping strategies like cognitive reappraisal, emotional self-soothing, and disconnecting from social media to manage FoMO. These findings suggest potential interventions to empower young adults in managing FoMO's impact on well-being.
Social Media and Fear of Missing Out in Adolescents: The Role of Family Characteristics (Bloemen & De Coninck, 2020, Belgium).	The main goal of the study was to test the validity and dependability of the On-FoMO Inventory in Turkish. Another goal was to find links between being happy with your life, having fear of missing out (FoMO), and being hooked on social media or apps.	The On-FoMO Inventory was translated into Turkish for the study, and an online poll with 419 people was used to make sure it was accurate and reliable. It used self-report polls on social media sites to get information for reliability, concurrent validity, and confirmatory factor analysis.	The Online Fear of Missing Out (On-FoMO) Inventory was translated and tested in Turkish, proving that it is true and has a four-factor structure. The study discovered that online FOMO is linked to social media and smartphone addiction and not to happiness in life. There is a link between online FOMO and life satisfaction that is mediated by social media and smartphone addictions. This means that higher levels of FOMO can cause more addiction and lower levels of life happiness.
The Associations Between Attachment, Self-Esteem, Fear of Missing Out, Daily Time Expenditure, and Problematic Social Media Use: A Path Analysis Model	This research looks at how often and why people use social media, and how that affects how they think other people should act. It also looks at how that affects how people act, and if it does, how fear of missing	Online surveys with 459 anonymous volunteers were employed for the study. The participants were on MTurk and social media. It assessed COVID-19 and FOMO fears using Likert ratings. The data was analysed using multiple linear regression, hierarchical regression, and	The study found that more time spent on social media is linked to higher feelings of FOMO, which in turn makes people feel better about other people who don't follow public health rules. However, FoMO does not significantly impact individuals'

Paper	Study Objectives	Methodology	Key Findings
(Gori et al., 2023, Italy).	out (FoMO) is connected to these plans and thoughts during the COVID-19 pandemic.	moderation. Control parameters including age and gender were considered. Participants were asked how they thought others used social media and if they followed health regulations.	intentions to follow these guidelines, with fear of COVID-19 moderating these relationships.
The European Portuguese version of the Fear of Missing Out scale (FoMOs-P) in Higher Education Students (Almeida et al., 2024, Portugal).	The study aimed to adapt and validate the European Portuguese version of the FoMOs scale for higher education students, evaluate its psychometric properties, explore its factor structure (internalizing and externalizing), and determine an optimal cutoff score for identifying students with high social media engagement.	The methodology involved translating and adapting the FoMOs scale, recruiting 500 Portuguese university students, conducting Confirmatory Factor Analysis to compare models, testing measurement invariance across sex, assessing reliability, validity, and ROC analysis to identify cutoff scores for high social media engagement, using self-report questionnaires within a larger study.	The study validated the European Portuguese version of FoMOs, confirming a two-factor structure with good reliability and validity. It demonstrated measurement invariance across sex (except scalar invariance), identified a cutoff score of 20 with moderate accuracy (AUC = .742) for high social media engagement, and supported FoMOs-P as a useful tool for assessing FoMO among higher education students.
The Impact of Problematic Social Media Use on Inhibitory Control and the Role of Fear of Missing Out: Evidence from Event-Related Potentials (Xu et al., 2024, China).	The study aims to fill in gaps in the research by looking into how personality traits are linked to troublesome social media use (PSMU), with a focus on how design factors make people more likely to use social media.	Self-report measures were used to look at personality traits, impulsivity, fear of missing out, design element-driven social media use, and problematic social media use. The study used an online poll method to get responses from college students at the University of Toledo. Using R software, descriptive statistics and path analysis were used to look at the data.	The study finds that certain design elements of social media platforms increase usage time, which is strongly linked to problematic social media use (PSMU). Personality traits like neuroticism and recklessness are linked to PSMU in a roundabout way through fear of missing out (FoMO) and design elements that make people use them more. The research highlights the need for healthier platform designs and therapeutic interventions focusing on these mediators.
The Relationship Between Social Media Addiction, Fear of Missing Out and Family Functioning: A Structural Equation Mediation Model (Topino et al., 2023, Italy).	The study aims to find out if visual social media cues are more distracting than neutral cues and to find out what makes people better or worse at ignoring distractions, which would explain why some people are better at dealing with social media distractions than others.	The study used a within-subjects design with three experiments involving 246 people. The filter task paradigm was used to accurately measure how distractible visual stimuli are by having people focus on target symbols while ignoring distracting ones. The experiments varied distractor types (rectangles, objects, social media cues) and loads (two, four, six). Individual traits like self-control and impulsivity were assessed via questionnaires, while situational factors such as cyberostracism and FoMO were manipulated using vignettes. Mind wandering was evaluated through prompts after each task block.	The study found that social media cues are more distracting than simple ones, but not more distracting than neutral ones that are more complicated. Distractibility increases with more distractors, and individual traits like self-control and FoMO do not impact it. However, cyberostracism increases distractibility, indicating social context's role in attention. Complexity, rather than meaning, affects distractibility.
Trait Anxiety and Social Media Fatigue: Fear of Missing Out as a Mediator (Świątek et al., 2021, Poland).	The study explores FoMO as a driver of social media fatigue, its links to stalking, social comparison, and well-being, and examines associations, mediation, and moderation among these variables.	The study used a survey method to get information from young adult social media users in the UK. The data was then analysed using Structural Equation Modelling (SEM) to look into the connections between Fear of Missing Out (FoMO), social comparison, stalking, and tiredness. We tried the Hayes PROCESS macro for mediation and moderation effects and made sure they were valid and reliable by doing confirmatory factor analysis and heterotrait-monotrait	The study shows that social media tiredness, social comparison, and stalking are all linked to fear of missing out (FoMO). Social comparison helps explain some of the link between FOMO and tiredness, but stalking does not. The link between fear of missing out (FoMO) and social comparison is weakened by social media envy. These results show how these factors interact with each other

Paper	Study Objectives	Methodology	Key Findings
		analysis. After the data was cleaned up, the group was made up of 321 people.	in complicated ways, which helps us understand the bad aspects of using social media.
Using Data Mining to Discover New Patterns of Social Media and Smartphone Use and Emotional States (Al-Saggaf et al., 2024, Australia).	The research aims to find out if: 1) trait anxiety is linked to social media fatigue (SMF); 2) fear of losing out (FoMO) is linked to SMF; and 3) FoMO acts as a bridge between trait anxiety and SMF.	Using random sampling, 264 people between the ages of 14 and 50, mostly women, were recruited through online social networking sites for the study. People filled out scales that measured trait anxiety, social media fatigue, fear of losing out, and life orientation. To look into mediation effects, descriptive statistics, association analysis, and regression analysis were used on the data. IBM SPSS Statistics 23.0 and the PROCESS macro were used for the analysis. Ethical approval and informed consent were obtained.	According to the study, people with higher levels of trait anxiety are more likely to be emotionally, cognitively, and practically tired of social media. Fear of missing out (FoMO) plays a role in this relationship. The study's theories were confirmed: both trait anxiety and FoMO are linked to social media fatigue in a good way.
Why Mobile Social Media-Related Fear of Missing Out Promotes Depressive Symptoms? The Roles of Phubbing and Social Exclusion (Gao et al., 2023, China).	The study aims to look into how family structure, parenting style, and teens' Fear of Missing Out (FoMO) are related. It will focus on family structure, the quality of ties with and between parents, and parenting style.	The study employed an online survey targeting secondary school students aged 13 to 18 in Flanders and Brussels. A disproportionate quota sampling method was used, stratified by educational type, province, and municipality. Data collection involved cluster sampling within schools, with surveys administered anonymously on tablets. The study used a structural equation model (SEM) with weighted least squares estimates to look at how family traits, social media use, and fear of missing out (FoMO) are connected.	Fear of Missing Out (FoMO) was found to be more common among teens who use social media. Family traits are very important. Teenagers whose families don't live together have less FOMO than teens whose families do. When kids get along well with their parents, FoMO goes down, but when kids get along well with each other, it goes up. Help and control from a dad can help keep you from getting FoMO, but help and control from a mum aren't as strong of a link. The data show that family issues and how teens use social media are linked in a lot of different ways.

Source: Elaborated by the Author.

The Influence of Social Media Trends and Fear of Missing Out (FoMO) on the Well-Being Among Gen Z

The impact of social media trends and the Fear of Missing Out (FoMO) phenomenon on the well-being of Generation Z (Gen Z) has emerged as a crucial research focus in recent years. This cohort, marked by their significant engagement with digital technology and social media platforms, faces distinct psychological issues arising from their online activities. The relationship among social media usage, FoMO, and well-being is complex, encompassing several psychological categories like self-esteem, social comparison, and emotional regulation. Social media serves as a primary platform for social interaction among Gen Z, which can lead to heightened feelings of FoMO. Groenestein's longitudinal study indicates that FoMO is closely associated with social media usage, implying that persons with elevated FoMO are more inclined to utilise social media as a compensating strategy for their psychological demands (Groenestein et al., 2024). This engagement, however, can lead to a paradox where the very platforms intended to foster connection may exacerbate feelings of isolation and inadequacy, particularly when users perceive others as having more fulfilling experiences (Gao et al., 2023). Continuous exposure to curated depictions of peers' lives might result in

harmful social comparisons, especially among younger users who are in the process of forming their self-concept and identity (Barry & Wong, 2020).

Furthermore, the correlation between FoMO and mental health outcomes is extensively demonstrated. Research suggests that persons exhibiting elevated levels of FoMO are more prone to anxiety and depressed symptoms, since they may have a continual sense of disconnection from the social experiences of others (Gao et al., 2023). The act of phubbing, which involves disregarding one individual in favour of a mobile device, has been demonstrated to influence the connection between Fear of Missing Out (FoMO) and depression symptoms, hence exacerbating the emotional complexities for Generation Z (Gao et al., 2023). This suggests that the compulsive need to stay connected can paradoxically lead to feelings of loneliness and dissatisfaction, undermining overall well-being. The influence of social media on Gen Z's experiences is further exacerbated by social overload, when excessive interaction with social media results in exhaustion and burnout (Xie et al., 2024). This overload can intensify FoMO, establishing a detrimental loop in which users feel obligated to stay engaged on social media to prevent missing out, while simultaneously becoming inundated by the relentless stream of information and social stimuli. The research indicates that this cycle can lead to significant declines in psychological well-being, as users struggle to balance their online and offline lives (Scheinfeld & Voorhees, 2022; Xie et al., 2024).

The influence of family dynamics on the emergence of FoMO in teenagers is significant. Studies have shown that family characteristics, such as parenting styles and the quality of parental relationships, can significantly influence the extent to which adolescents experience FoMO (Bloemen & De Coninck, 2020). A supportive family environment may alleviate the negative impacts of social media, whereas a more estranged family dynamic may intensify feelings of inadequacy and the desire for social validation through online engagement (Bloemen & De Coninck, 2020). This highlights the importance of considering familial context when examining the psychological impacts of social media on Gen Z. The implications of FoMO extend beyond individual well-being, affecting academic performance and social interactions as well. Research has demonstrated that FoMO can lead to decreased academic engagement, as students may prioritize social media interactions over their studies (Ngo et al., 2023). This trend is especially troubling due to the growing dependence on digital platforms for educational reasons, potentially leading to a conflict between social involvement and academic obligations (Ngo et al., 2024). Moreover, the compulsion to sustain an active online presence may result in hasty decision-making and risk-taking behaviours, as individuals endeavour to synchronise their real-life experiences with the crafted narratives they encounter online (Mohanan & Shekhar, 2021).

Emerging adults frequently utilise diverse tactics to mitigate their FoMO. Littman-Ovadia's investigation into coping mechanisms indicates that individuals may utilise selective social media engagement or employ mindfulness techniques to alleviate the adverse impacts of FoMO (Littman-Ovadia & Russo-Netzer, 2024). Strategies like these enable individuals to reclaim control over their social media activities, facilitating the prioritisation of real connections above superficial involvement. However, the effectiveness of these strategies can vary widely among individuals, influenced by personality traits and emotional resilience (Lin & Jian, 2022). The convergence of FoMO and social media addiction represents a significant area of concern. Studies demonstrate that persons exhibiting elevated levels of FoMO are more prone to establish detrimental social media usage behaviours, which may subsequently compromise their mental health and overall well-being (Topino et al., 2023). This addiction can manifest as compulsive checking of social media platforms,

leading to disruptions in daily life and increased feelings of anxiety when unable to access these platforms (Topino et al., 2023). The cyclical nature of this link highlights the necessity for specific treatments that tackle both FoMO and social media usage behaviours among Generation Z.

The influence of social media personalities in moulding views of social norms and experiences is significant. Influencers frequently present idealised representations of their lives, which can exacerbate sentiments of FoMO among their followers (Dinh et al., 2023). The aspiration to imitate these influencers may result in heightened purchasing patterns and a skewed perception of self-worth, as individuals associate their value with their online visibility and interaction (Dinh et al., 2023). This issue underscores the necessity for critical media literacy education for Gen Z to assist them in navigating the intricacies of social media and its effects on their self-image and well-being. The impact of social media trends and FoMO on Gen Z's well-being is a multifaceted interaction of psychological, social, and emotional elements. Although social media can facilitate interactions and offer avenues for self-expression, it also presents considerable dangers to mental health and well-being. Comprehending these interactions is essential for formulating effective therapies and support systems that assist Gen Z in navigating their digital environments while preserving their psychological well-being. Social media has become profoundly embedded in the lives of Generation Z, influencing their interactions, perceptions, and overall well-being. Continuous exposure to online trends and the omnipresent dread of missing out considerably impact this influence, frequently resulting in adverse impacts on mental and emotional well-being.

Negative Impacts on Well-being

A major concern regarding social media and FoMO among Gen Z is its considerable effect on their psychological well-being. The incessant pressure to adhere to social media trends and the omnipresent fear of exclusion might adversely impact the mental and emotional well-being of this generation. The impact of social media and FoMO on Gen Z manifests as heightened anxiety and sadness, disturbances in sleep patterns, and body image concerns, so undermining their general well-being and quality of life.

- Increased Anxiety and Depression: The incessant pressure to remain abreast of rapidly evolving social media trends, coupled with the pervasive fear of missing out on experiences, events, and connections that others appear to relish, can exacerbate anxiety and foster depressive symptoms in Gen Z individuals. The selective and frequently unrealistic representations of others' lives commonly displayed on social media can result in detrimental social comparison and foster feelings of inadequacy, subsequently harming self-esteem and compromising overall psychological well-being.
- Sleep Disruption: The addictive nature of social media and the constant need to stay connected can significantly disrupt sleep patterns, leading to fatigue, irritability, and reduced cognitive function. The blue light emitted from digital devices, combined with the persistent stream of notifications, can interfere with the body's natural circadian rhythms and melatonin production, making it more challenging to fall asleep and disrupting overall sleep quality. This sleep disturbance can aggravate pre-existing mental health conditions, such as anxiety and sadness, perpetuating a detrimental cycle that adversely affects the general well-being of Generation Z.
- Body Image Issues: Social media trends frequently propagate false beauty standards, resulting in body image dissatisfaction and compulsive eating behaviours among Generation Z. Continuous

exposure to idealised and extensively edited representations of "perfect" physiques and lifestyles can generate pressure to conform to these unrealistic standards, adversely affecting self-perception, body image, and overall self-esteem. This may foster the emergence of maladaptive coping strategies, including restrictive eating, excessive exercise, and various disordered eating behaviours, as individuals attempt to conform their physical appearance to the idealised representations encountered on social media sites. The widespread prevalence of unattainable beauty standards, along with the omnipresence of social media, can adversely affect the mental and physical health of Gen Z, eroding their self-confidence and self-acceptance.

- Cyberbullying and Social Comparison: Social media platforms may foster cyberbullying and social comparison, both of which can adversely impact mental health. The anonymity and extensive reach of online platforms can exacerbate the effects of adverse encounters, resulting in feelings of humiliation, isolation, and diminished self-esteem. The digital landscape, characterised by the absence of direct interpersonal connections and nonverbal signals, frequently empowers individuals to perpetrate harmful and abusive actions against others, hence fostering a culture of cyberbullying. Furthermore, the continual exposure to meticulously produced and idealised representations of others' lives on social media can incite detrimental social comparisons, resulting in feelings of inadequacy and diminishing self-esteem. These adverse experiences can significantly impact the mental well-being of Gen Z individuals, intensifying pre-existing conditions such as anxiety, sadness, and diminished self-confidence.
- Fear of Social Exclusion: FoMO, or the Fear of Missing Out, is fundamentally based on the profound apprehension of social marginalisation. This psychological tendency compels individuals, especially within Generation Z, to incessantly monitor their social media feeds for updates, anxiously dreading the omission of significant social contacts and experiences enjoyed by their peers. The incessant desire to be connected and informed can establish a detrimental cycle, wherein the constant monitoring of social media platforms exacerbates anxiety, further undermining overall well-being. The loop of anxiety and obsessive social media usage can significantly affect the mental and emotional well-being of Generation Z, detrimentally influencing their quality of life.

Positive Impacts and Opportunities

Despite the considerable adverse effects of social media trends and FoMO, there exist possible advantages and chances for constructive interaction. The incessant pressure to adhere to social media trends and the widespread fear of missing out can adversely impact the mental and emotional well-being of Generation Z, resulting in heightened anxiety, depression, sleep disturbances, and body image concerns. Nevertheless, social media platforms provide opportunity for improved social connectivity, access to pertinent information and resources, along with outlets for creative expression and self-exploration. By adeptly managing the intricacies of social media usage and promoting a balanced strategy, one can leverage the beneficial elements while alleviating the adverse effects on overall well-being.

- Enhanced Social Connection: Social media can facilitate meaningful connections with friends and family, providing a strong sense of community and belonging. Online platforms can enable individuals to stay in touch with loved ones, share meaningful experiences, build deep

relationships, and foster a greater sense of social support and belonging. The ability to easily communicate, share updates, and engage with one's social network can be particularly valuable for those who may be geographically distant from their loved ones, allowing them to maintain close connections despite physical separation.

- Access to Information and Resources: Social media serves as a significant repository of information and resources, offering access to educational materials, support networks, and mental health services. Digital platforms can enable individuals to acquire new skills, engage with like-minded peers, and obtain necessary support. These platforms enable users to investigate diverse subjects, uncover instructional materials, and interact with online communities that provide guidance, counsel, and emotional assistance. Social media can be especially advantageous for persons aiming to enhance their knowledge, acquire new skills, or engage with others who possess similar interests or experiences. The accessibility and interactive nature of these online spaces can foster personal growth, skill development, and access to essential resources that can enhance an individual's overall well-being.
- Creative Expression and Self-Discovery: Social media serves as a medium for creative expression and self-exploration, enabling individuals to showcase their talents, investigate their identities, and engage with others who possess analogous interests. Virtual communities can cultivate creativity, individual development, and a profound sense of belonging. These digital spaces enable users to express themselves through various mediums, such as photography, art, writing, and video, and connect with like-minded individuals who appreciate their unique perspectives and talents. Through participation in these creative endeavours, Gen Z individuals can develop a profound self-awareness and discover a supportive community that honours their genuine identities. The ability to freely explore and showcase their creative pursuits can be a powerful tool for self-discovery, boosting self-confidence, and fostering a greater sense of community and belonging.

Mitigating Negative Impacts and Promoting Well-being

Addressing the negative impacts of social media trends and FoMO requires a multi-faceted, comprehensive approach. This involves implementing various strategies to mitigate the adverse effects and promote the well-being of Generation Z. Some key elements of this approach include:

- Promoting Digital Literacy: Comprehensive digital literacy education can empower Generation Z to navigate social media more mindfully. By teaching them about the curated and often idealized nature of online content, as well as fostering critical thinking skills, they can develop a more nuanced understanding of the digital landscape. This can help them approach social media with greater awareness, recognizing the constructed nature of many online portrayals and the importance of maintaining a balanced perspective. With these skills, Gen Z individuals can learn to engage with social media platforms in a way that aligns with their own values and well-being, rather than being unduly influenced by the carefully crafted images and narratives presented online.
- Encouraging Self-Compassion and Emotional Regulation: Developing self-compassion and emotional regulation skills can be particularly beneficial in helping individuals manage feelings

of inadequacy and anxiety related to their social media use. Through the development of self-compassion, individuals can acquire the ability to approach themselves with kindness and understanding, rather than resorting to severe self-criticism, when confronted with negative emotions or perceived inadequacies in relation to the idealised representations prevalent on social media. This can alleviate the adverse effects of social comparison and assist individuals in sustaining a more equitable viewpoint. Additionally, developing effective emotional regulation strategies, such as mindfulness practices or cognitive-behavioral techniques, can empower Gen Z individuals to manage their emotional responses to social media triggers, reducing the intensity and duration of feelings of anxiety, stress, or depression. By fostering self-compassion and emotional regulation, individuals can build resilience and develop a healthier relationship with social media, minimizing the negative psychological consequences often associated with FoMO.

- Fostering Supportive Peer Networks: Creating supportive peer environments where individuals are encouraged to engage in healthy social media use and prioritize real-life interactions can help reduce the pressure to conform to unrealistic online norms. By fostering social settings where peers model and promote a balanced approach to technology, Gen Z individuals can feel less compelled to constantly keep up with the curated and idealized portrayals they see on social media platforms. This enables people to cultivate a more genuine self-identity and prioritise significant relationships and experiences inside their personal social networks, rather than succumbing to external pressures or the anxiety of missing exclusive events or activities. Developing supportive peer networks can effectively alleviate the adverse effects of FoMO and promote a more positive and rewarding engagement with social media.
- Addressing Influencer Culture: Promoting critical consumption of influencer content and highlighting the differences between carefully curated online personas and individuals' actual lived experiences in the real world can help mitigate the impact of unrealistic, often unattainable standards portrayed on social media. By fostering a more analytical and critical perspective while interacting with influencer content, consumers can enhance their comprehension of the fabricated nature of these online depictions and refrain from making inequitable comparisons to these idealised representations. Emphasizing the gap between what is presented online and the realities of daily life can empower Generation Z to maintain a more balanced and realistic perspective, reducing the negative psychological consequences associated with FoMO and the pursuit of unachievable standards.
- Incorporating Mindfulness Practices: Incorporating mindfulness practices can significantly mitigate the negative impacts of social media use and Fear of Missing Out among Generation Z. Mindfulness techniques, including meditation, breathwork, and exercises in present-moment awareness, can assist individuals in enhancing their focus on the present. By training their attention on the present experience, rather than being consumed by the need to constantly engage with social media, individuals can reduce the compulsive urges and anxiety associated with FoMO. Mindfulness practices empower individuals to become more aware of their thoughts, emotions, and behaviors, enabling them to respond to social media triggers with greater self-regulation and equanimity. This can disrupt the loop of social comparison, jealousy, and the incessant quest for online recognition, enabling Generation Z to cultivate a healthier and more

balanced relationship with technology. By incorporating mindfulness as part of a comprehensive approach to address the negative impacts of social media, individuals can foster greater self-compassion, emotional resilience, and a more grounded sense of self, ultimately mitigating the detrimental effects of FoMO.

- Promoting a Balanced Approach to Social Media Use: Encouraging active and intentional engagement with social media, rather than passive and mindless consumption, can help individuals cultivate a more fulfilling and meaningful online experience. When individuals actively participate in social media interactions, such as engaging in discussions, sharing their own content, and connecting with others in a purposeful manner, they are more likely to derive a sense of belonging, self-expression, and personal growth from these digital platforms. This active approach, in contrast to merely scrolling through and passively consuming curated content, allows individuals to derive greater satisfaction and a stronger sense of agency in their social media use. By cultivating a more proactive and deliberate engagement with social media, Generation Z may alleviate the adverse effects of FoMO and establish a healthier, more balanced digital lifestyle.
- Fostering Open Conversations: Creating safe spaces for individuals to discuss their experiences with social media and FoMO can help destigmatize the issue and encourage help-seeking behavior. By providing platforms where Gen Z individuals can openly share their struggles, challenges, and coping mechanisms associated with social media usage and the anxiety of exclusion, the discussion around these topics can be normalized. This can help reduce the feelings of shame or isolation that some may experience, empowering them to seek support and resources to address the negative impacts of FoMO. Furthermore, facilitating these open conversations can foster a sense of community, where individuals can learn from each other's experiences and collective strategies to build resilience and maintain a healthier relationship with technology. Establishing secure and supportive environments for discussing FoMO is essential for destigmatising the issue and motivating Gen Z folks to actively confront the psychological and social challenges they encounter in the digital era.

By comprehending the intricate relationship among social media trends, FoMO, and well-being, and by employing effective techniques to alleviate adverse effects, a healthier and more balanced relationship with technology for Generation Z can be established. By adopting a comprehensive approach that addresses the multifaceted nature of FoMO, including factors such as social media usage, psychological traits, family dynamics, and peer influence, Gen Z individuals can develop a more positive and fulfilling relationship with technology. This holistic approach, which incorporates strategies such as fostering critical consumption of social media content, promoting mindfulness practices, and encouraging open conversations about the challenges of FoMO, can empower Gen Z to navigate the digital landscape with greater resilience and self-awareness. Through these efforts, Gen Z can cultivate a healthier and more balanced relationship with technology, prioritizing real-life connections and meaningful experiences while maintaining a discerning and intentional approach to social media use.

Factors Contributing to the Development of FoMO Among Gen Z

The development of Fear of Missing Out (FoMO) among Generation Z (Gen Z) is a complex phenomenon influenced by various factors, including social media usage, individual psychological traits, and environmental contexts such as family dynamics. This synthesis of research highlights the multifaceted nature of FoMO, examining its antecedents and implications for the well-being of Gen Z. The predominant factor contributing to FoMO is the ubiquitous use of social media platforms, which act as a continual source of social comparison and affirmation. Studies demonstrate that individuals who extensively use social media are more susceptible to FoMO, attributable to the curated nature of online content that frequently presents idealised depictions of others' lives (Babiker et al., 2023; Bloemen & De Coninck, 2020). This exposure may result in feelings of inadequacy and anxiety, as users might regard themselves as lacking gratifying experiences that their peers seem to have (Barry & Wong, 2020; Scheinfeld & Voorhees, 2022). Social media significantly amplifies FoMO, especially among adolescents, who are in the process of identity formation and are more vulnerable to social influences (Bloemen & De Coninck, 2020; Ngo et al., 2024).

Furthermore, the psychological dimensions of self-esteem and social comparison substantially impact the emergence of FoMO. Individuals with diminished self-esteem are more prone to partake in upward social comparisons, which can exacerbate sentiments of FoMO (Barry & Wong, 2020; Lin & Jian, 2022). The relationship is further exacerbated by social media addiction, which mediates the effects of social comparison on FoMO (Bakioğlu et al., 2022; Servidio et al., 2024). As individuals increasingly depend on social media for affirmation, their anxiety around the potential exclusion from social interactions and experiences intensifies, establishing a feedback loop that sustains their involvement with these platforms (Topino et al., 2023; Yildiz Durak & Seferoğlu, 2020). Family dynamics significantly influence Gen Z's experiences with FoMO. Research indicates that nurturing family situations might alleviate the detrimental impacts of social media on teenagers, but negative family dynamics can intensify sentiments of FoMO (Bloemen & De Coninck, 2020; Topino et al., 2023). Adolescents from families exhibiting high cohesion and flexibility are less prone to experiencing FoMO, since they possess stronger support networks that satisfy their emotional requirements (Bloemen & De Coninck, 2020; Topino et al., 2023). In contrast, individuals from less supportive environments may resort to social media as a replacement for significant relationships, thereby heightening their vulnerability to FoMO (Bloemen & De Coninck, 2020; Topino et al., 2023).

Moreover, psychological characteristics including anxiety and impulsivity have been associated with the emergence of FoMO. Individuals exhibiting elevated trait anxiety are predisposed to experience FoMO, as they tend to be more attuned to social signals and the risk of exclusion (Gori et al., 2023; Rifkin et al., 2024). This increased sensitivity may result in compulsive social media monitoring, so exacerbating their feelings of exclusion (Gori et al., 2023; Rifkin et al., 2024). Moreover, impulsivity may compel individuals to partake in hazardous online activities, such excessive sharing or pursuing validation through likes and comments, hence intensifying emotions of FoMO (Mohanan & Shekhar, 2021; Tandon et al., 2021). The influence of peers on the development of FoMO is significant. Studies demonstrate that adolescents are especially vulnerable to peer norms and expectations, influencing their social media behaviours and exacerbating sentiments of FoMO (Ngo et al., 2023, 2024). The desire to conform to peer standards can lead to increased social media engagement, as individuals seek to align their experiences with those of their friends (Ngo et al., 2023, 2024). This dynamic is particularly evident in academic settings, where peer influence can

significantly impact students' participation in social media activities related to their academic lives (Ngo et al., 2023, 2024).

Furthermore, the mental states linked to social media usage, such as ennui and isolation, can exacerbate the emergence of FoMO. Individuals experiencing elevated boredom may resort to social media for escapism, resulting in compulsive checking behaviours that exacerbate their feelings of missing out (Al-Saggaf et al., 2024; Topino et al., 2023). Likewise, loneliness may compel individuals to pursue online social interactions, which often fail to satisfy their emotional requirements and can exacerbate feelings of FoMO (Al-Saggaf et al., 2024; Topino et al., 2023). The interaction between emotional states and social media activity underscores the necessity of treating fundamental emotional disorders to alleviate the impacts of FoMO.

The consequences of FoMO extend beyond individual well-being, impacting social behaviors and academic performance. Research suggests that FoMO can lead to decreased academic engagement, as students may prioritize social media interactions over their studies (Ngo et al., 2023, 2024). This tendency is troubling, as it may impede academic success and perpetuate a loop of anxiety and tension associated with social media usage and academic demands (Ngo et al., 2023, 2024). Moreover, the compulsion to sustain an active online presence may result in impulsive decision-making and risk-taking behaviours, hence exacerbating the emotional complexities for Generation Z (Mohanan & Shekhar, 2021; Tandon et al., 2021).

The emergence of Fear of Missing Out in Generation Z is shaped by numerous elements, including social media engagement, personal psychological characteristics, familial relationships, and peer pressures. Comprehending these factors is essential for formulating effective strategies to mitigate FoMO and encourage healthier social media practices among teenagers. By tackling the fundamental psychological and social elements that lead to FoMO, it may be feasible to cultivate a more equitable relationship with social media that emphasises well-being and significant connections. Generation Z has been raised in an interconnected environment, marked by the omnipresence of social media. The continual engagement with online platforms has fostered the emergence of Fear of Missing Out, a widespread anxiety that others may be enjoying fulfilling experiences from which one is excluded. Multiple factors contribute to the emergence of FoMO within Generation Z.

Figure 2: Factors contributing to FoMO in Gen Z.

Source: Elaborated by the Author.

Social Media Use and Idealized Portrayals

Social media platforms often present idealized and carefully curated versions of reality, showcasing filtered and highly edited portrayals of others' lives. This can lead to increased social comparison and feelings of inadequacy among Gen Z individuals, who may perceive their own experiences as less exciting, fulfilling, or visually appealing than the online representations they are exposed to. The incessant flow of ostensibly flawless, uplifting updates and meticulously curated lifestyles can engender a profound sense of missing out, fostering a compulsion to remain perpetually connected and engaged with social media platforms to stay apprised of others' activities and experiences.

Need for Social Connection and Belonging

Generation Z, having grown up in a highly interconnected digital landscape, often turns to social media as a primary avenue for satisfying their strong need for social connection and belonging. This significant dependence on internet platforms may foster a sense of reliance and an acute dread of social exclusion. The Fear of Missing Out may arise from the need to remain constantly involved and integrated within online networks, driven by the need to maintain social ties and avoid feelings of isolation. This intensified emphasis on remaining aware of others' experiences and activities via social media may result in a continual state of worry and an enduring fear of losing out on gratifying experiences shared by peers. Addressing this complex issue requires a multifaceted approach that supports Gen Z in developing a more balanced and healthier relationship with social media, while also fostering meaningful offline connections and nurturing their innate desire for social belonging.

Peer Influence and Social Pressure

Peer influence significantly impacts social media behaviours in adolescents. The compulsion to adhere to online standards and trends might intensify FoMO, as Gen Z individuals may feel obligated to perpetually engage with social media to remain aligned with their peers. This phenomenon is especially pronounced in academic environments, where peer influence can markedly affect students' engagement in social media activities pertinent to their educational experiences. The aspiration to synchronise their experiences with those of their peers might result in heightened social media activity, as individuals endeavour to preserve their social status and evade feelings of exclusion. This may lead to an intensified feeling of losing out on social activities and experiences, ultimately perpetuating a cycle of excessive social media usage and worry around social exclusion.

Fear of Social Exclusion and Negative Emotions

FoMO is often associated with several negative emotions, including anxiety, loneliness, reduced self-esteem, and a profound dread of social isolation. This anxiety may compel individuals to incessantly monitor social media for updates, apprehensive about missing significant social encounters and experiences. This loop of worried and obsessive social media engagement might intensify the emergence of FoMO, resulting in a continuous spiral of unpleasant emotions and detrimental behavioural habits. The fundamental apprehension of social ostracism and the aspiration to maintain affiliations with peers might markedly influence the incidence of FoMO, particularly among the youth who have been raised in a profoundly digitised and interconnected environment.

Role of Social Media Influencers

Social media influencers frequently showcase unrealistic and meticulously maintained lifestyles, endorsing aspirational consumption and perfectionist ideals. These meticulously crafted online personas can exacerbate feelings of inadequacy and fear of missing out (FoMO) among their followers, who may experience pressure to replicate comparable levels of success, happiness, and material wealth. The pronounced disparity between the influencers' idealised existences and the actual realities of their followers can engender significant envy and a pervasive fear of missing out on the possibilities and experiences that these influencers seemingly relish. This engenders a concerning dynamic in which individuals feel obligated to perpetually interact with social media and pursue unrealistic standards of success and satisfaction, ultimately perpetuating a loop of adverse feelings and detrimental behavioural habits.

Comprehending the diverse elements contributing to the Fear of Missing Out in Generation Z is essential for formulating effective solutions to alleviate its adverse impacts. By promoting digital literacy, self-compassion, and a balanced approach to social media use, it is possible to foster a healthier relationship with technology and reduce the pervasive prevalence of FoMO within this demographic. Enhancing digital literacy skills enables Gen Z individuals to critically analyze and navigate the online world, empowering them to discern between authentic experiences and carefully curated representations. Cultivating self-compassion and emotional regulation strategies can also serve as a protective factor, helping individuals respond with greater resilience to the social comparison and anxiety often associated with FoMO. Furthermore, implementing structured social media breaks and encouraging offline activities can counteract the compulsive checking behaviors that contribute to FoMO, promoting a more balanced lifestyle that prioritizes personal well-being and meaningful real-life connections. By addressing these multifaceted aspects, a comprehensive approach can be developed to support Gen Z in developing a healthier and more fulfilling relationship with social media and technology.

Psychological and Social Underpinnings of Social Media Use and FoMO in Generation Z

The relationship between psychological and social underpinnings of social media use and Fear of Missing Out (FoMO) in Generation Z is a multifaceted phenomenon that has garnered increasing attention from researchers. Generation Z, characterized by their digital nativity, engages with social media as a primary medium for connection and expression. As they navigate this virtual landscape, the psychological impacts of their interactions in particular, FoMO emerge as critical factors affecting their well-being and social behaviors. Research has consistently shown that social media serves as a double-edged sword, facilitating both social connection and, paradoxically, feelings of anxiety and isolation rooted in FoMO (Einstein et al., 2023; Groenestein et al., 2024; Y. Wang et al., 2024) .

FoMO is defined as the apprehension that others are having more rewarding experiences, which leads individuals to remain perpetually connected to social media to avoid feeling left out. Studies demonstrate that those with higher levels of FoMO are more likely to engage in problematic social media use (PSMU), as their need for social validation drives them to compulsively check platforms for updates from peers (Groenestein et al., 2024; Topino et al., 2023; Xu et al., 2024). Notably, individuals exhibiting higher FoMO tendencies may experience negative emotions, which can trigger further social media engagement in an attempt to alleviate feelings of loneliness and anxiety (Babiker et al., 2023; Gao et al., 2023; Klütsch et al.,

2024). This cyclical relationship illustrates the psychological impact of digital communication environments on Generation Z, as they concurrently seek connection while battling heightened feelings of anxiety and exclusion.

Moreover, the interplay between FoMO and social media use can be influenced by broader psychological constructs such as self-compassion and personality traits. According to research, young adults with high levels of self-compassion can buffer against the negative impacts of FoMO by fostering a healthier self-image and reducing the tendency to engage in upward social comparisons (Einstein et al., 2023; Jiang et al., 2023) . Conversely, traits such as narcissism have been linked to increased social media use and diminished social connectivity, thereby exacerbating feelings of FoMO and psychological distress (Jiang et al., 2023; Topino et al., 2023). This dichotomy highlights the importance of individual psychological factors as mediators of the effects of social media on mental health outcomes in Generation Z.

Social connectivity through social media platforms plays a crucial role in either mitigating or aggravating FoMO. The need for belonging and connectivity can facilitate positive social interactions; however, when individuals perceive their interactions as inadequate compared to their peers, it may lead to dissatisfaction and FoMO (Einstein et al., 2023; Groenestein et al., 2024; Siebers et al., 2023). Interestingly, research indicates that active social media engagement such as initiating conversations or sharing positive experiences can sometimes mitigate the feelings associated with FoMO, contrary to passive consumption behaviors that typically enhance these negative feelings (Mao & Zhang, 2023; Mohanan & Shekhar, 2021). Such findings emphasize the need for nuanced approaches to social media utilization, encouraging proactive rather than reactive engagement.

Furthermore, the implications of FoMO extend beyond individual psychological states to influence collective social dynamics within Generation Z. Peer influence can serve as a significant motivator for social media use, as adolescents often feel pressured to remain "in the loop," which compounds feelings of anxiety and stress related to their social presence (Bloemen & De Coninck, 2020; Ngo et al., 2024). Parents and family environments also impact the development and intensity of FoMO, suggesting that familial relationships can serve both as protective factors and risk factors in the digital age (Bloemen & De Coninck, 2020; Yildiz Durak & Seferoğlu, 2020). A deeper understanding of these dynamics is essential for developing interventions to foster healthier engagement with social media platforms among younger populations.

Moreover, the negative repercussions of social media-driven FoMO often manifest in reduced academic performance and increased anxiety, further complicating the landscape of mental health for Generation Z. The compulsive need to stay connected can lead to interruptions in focus, culminating in lower academic achievements as students juggle their online and academic responsibilities (Almeida et al., 2023; Ngo et al., 2024). Notably, researchers emphasize that mitigating the adverse effects of FoMO requires promoting digital literacy and self-regulation strategies to help young individuals create boundaries around their social media use (Groenestein et al., 2024; Pi et al., 2024; Świątek et al., 2021).

Lastly, sleep quality is another area adversely affected by social media use and FoMO. Studies reveal that nighttime social media engagement significantly correlates with poor sleep quality, primarily fueled by the anxiety associated with missing out on social interactions (Almeida et al., 2023, 2024). This sleep disruption could lead to a wide array of psychological issues, further entrenching the vicious cycle of FoMO and problematic social media use. Therefore, fostering an understanding of how to effectively manage social

media consumption habits through educational interventions could prove beneficial in lessening the impact of FoMO on mental health in Generation Z.

Dual Role of Social Media: Connection and Anxiety

The literature underscores the paradoxical nature of social media for Gen Z—it facilitates social connection yet can foster feelings of anxiety, exclusion, and loneliness. This duality is particularly salient in FoMO dynamics, where the apprehension that others are experiencing more rewarding or fulfilling experiences compels continual engagement to maintain social inclusion . Such compulsive checking behaviors are driven by the fundamental human desire for social validation, which is amplified within digital environments where curated representations often depict idealized lifestyles.

FoMO as a Cyclical Psychological Phenomenon

FoMO is depicted as more than just transient anxiety; it constitutes a cyclical process where higher levels of FoMO trigger problematic social media use (PSMU). Individuals experiencing higher FoMO are propelled to seek frequent updates and social validation, which temporarily alleviates feelings of loneliness or exclusion but reinforces the cycleleading to increased social media dependence and potentially maladaptive behaviors.

The Role of Emotional States

Negative emotional experiences, such as loneliness and anxiety, are both causes and consequences of FoMO. The desire to mitigate these feelings prompts further social media use, perpetuating a cycle that exacerbates adverse psychological outcomes. This dynamic illustrates how FoMO functions as both an emotional response and a behavioral driver, deepening users' reliance on digital validation and heightening their susceptibility to emotional disturbances.

Peer and Family Influences

Social and familial contexts significantly shape FoMO experiences . Peer influence can intensify the need to remain "in the loop," where social pressure and the desire to conform foster heightened anxiety. Conversely, supportive peer networks that normalize discussions around social media anxieties foster understanding and empathy, potentially mitigating FoMO's negative impacts. Family environments also act as either risk or protective factors. Supportive familial relationships may buffer against excessive social media engagement, while dysfunctional or overly critical family dynamics could worsen feelings of exclusion and inadequacy. Such findings emphasize the importance of familial context in shaping psychological responses to social media.

Impact on Academic and Sleep Domains

The psychological underpinnings of FoMO extend beyond emotional well-being to tangible outcomes such as academic performance and sleep quality. Constant connectivity and fear of missing out can distract students, impair concentration, and lead to poorer academic performance. Simultaneously, nighttime social media use, driven by FoMO, interferes with sleep, resulting in sleep deprivation an acknowledged contributor to psychological distress.

Implications for Interventions

A nuanced understanding of these psychological and social dynamics lends itself to targeted interventions. Strategies that bolster emotional resilience (self-compassion, emotional regulation), promote digital literacy, and foster open peer dialogues can disrupt the cyclical relationship between FoMO and problematic social media use.

In summary, the analysis reveals that FoMO among Generation Z results from a convergence of psychological factors, like emotional insecurity and a desire for social validation, along with social influences such as peer pressure and family environment. These elements create a feedback loop where increased FoMO leads to problematic social media behaviors, which subsequently exacerbate negative emotions. The implications extend beyond emotional well-being to impact academic performance and sleep quality, demonstrating how psychological and social underpinnings influence various aspects of daily life. Recognizing these interconnected factors is essential for developing effective strategies to reduce FoMO's adverse effects and foster better mental health among young digital users.

Conclusion

In conclusion, based on a systematic analysis of 32 peer-reviewed studies, offering a comprehensive and up-to-date overview of the complex relationship between Fear of Missing Out (FoMO) and social media use among Generation Z. The reviewed literature consistently demonstrates that extensive engagement with social media platforms is strongly associated with heightened levels of FoMO, which in turn contributes to negative psychological outcomes such as increased anxiety, depression, social isolation, and decreased overall well-being. Several studies also highlight that peer influence, social comparison, and the desire for social validation are key factors that reinforce FoMO and lead to compulsive social media behaviors. These findings underscore the pervasive nature of FoMO in shaping Generation Z's mental health and social experiences, emphasizing its significance as a critical public health concern. Despite these significant insights, important research gaps remain. Many of the existing studies employ cross-sectional methodologies, which limit the ability to establish causal relationships between social media engagement, FoMO, and psychological outcomes. There is a notable scarcity of longitudinal research tracking changes over time, making it difficult to determine long-term impacts. Furthermore, the influence of socio-cultural and individual differences such as personality traits, cultural context, and family environment needs further exploration to understand variability in FoMO experiences. Additionally, most studies focus on high-income or Western countries, suggesting a need for more diverse, cross-cultural research to generalize findings globally. This article distinguishes itself as a rigorous, state-of-the-art systematic review by synthesizing findings across various contexts and identifying critical gaps in current knowledge. It emphasizes the importance of future longitudinal and culturally sensitive studies and highlights the urgent need to develop evidence-based interventions that can mitigate FoMO's adverse effects and promote healthier social media habits among Generation Z.

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