



## Mindfulness Therapy to Lower the Tendency to Fear of Missing Out (FoMo)

Lisda Sofia<sup>1\*</sup>, Rina Rifayanti<sup>2</sup>, Putri Rizki Amalia<sup>3</sup>, Louise Monica Kurnia Gultom<sup>4</sup>

<sup>1-4</sup> Psychology, Faculty of Social and Political Sciences, Mulawarman University, Indonesia

### ARTICLE INFO

#### Article history:

Received 21 January 2023

Accepted 1 April 2023

Published 10 June 2023

#### Keyword:

Fear of Missing Out (FoMo)  
Mindfulness Therapy,  
Z Generation

### ABSTRACT

This research was conducted to decide the effectiveness of mindfulness therapy in reducing the tendency of fear of missing out (FoMO) for Z generation who are active in using social media Instagram. This study used a research design in the form of a two-group pre-test post-test design. The subjects in this study were 16 generation Z Instagram users who were divided into two groups, namely 8 Z generation of Instagram users who were included in the experimental group and 8 generation Z Instagram users who were included in the control group. Measurement of the fear of missing out (FoMO) tendency experienced by research subjects was measured using the fear of missing out (FoMO) scale adapted. The data analysis used in this study was the Wilcoxon test and the Mann-Whitney U Test using SPSS 26 for Windows software. The results of the analysis obtained using the Wilcoxon test by comparing the score of fear of missing out (FoMO) in the experimental group between before and after giving mindfulness therapy treatment showed a value of  $Z = -2.384$  and a value of  $p = 0.017$  ( $p < 0.05$ ), which means that there is a difference fear of missing out (FoMO) scores before and after being given mindfulness therapy, so there was a significant decrease in fear of missing out (FoMO) after being given mindfulness therapy. Based on the results of the analysis using the Mann-Whitney U Test, the value of  $Z = -1.481$  and the  $p$  value =  $0.139$  ( $p > 0.05$ ), which means that there is no difference in the level of fear of missing out (FoMO) between the experimental group given mindfulness therapy treatment and the control group who did not. given mindfulness therapy treatment.

This open access article is under the [CC-BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.



### Kata kunci:

Fear of Missing Out (FoMo)  
Terapi Mindfulness  
Generasi Z

#### \*) corresponding author

Lisda Sofia, S.Psi., M.Psi., Psikolog

Psychology, Faculty of Social and Political  
Sciences, Mulawarman University,  
Indonesia. Jl. Kuaro, Gn. Kelua, Kec.  
Samarinda Ulu, Kota Samarinda, Kalimantan  
Timur 75119

Email: [lisda.sofia@fisip.unmul.ac.id](mailto:lisda.sofia@fisip.unmul.ac.id)

DOI: 10.30604/jika.v8i2.2018  
Copyright 2023 @author(s)

### ABSTRAK

Penelitian ini dilakukan untuk mengetahui efektivitas mindfulness therapy dalam mengurangi kecenderungan fear of missing out (FoMO) bagi generasi Z yang aktif menggunakan media sosial Instagram. Penelitian ini menggunakan desain penelitian berupa desain pre-test post-test dua kelompok. Subjek dalam penelitian ini adalah 16 pengguna Instagram generasi Z yang dibagi menjadi dua kelompok, yaitu 8 pengguna Instagram generasi Z yang masuk dalam kelompok eksperimen dan 8 pengguna Instagram generasi Z yang masuk dalam kelompok kontrol. Pengukuran kecenderungan fear of missing out (FoMO) yang dialami subjek penelitian diukur menggunakan skala fear of missing out (FoMO) yang disesuaikan. Analisis data yang digunakan dalam penelitian ini adalah uji Wilcoxon dan Uji U Mann-Whitney menggunakan SPSS 26 untuk software Windows. Hasil analisis yang diperoleh dengan menggunakan uji Wilcoxon dengan membandingkan skor fear of missing out (FoMO) pada kelompok eksperimen antara sebelum dan sesudah pemberian perlakuan mindfulness therapy menunjukkan nilai  $Z = -2,384$  dan nilai  $p = 0,017$  ( $p < 0,05$ ), yang berarti terdapat perbedaan skor fear of missing out (FoMO) sebelum dan

sesudah diberikan mindfulness therapy, jadi ada penurunan yang signifikan dalam fear of missing out (FoMO) setelah diberi terapi mindfulness. Berdasarkan hasil analisis menggunakan Mann-Whitney U Test, nilai  $Z = -1,481$  dan nilai  $p = 0,139$  ( $p > 0,05$ ), yang berarti tidak ada perbedaan tingkat fear of missing out (FoMO) antara kelompok eksperimen yang diberikan perlakuan mindfulness therapy dengan kelompok kontrol yang tidak diberikan perlakuan mindfulness therapy.

This open access article is under the [CC-BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.



## INTRODUCTION

The development of the human population from year to year, forming various groups of generations. Each generation certainly has its own characteristics. One of them is generation Z which is known as the technology generation. It is said to be generation Z if individuals are born in the range of 1995-2010 (Firamadhina & Krisnani, 2021). From an early age, individuals in generation Z have been exposed to technology, such as gadgets, computers, and other electronic media. Developing along with the development of technology, making generation Z have a quite striking difference from the earlier generation (Bzachnio & Przepiórka, 2018; Reinikainen et al., 2020; Tunc-Aksan & Akbay, 2019).

There are several characteristics that distinguish it from the earlier generation, namely generation Z being a sophisticated generation and having a good ability in technology to use it in many ways to ease areas of their lives (Janssen & Carradini, 2021; Wijaya et al., 2020). Then generation Z also becomes a generation that has an interest in the field of entrepreneurship, being creative and innovative in making and developing new things. Another distinguishing character, namely generation Z being a generation that has instantaneous, fast-paced thinking, is also said to be lacking patience and has low ambitions (Rachmawati, 2019). But the use of gadgets from an early age is the most important differentiator from earlier generations (Firamadhina & Krisnani, 2021).

Being a generation that has been faced with technology from an early age is inherent for generation Z. Generation Z becomes a generation that certainly has a further understanding related to technological developments. Generation Z is known to have an in-depth knowledge related to the use of technology, and of course can use this technology (Chillakuri, 2020). Generation Z is also called to be a native of digital technology because it has adapted early to digital developments. No wonder in this generation many children with an early age are already able to use gadgets shrewdly (Zis et al., 2021).

The results of research by the *American Association of Pediatrics* (AAP) also revealed that from 2011 to 2013 there was an increase in the use of gadgets in children, even a two-fold increase over two years, from 38% to 78%. The period 2011-2013 is filled with individuals who have been born in 1995-2010 who have been categorized as generation Z (Imron, 2018).

Generation Z has been accustomed to intensely using digital technology since childhood. With the development of digital technology, it has a lot of influence on life for generation Z. Many things have become easier, instantaneous, and more sophisticated due to technology (Hastini et al., 2020; Janssen & Carradini, 2021; Singh & Dangmei, 2016). Generation Z, who are already accustomed

to the use of technology in their daily lives, allow them to be inseparable from the use of technology.

The convenience provided by the development of this technology makes generation Z prefer to find information through their devices instead of having to search manually, such as looking for reading materials. This convenience also makes them prefer to surf the internet *websites* or read digital books instead of going to the library to find manual reading source books that were commonly done by earlier generations (Septania & Proborini, 2020).

The use of sophistication and ease of technology for generation Z is not only used to find information materials, but also used in social relations with other individuals, doing some work, looking for entertainment to do digital-based learning (Meinanto et al., 2022). Generation Z also communicates more through digital media.

Many of the Z generation prefer to communicate *virtually* using the gadgets they have, via text messages or video calls (Andheska et al., 2020; Rachmawati, 2019). Apart from text messages and video calls, there are also many applications and *platforms* available that make it easier for generation Z to communicate and have social contact with others. Usually generation Z uses social media, as a forum for exchanging information, communicating, pouring out what they feel, sharing photo and video uploads, sharing stories, and building new relationships with new people (Farrell & Phungsoonthorn, 2020; Hernandez-de-Menendez et al., 2020; Nasution, 2020).

Social media is part of mobile-based technology and a *website* that becomes a forum for every individual to conduct social activities. Social media itself is a *platform* that is made interactively so that users can not only communicate, but can collaborate, change existing content, share with each other, and others. Of course, this creates connections for social media users, which will create interactions in them (Janssen & Carradini, 2021; Nasution, 2020). Social media that are available and often used today are in the form of WhatsApp, Facebook, Instagram, Twitter, YouTube, and several others. Based on data from the Ministry of Communication and Informatics Kemenkominfo in 2019, it was found that there are 150 million social media users in Indonesia or equivalent to 56% of the total population in Indonesia (Nasution, 2020; Reinikainen et al., 2020).

The substantial number of social media users today is a benchmark that many are increasingly understanding the use of technology media, especially among generation Z. For the social media platform that is most used by generation Z is Instagram. Based on the results of a survey in 2018, it was found that Instagram became the second most popular social media platform, especially for teenagers. As many as 59% of Instagram users are those between the ages of 18-29 years (Janssen & Carradini, 2021; Sakti & Yulianto, 2018). As for the results of the latest survey, Instagram is the third social

media platform that has 86.6% of all active users in Indonesia (Kristanti & Eva, 2022).

Instagram itself has many features that are liked, such as camera features, *direct messenger*, *Instagram story*, *Instagram live*, and so on. Instagram is also functioned as a forum to share various kinds of complaints, activities, activities, and others (Sakti & Yulianto, 2018). These features that Instagram has can be one of the reasons why Instagram has so many active users.

The high number of social media users, especially Instagram, certainly has a positive impact and a negative impact. The psychological impact of overuse of Instagram for generation Z is anxiety and the like. When an individual is very dependent on social media, especially Instagram, then he cannot be left behind with the latest information or trends (Bloemen & de Coninck, 2020; świątek et al., 2021). When a person feels left behind, he will feel anxious and afraid to be a person who is not current. This anxiety can be categorized as a fear of *missing out* phenomenon or better known as FoMO (Adriansyah et al., 2018).

The realm of fear of missing out itself tends to fear or anxiety when missing information so that individuals will try to be the first in finding the latest information, especially related to activities to be conducted by other groups or individuals (Barry & Wong, 2020; Milyavskaya et al., 2018; Ningtyas & Wiyono, 2020). Generation Z who uses Instagram have a greater tendency to experience FoMo, because it has become their lifestyle and makes them have a dependence to continue to open Instagram (Li et al., 2020; Nasution, 2020).

This situation occurs when the exposed and visually received information has an influence on self-concept and later gives rise to a tendency to FoMO. One of the factors for the emergence of FoMO is self-concept, which is when a person has negative views and self-concepts, it will give rise to feelings that should not be like blaming themselves. If he is unable to follow the trends on Instagram, the individual will feel that he is a slumped person. When generation Z Instagram users do not have a positive self-concept, it will be easier for them to have FoMO risks (Zahroh & Sholichah, 2022).

Generation Z does tend to experience FoMO because of the desire to stay connected with social media. The desire to continue to be a person who is always following the latest trends and should not be left behind, can further increase the risk of FoMo occurring (Barry & Wong, 2020; Kaloeti et al., 2021). When individuals fall behind in a trend, negative feelings such as self-blame, slump, and unsettled in generation Z Instagram users (Mandas & Silfiyah, 2022). *The fear of missing out* that may occur in generation Z Instagram users can still be reduced in intensity through psychological therapy or intervention, namely *mindfulness therapy* (Dhamayanti & Yudiarso, 2020; Ruiz-Fernández et al., 2020).

According to Utami (2022), *mindfulness therapy* can supply an increase in a person's happiness, peace, physical well-being, and spirituality. This condition is certainly very much needed for generation Z Instagram users who have experienced the FoMO tendency. It is hoped that with *mindfulness therapy*, a person can control and regulate negative emotions and thoughts towards his self-concept and the outside world, becoming more peaceful and positive (Douglas et al., 2022; Sipe & Eisendrath, 2012). *Mindfulness therapy* itself has the feeling that a person has more positive things in himself than negative things (Utami, 2022). In its implementation, this therapy will direct the client to think positively, giving positive affirmations to himself while taking a deep breath (Romadhoni & Widiatie, 2020). Of course, the series can have a positive impact in the form of

peace and tranquility on individual generation Z Instagram users.

*Mindfulness* therapy itself has a good effectiveness in lowering the tendency to *fear of missing out* or FoMO in generation Z Instagram users. This statement is based on research that has been conducted by Thahir & Bulantika (2021), namely found results that after group counseling interventions with *mindfulness therapy* exercises showed that there was a decrease in the score at the level of *fear of missing out*. In general, group counseling with *mindfulness therapy* exercises is capable and effective in reducing FoMO and can be used for the first step in preventing or reducing mild *fear of missing out* in students who use social media (Thahir & Bulantika, 2021). Based on the explanation above, a formulation of the problem regarding whether *mindfulness therapy* can reduce the tendency to *fear of missing out* or FoMO in generation Z Instagram users will be the focus in this study.

## METHOD

This research is a quantitative study that uses a type of experiment. This method is used to decide the effectiveness of *mindfulness therapy* treatment in reducing the tendency to *fear of missing out* in generation Z Instagram users.

### Types of Research

This type of research is a type of experiment in a quantitative approach using two groups of *pre-test post-test design* and dividing the group of research subjects into two groups based on preliminary measurements (*pre-test*), namely the experimental and control group (A. Rahmawati et al., 2020). The table of the design used is:

**Table 1. Experimental Design 1**

Group	Pre-test	Treatment	Post-test
Experiment	O <sub>1</sub>	X	O <sub>2</sub>
Control	O <sub>1</sub>	-	O <sub>2</sub>

Information:

O<sub>1</sub>: *Pre-test* before treatment.

O<sub>2</sub>: Final measurement (*post-test*) after treatment.

X: Special treatment in the form of *Mindfulness Therapy*.

### Subject of Research

The subjects used in this study were 16 people obtained by *purposive sampling* techniques with criteria aged 18-24 years, domiciled in Samarinda, Instagram social media users, and had or often felt afraid of missing information on Instagram. *Purposive* sampling technique is a sampling technique that is carried out by determining several considerations in a certain population to be able to participate in a study (Hikmawati, 2020).

### Data Collection Methods

The data collection method in this study used the *fear of missing out* scale developed by Daravit, (2021) to *pre-test* subjects and decide experimental and control groups. Daravit (2021) developed 10 scale items based on two aspects of *fear of missing out* from Przybylski et al., (2013), namely the aspect of not meeting psychological needs for *relatedness* and not meeting psychological needs for

*autonomy/self* with a scale reliability value of 0.858 ( $\geq 0.700$ ).

The study was conducted within one day offline while still paying attention to health protocols such as using masks and *hand-sanitizers*. The research was conducted with eight sessions, namely opening, implementing intervention one, implementing intervention two, implementing intervention three, implementing intervention four, implementing intervention five, implementing intervention six, and closing to *conduct post-test*, and there was a filling of reflections at the end of each intervention implementation session.

### Data Analysis Techniques

The data analysis technique in this study used a non-parametric test because the subjects numbered under 30 subjects. This study used the *Wilcoxon Signed Rank Test* technique to evaluate the hypothesis, which looked at differences in the level of *fear of missing out* in the experimental group before and after being given

*mindfulness therapy* treatment. Then researchers used the *Mann-Whitney U Test* to look at differences in *post-test* results among the experimental group that was treated and the control group that was not given *mindfulness therapy* treatment. Researchers performed calculations on these two techniques with the help of SPSS (*Statistical Packages for Social Science*) Software version 26.0 for Windows.

### RESULTS

Descriptive data is used to get a demographic picture of the research subject as well as a description of the research variables, namely research to decide *mindfulness therapy* in reducing *fear of missing out* (FoMO) in generation Z Instagram users. This calculation is conducted to find differences in FoMO levels before and after treatment, namely *mindfulness therapy*. *Pre-test* and *post-test* data were obtained from the *fear of missing out scale*.

**Table 2. Summary of Score Data and Classification of *Fear of Missing Out* in the Experimental Group**

Respondents	Pre-test	Classification	Post-test	Classification	Status
CT	26	Keep	21	Low	Go down
HAMERH	23	Keep	20	Low	Go down
RS	28	Tall	19	Low	Go down
MF	25	Keep	21	Low	Go down
AR	23	Keep	14	Very Low	Go down
S	29	Tall	21	Low	Go down
AK	33	Very High	24	Keep	Go down
MDN	28	Tall	28	Tall	Remain

Through table 2 above, on the *pre-test* and *post-test* of the *fear of missing out scale* there is a difference in scores in adolescents who have taken *mindfulness therapy treatment*.

In this experimental group, there were seven subjects who experienced a decreased level of *fear of missing out* and one subject who did not experience changes.

**Table 3. Summary of Score Data and Classification of *Fear of Missing Out* in Control Groups**

Respondents	Pre-test	Classification	Post-test	Classification	Status
DAA	22	Low	18	Low	Remain
AIH	17	Very Low	17	Very Low	Remain
FHT	14	Very Low	10	Very Low	Remain
SR	19	Low	14	Very Low	Go down
ADZ	20	Low	24	Keep	Climb
RRN	21	Low	22	Low	Remain
DSDL	22	Low	20	Low	Remain
A	18	Low	14	Very Low	Go down

Through table 3 above, on the *pre-test* and *post-test* of the *fear of missing out scale*, there are differences in scores in adolescents who are not given and follow *mindfulness therapy treatment*. In this control group, there were five subjects who did not change, two subjects who experienced a decrease, and one subject who experienced an increased level of *fear of missing out*.

Before conducting further data analysis in the hypothesis test, it is necessary to first conduct an assumption test consisting of a normality test and a homogeneity test. The results of the research data assumption test are as follows:

### Normality Test

The normality test is used to be able to see the storage of the observed frequency under study from the theoretical frequency. This study used *the statistical analytic* technique of *Shapiro-Wilk's* normality test because the subjects were less than 50 people. The rule used in the normality test is

that if  $p > 0.05$ , then the data distribution can be said to be normal, and vice versa if  $p < 0.05$  then the data distribution can be said to be abnormal (Oktaviani & Notobroto, 2014).

**Table 4. Normality Test Results**

Group	Shapiro-Wilk			Information
	Stat.	Df	Sig.	
Experiment	0.935	8	0.561	Usual
Control	0.928	8	0.496	Usual

The results of the normality assumption test of the *fear of missing out* variable in the experimental group yielded a  $p$  value = 0.561 ( $p > 0.05$ ) and in the control group it produced a  $p$  value = 0.496 ( $p > 0.05$ ). The test results based on the rules showed that the distribution of the variable items of the *fear of missing out pre-test* in the experimental and control groups was normal. Based on table 4, it can be concluded that the data has a normal data distribution.

### Homogeneity Test

The homogeneity test is used to find that two or more groups of sample data come from populations that have the same variance. The homogeneity test in this study was conducted by evaluating the experimental group and the control group so that it could be known that the data of the two groups had the same variance. The rule in the homogeneity test is that if the p-value > 0.05, then the variable data is considered homogeneous.

**Table 5. Homogeneity Test Results**

Levene's Test for Equality of Variance	
Sig.	Information
0.566	Homogeneous

Based on the results in the table above, the calculation results show that the values of the experimental group and the control group produce a value of  $p = 0.566$  ( $p > 0.05$ ) which means that the variable data of *fear of missing out* is homogeneous.

After an assumption test, the researcher conducts a hypothesis test. The hypothesis in this study was to decide the difference in the level of *fear of missing out* in the experimental group of generation Z adolescents who used Instagram before and after being given treatment in the form of *mindfulness therapy*.

**Table 6. Wilcoxon Pretest Test Results – Posttest Fear of Missing Out in Experimental and Control Groups**

Group	Z value	Sig.	Information
Experiment	-2.384	0.017	Significant
Control	-1.463	0.143	Insignificant

Based on table 6 above, in the pre-test and *post-test* scores in the experimental group, a statistical calculation (Z) result of -2,384 was obtained with a significance value (2-tailed) of 0.017 ( $p < 0.05$ ). Therefore,  $H_1$  is accepted and  $H_0$  is rejected, which means that there is a difference in the level of fear of missing out before and after being given *mindfulness therapy* treatment so that there is a significant decrease in *fear of missing out* after being given *mindfulness therapy* treatment.

Meanwhile, the pre-test and *post-test* scores in the control group obtained statistical results (Z) of -1,463 with a significance value (2-tailed) of 0.143 ( $p > 0.05$ ). Based on these results, it was found that there was no difference in *fear of missing out* scores before and after in the control group that was not given *mindfulness therapy* treatment.

The second hypothesis in this study is to decide the difference in the level of *fear of missing out* in subjects after (*post-test*) treatment in the form of *mindfulness therapy*, namely the experimental group and the *post-test* control group that was not given treatment.

**Table 7. Mann-Whitney U Test Fear of Missing Out Test Results in Experimental and Control Groups**

Group	Z value	Sig.	Information
Experiment-Control	-1.481	0.139	Insignificant

Based on table 7 above, the *post-test* score in the experimental and control group obtained a statistical calculation result (Z) of -1,481 with a significance value (2-tailed) of 0.139 ( $p > 0.05$ ). Therefore, it can be concluded that  $H_1$  is rejected and  $H_0$  is accepted, which means that there is

no difference in the level of *fear of missing out* among the experimental group given *mindfulness therapy* treatment and the control group that was not given *mindfulness therapy* treatment.

### DISCUSSION

The hypothesis in this study was to find out the difference in the level of *fear of missing out* in generation Z Instagram users before and after being given *mindfulness therapy* treatment in the experimental group. Based on the results, it shows that  $H_0$  is accepted and  $H_1$  is rejected, which means that there is a difference in the level of fear of missing out before and after being given *mindfulness therapy* treatment, so there is a significant decrease in *fear of missing out* after being given *mindfulness therapy* treatment. This condition was compared with the results obtained between *pretest* and *posttest* in the control group obtained. Based on these results, it can be concluded that the control group that was not given treatment in the form of *mindfulness therapy* did not have a difference in the level of *fear of missing out* before (*pre-test*) and after (*post-test*).

Based on the results of research conducted by Akbar et al., (2019) explained that there is a considerable influence between the intensity of Instagram use and *the fear of missing out*. The higher the intensity of Instagram use, the higher the level of fear of missing out, and vice versa, the lower the intensity of Instagram use, the lower the level of *fear of missing out*. Exposure to excessive Instagram content can harm Instagram users when they engage in negative social comparisons (Sherlock & Wagstaff, 2019).

Self-comparison on social media can give rise to *fear of missing out* due to the feeling that others are engaging in more pleasant experiences (Reer et al., 2019). The higher a person is in having feelings of fear, anxiety, anxiety or worry if they do not participate in social activities with people around them, the more likely that person will tend to have attachment to their social media to cause negative consequences for themselves (Risdyanti et al., 2019).

*Fear of missing out* leads to fear or anxiety when missing information so that it tries to be the first in finding the latest information, especially related to conducting an activity conducted by groups or individuals (Ningtyas & Wiyono, 2020). This feeling of fear or anxiety can most likely happen to generation Z Instagram users. Instagram has become their lifestyle, as it is used in everyday life and cannot be separated from opening it for a long time (Nasution, 2020).

*Fear of missing out* is a feeling of worry when others have more pleasant experiences without and then they are. Some components of *fear of missing out*, namely the fear of missing out on events, experiences, and conversations in social circles (Przybylski et al., 2013). *Fear of missing out* is characterized by a desire to continue to connect socially (Riordan et al., 2015). Research by Akbar et al., (2019) added that the characteristics of *fear of missing out* include that individuals cannot be separated from their *smartphones*, always checking, and sharing anything on social media such as activities, things they like, feelings they feel, and precious moments they have.

Based on the results of research conducted by Mandas & Silfiyah (2022) it supplies the fact that generation z has a great tendency to experience *fear of missing out* due to the use of social media. The desire to always be connected and be able to follow anything that is going viral makes them motivated. If they are unable to do so, then anxiety,

uncertainty, slump, and negative thoughts can be raised for those who experience *fear of missing out* due to the use of Instagram. This tendency of *fear of missing out* still has the possibility of being reduced in intensity through psychological intervention. One of them is to do *mindfulness therapy* (Gayner, 2019; Michalak et al., 2019; Sipe & Eisendrath, 2012).

The second hypothesis in this study is to decide the difference in the level of *fear of missing out* in subjects after (post-test) treatment in the form of *mindfulness therapy*, namely the experimental group and *the post-test control* group that was not given treatment. Based on these results,  $H_1$  is rejected and  $H_0$  is accepted, which means that there is no difference in the level of *fear of missing out* between the experimental group given mindfulness therapy treatment and the control group that was not given *mindfulness therapy* treatment.

*Mindfulness therapy* is a form of intervention that can increase the happiness, peace, well-being of the soul, body, and mind of an individual (Anggraeni, 2021). The existence of a feeling of prosperity, happiness, and peace is needed for generation Z Instagram users who experience a tendency to *fear of missing out*. Individuals will be able to regulate emotions or thoughts about the backwardness felt if they have a sense of peace and prosperity towards themselves and towards the outside world.

*Mindfulness therapy* has the assumption that many positive things in individuals are compared to negative things (Anggraeni, 2021). This therapy is conducted by supplying calm or peace and instilling positive things in the individual. Simple forms of techniques that can be conducted in *mindfulness therapy* are to think positively, give positive affirmations by reducing negative thinking, and take deep breaths during doing both things already mentioned (Romadhoni & Widiatie, 2020). This therapy can be conducted and is effective on individuals who experience a tendency to *fear of missing out*, which in this case is generation Z Instagram users.

Based on research conducted by Thahir & Bulantika (2021), it is said that *mindfulness* exercises can reduce *the fear of missing out* on social media. With the provision of *mindfulness therapy*, individuals will be trained to find body reactions, emotions, reduce negative thoughts and promote positive thinking. This research also used *mindfulness therapy* to reduce the tendency to *fear of missing out* in generation Z Instagram users.

Earlier research conducted by Savitri (2019) found that there was no influence *between fear of missing out* and psychological well-being at the age of *emerging adulthood*. In this study, it was also found that individuals who have an elevated level of *fear of missing out* tend to have low independence and are easily influenced by their social environment. *Emerging adulthood* is a transition period from adolescence to adulthood lasting from the age of 18 to 25 years (N. Rahmawati, 2021). The main characteristic in the period of *development of emerging adulthood* is to develop a stronger identity towards themselves, their abilities, limitations, beliefs, values, and adapt in the social environment of society (Arnett, 2018).

Exploration of self-identity and relationship status displayed on social media can give rise to *fear of missing out* in adolescents and *emerging adulthood* who feel fear of being left behind (Tandon et al., 2021). In addition, Zimmermann & Iwanski (2014) found still similar patterns of emotional regulation in adolescents and *emerging adulthood* with traits such as lack of ability in the regulation of angry

emotions, suppressing feelings of fear, and avoidance of sad emotions.

Based on the above, it can be concluded that *mindfulness therapy* has proven effective for lowering the *fear of missing out* in generation Z Instagram users. The limitation of this study is that there is no *follow-up* to find out how long the *fear of missing out* generation Z Instagram users who are given *mindfulness therapy* due to time constraints in the study.

## CONCLUSIONS AND SUGGESTIONS

Based on the research that has been conducted, the following conclusions show differences in the level of fear of missing out in generation Z Instagram users before and after being given mindfulness therapy treatment. There is no difference in the level of fear of missing out between generation Z Instagram users who are given mindfulness therapy treatment and generation Z Instagram users who are not given mindfulness therapy treatment.

It is hoped that future researchers can examine more broadly and deeply other treatments that can reduce the level of fear of missing out in generation Z Instagram users. In addition, later researchers can also conduct research using different subjects, both from social media, and from their generation. Later researchers are also expected to be able to conduct research in a longer time so that the researcher can check the development of the subject after being given treatment in the form of mindfulness therapy, both in the range of per day, and per week.

For research subjects, it is expected to be able to apply the material and mindfulness therapy sessions that have been given in this study regularly and optimally. The application of mindfulness therapy in daily life is expected to make the study subjects keep a low level of fear of missing out tendency so that they can live their daily lives calmly and can use social media wisely.

## REFERENCES

- Adriansyah, M. A., Saputri, A., Lawolo, A. N., & Arsha, J. S. (2018). Vipassana Sebagai Upaya Preventif Bagi Penderita Fear Of Missing Out (FoMo). *Psikostudia: Jurnal Psikologi*, 7(1), 50–59.
- Akbar, R. S., Aulya, A., Psari, A. A., & Sofia, L. (2019). Ketakutan akan kehilangan momen (FoMO) pada remaja kota Samarinda. *Psikostudia J. Psikol*, 7(2), 38.
- Andheska, H., Suparno, S., Dawud, D., & Suyitno, I. (2020). Writing motivation and the ability in writing a research proposal of generation Z students based on cognitive style. *Journal for the Education of Gifted Young Scientists*, 8(1). <https://doi.org/10.17478/jegys.651436>
- Anggraeni, F. L. (2021). Pengaruh Mindfulness Therapy terhadap Peningkatan Regulasi Emosi pada Masyarakat di Masa Pandemi. *Psisula: Prosiding Berkala Psikologi*, 3, 1–13.
- Arnett, J. J. (2018). Conceptual foundations of emerging adulthood. In *Emerging adulthood and higher education* (pp. 11–24). Routledge.
- Barry, C. T., & Wong, M. Y. (2020). Fear of missing out (FoMO): A generational phenomenon or an individual difference? *Journal of Social and Personal Relationships*, 37(12). <https://doi.org/10.1177/0265407520945394>

- Błachnio, A., & Przepiórka, A. (2018). Facebook intrusion, fear of missing out, narcissism, and life satisfaction: A cross-sectional study. *Psychiatry Research, 259*. <https://doi.org/10.1016/j.psychres.2017.11.012>
- Bloemen, N., & de Coninck, D. (2020). Social Media and Fear of Missing Out in Adolescents: The Role of Family Characteristics. *Social Media and Society, 6*(4). <https://doi.org/10.1177/2056305120965517>
- Chillakuri, B. (2020). Understanding Generation Z expectations for effective onboarding. *Journal of Organizational Change Management, 33*(7). <https://doi.org/10.1108/JOCM-02-2020-0058>
- Daravit, K. S. (2021). *Hubungan antara kkepuasan hidup dengan fear of missing out FOMO pada mahasiswa* [Dissertation]. Universitas Islam Negeri Maulana Malik Ibrahim.
- Dhamayanti, T. P., & Yudianto, A. (2020). The Effectiveness of Mindfulness Therapy for Anxiety: A Review of Meta Analysis. *PSIKODIMENSIA, 19*(2). <https://doi.org/10.24167/psidim.v19i2.2734>
- Douglas, S., Stott, J., Spector, A., Brede, J., Hanratty, É., Charlesworth, G., Noone, D., Payne, J., Patel, M., & Aguirre, E. (2022). Mindfulness-based cognitive therapy for depression in people with dementia: A qualitative study on participant, carer and facilitator experiences. *Dementia, 21*(2). <https://doi.org/10.1177/14713012211046150>
- Farrell, W. C., & Phungsoonthorn, T. (2020). Generation Z in Thailand. *International Journal of Cross Cultural Management, 20*(1). <https://doi.org/10.1177/1470595820904116>
- Firamadhina, F. I. R., & Krisnani, H. (2021). PERILAKU GENERASI Z TERHADAP PENGGUNAAN MEDIA SOSIAL TIKTOK: TikTok Sebagai Media Edukasi dan Aktivisme. *Share: Social Work Journal, 10*(2). <https://doi.org/10.24198/share.v10i2.31443>
- Gayner, B. (2019). Emotion-focused mindfulness therapy. *Person-Centered and Experiential Psychotherapies, 18*(1). <https://doi.org/10.1080/14779757.2019.1572026>
- Hastini, L. Y., Fahmi, R., & Lukito, H. (2020). Apakah Pembelajaran Menggunakan Teknologi dapat Meningkatkan Literasi Manusia pada Generasi Z di Indonesia? *Jurnal Manajemen Informatika (JAMIKA), 10*(1), 12–28.
- Hernandez-de-Menendez, M., Escobar Díaz, C. A., & Morales-Menendez, R. (2020). Educational experiences with Generation Z. *International Journal on Interactive Design and Manufacturing, 14*(3). <https://doi.org/10.1007/s12008-020-00674-9>
- Hikmawati, F. (2020). *Metodologi penelitian* (Edisi 1). PT RajaGrafindo Persada.
- Imron, R. (2018). Hubungan Penggunaan Gadget dengan Perkembangan Sosial dan Emosional Anak Prasekolah di Kabupaten Lampung Selatan. *Jurnal Ilmiah Keperawatan Sai Betik, 13*(2). <https://doi.org/10.26630/jkep.v13i2.922>
- Janssen, D., & Carradini, S. (2021). Generation Z Workplace Communication Habits and Expectations. *IEEE Transactions on Professional Communication, 64*(2). <https://doi.org/10.1109/TPC.2021.3069288>
- Kaloeti, D. V. S., Kurnia S. A., & Tahamata, V. M. (2021). Validation and psychometric properties of the Indonesian version of the Fear of Missing Out Scale in adolescents. *Psicologia: Reflexao e Critica, 34*(1). <https://doi.org/10.1186/s41155-021-00181-0>
- Kristanti, S. A., & Eva, N. (2022). Self-esteem dan Self-disclosure Generasi Z Pengguna Instagram. *Jurnal Penelitian Psikologi, 13*(1), 10–20.
- Li, L., Griffiths, M. D., Mei, S., & Niu, Z. (2020). Fear of Missing Out and Smartphone Addiction Mediates the Relationship Between Positive and Negative Affect and Sleep Quality Among Chinese University Students. *Frontiers in Psychiatry, 11*. <https://doi.org/10.3389/fpsy.2020.00877>
- Mandas, A. L., & Silfiyah, K. (2022). Social Self-Esteem and Fear of Missing Out Towards the Social Media User of Generation Z. *Jurnal Sinestesia, 12*(1), 19–27.
- Meinanto, D., Putrawan, B. K., & Simangunsong, A. (2022). Degradasi Moral Generasi Z: Suatu Tinjauan Etis Teologis terhadap Penggunaan Internet. *IMMANUEL: Jurnal Teologi Dan Pendidikan Kristen, 3*(1).
- Michalak, J., Crane, C., Germer, C. K., Gold, E., Heidenreich, T., Mander, J., Meibert, P., & Segal, Z. v. (2019). Principles for a Responsible Integration of Mindfulness in Individual Therapy. In *Mindfulness* (Vol. 10, Issue 5). <https://doi.org/10.1007/s12671-019-01142-6>
- Milyavskaya, M., Saffran, M., Hope, N., & Koestner, R. (2018). Fear of missing out: prevalence, dynamics, and consequences of experiencing FOMO. *Motivation and Emotion, 42*(5). <https://doi.org/10.1007/s11031-018-9683-5>
- Nasution, A. K. P. (2020). Integrasi media sosial dalam pembelajaran generasi z. *Jurnal Teknologi Informasi Dan Pendidikan, 13*(1), 80–86.
- Ningtyas, R. F. A., & Wiyono, B. D. (2020). Studi mengenai kecanduan internet dan fear of missing out (FoMo) pada siswa di smk negeri 1 driyorejo. *Ejournal. Unesa. Ac. Id*.
- Oktaviani, M. A., & Notobroto, H. B. (2014). Perbandingan tingkat konsistensi normalitas distribusi metode kolmogorov-smirnov, lilliefors, shapiro-wilk, dan skewness-kurtosis. *Jurnal Biometrika Dan Kependudukan, 3*(2), 127–135.
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior, 29*(4), 1841–1848.
- Rachmawati, D. (2019). Welcoming Gen Z in Job World (Selamat Datang Generasi Z di dunia kerja). *Proceeding Indonesian Carrier Center Network (ICCN) Summit 2019, 1*(1), 21–24.
- Rahmawati, A., Pramasterina, B. H., & Setiawan, D. (2020). Analisis metode penelitian pada bidang CSR di Indonesia. *Jurnal Aplikasi Bisnis Dan Manajemen (JABM), 6*(2), 242.
- Rahmawati, N. (2021). *Peran Orang Tua Dalam Pembentukan Akhlak Generasi Z Di Kampung Mbelo, Kelurahan Kadipaten, Kecamatan Kraton, Kota Yogyakarta*.
- Reer, F., Tang, W. Y., & Quandt, T. (2019). Psychosocial well-being and social media engagement: The mediating roles of social comparison orientation and fear of missing out. *New Media & Society, 21*(7), 1486–1505.
- Reinikainen, H., Kari, J. T., & Luoma-Aho, V. (2020). Generation z and organizational listening on social media. *Media and Communication, 8*(2). <https://doi.org/10.17645/mac.v8i2.2772>
- Riordan, B. C., Flett, J. A. M., Hunter, J. A., Scarf, D., & Conner, T. S. (2015). Fear of missing out (FoMO): The relationship between FoMO, alcohol use, and alcohol-related consequences in college students. *Annals of Neuroscience and Psychology, 2*(7), 1–7.
- Risdianti, K. S., Faradiba, A. T., & Syihab, A. (2019). Peranan fear of missing out terhadap problematic social media use. *Jurnal Muara Ilmu Sosial, Humaniora, Dan Seni, 3*(1), 276–282.
- Romadhoni, R. W., & Widiatie, W. (2020). Pengaruh terapi mindfulness terhadap tingkat stres remaja di panti asuhan

- Al-Hasan Watugaluh Diwek Jombang. *Jurnal EDUNursing*, 4(2), 77–86.
- Ruiz-Fernández, M. D., Ortíz-Amo, R., Ortega-Galán, Á. M., Ibáñez-Masero, O., Rodríguez-Salvador, M. del M., & Ramos-Pichardo, J. D. (2020). Mindfulness therapies on health professionals. In *International Journal of Mental Health Nursing* (Vol. 29, Issue 2). <https://doi.org/10.1111/inm.12652>
- Sakti, B. C., & Yulianto, M. (2018). Penggunaan media sosial instagram dalam pembentukan identitas diri remaja. *Interaksi Online*, 6(4), 490–501.
- Savitri, J. A. (2019). Impact of Fear of Missing Out on Psychological Well-Being Among Emerging Adulthood Aged Social Media Users. *Psychological Research and Intervention*, 2(2), 65–72.
- Septania, S., & Proborini, R. (2020). Self-Compassion, Grit dan Adiksi Internet pada Generasi Z. *Analitika*, 12(2). <https://doi.org/10.31289/analitika.v12i2.4175>
- Sherlock, M., & Wagstaff, D. L. (2019). Exploring the relationship between frequency of Instagram use, exposure to idealized images, and psychological well-being in women. *Psychology of Popular Media Culture*, 8(4), 482.
- Singh, A. P., & Dangmei, J. (2016). UNDERSTANDING THE GENERATION Z: THE FUTURE WORKFORCE. *South -Asian Journal of Multidisciplinary Studies*.
- Sipe, W. E. B., & Eisendrath, S. J. (2012). Mindfulness-based cognitive therapy: Theory and practice. In *Canadian Journal of Psychiatry* (Vol. 57, Issue 2). <https://doi.org/10.1177/070674371205700202>
- Świątek, A. H., Szcześniak, M., & Bielecka, G. (2021). Trait anxiety and social media fatigue: Fear of missing out as a mediator. *Psychology Research and Behavior Management*, 14. <https://doi.org/10.2147/PRBM.S319379>
- Tandon, A., Dhir, A., Islam, N., Talwar, S., & Mäntymäki, M. (2021). Psychological and behavioral outcomes of social media-induced fear of missing out at the workplace. *Journal of Business Research*, 136, 186–197.
- Thahir, A., & Bulantika, S. Z. (2021). The Effect of Physical Appearance and Counselors Age on Students Self-Disclosure. *Turkish Online Journal of Qualitative Inquiry*, 12(3).
- Tunc-Aksan, A., & Akbay, S. E. (2019). Smartphone addiction, fear of missing out, and perceived competence as predictors of social media addiction of adolescents. *European Journal of Educational Research*, 8(2). <https://doi.org/10.12973/euler.8.2.559>
- Utami, F. P. (2022). PERAN MINDFULNESS UNTUK MENGATASI FEAR OF MISSING OUT (FoMO) MEDIA SOSIAL REMAJA GENERASI Z: TINJAUAN LITERATUR. *Jurnal Bimbingan Dan Konseling Borneo*, 4(2).
- Wijaya, T., Darmawati, A., & Kuncoro, A. M. (2020). e-Lifestyle Confirmatory of Consumer Generation Z. *International Journal of Advanced Computer Science and Applications*, 11(10). <https://doi.org/10.14569/IJACSA.2020.0111004>
- Zahroh, L., & Sholichah, I. F. (2022). Pengaruh Konsep Diri dan Regulasi diri Terhadap Fear of Missing Out (FoMO) Pada Mahasiswa Pengguna Instagram. *Jurnal Pendidikan Dan Konseling (JPDK)*, 4(3), 1103–1109.
- Zimmermann, P., & Iwanski, A. (2014). Emotion regulation from early adolescence to emerging adulthood and middle adulthood: Age differences, gender differences, and emotion-specific developmental variations. *International Journal of Behavioral Development*, 38(2), 182–194.
- Zis, S. F., Effendi, N., & Roem, E. R. (2021). Perubahan perilaku komunikasi generasi milenial dan generasi z di era digital. *Satwika: Kajian Ilmu Budaya Dan Perubahan Sosial*, 5(1), 69–87