Conference Paper

Mindfulness and Fear of Missing Out in Final Year Undergraduate Students

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Abstract.
Final year students often face difficulties such as working on repeated thesis revisions, getting relevant literature, length of feedback from supervisors, and limited research time. Those who use social media tend to experience Fear of Missing Out (FoMO) syndrome. This study aimed to investigate the relationship between mindfulness and FoMO in final year undergraduate students. This study used a correlational quantitative approach. Research participants consisted of 126 final year undergraduate students using purposive sampling. For data collection, two instruments were used: Mindfulness Scale (.847) and Fear of Missing Out Scale (.829). The data were analyzed using Pearson's Product Moment Correlation. The results showed that there was a significant relationship between mindfulness and FoMO in final year students (Sig. .000 < .05). In addition, the direction of the relationship between the variables was negative (-.308), meaning that the relationship between the two variables was in negative correlation. This means that if the individual had a high state of mindfulness, the tendency to experience FoMO was low. In contrast, if the individual had a low state of mindfulness, then his/her tendency to experience FoMO was high.

Keywords: mindfulness, fear of missing out, final year, undergraduate student, undergraduate thesis

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1. Introduction

Undergraduate students are individuals studying at a university struggling to gain undergraduate level expertise [1]. In fulfilling the requirements for obtaining a bachelor's degree, they have an academic task in writing a thesis in their final year. Final year students are students who are taking their final task, writing an undergraduate thesis, generally in seventh (7) semester or fourth (4th) year of study [2]. For final year students, the academic burden of completing a thesis can be one of the factors for stress experience because due to the difficulties faced. These difficulties can be difficulty in doing repeated revisions, getting relevant literature, length of feedback from supervisors, and limited research time [2].

Technological advances allowing students to access all forms of information through internet help students find the information they need. Nowadays all information can

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be obtained from social media, as well as the needs of final students in completing thesis. Sometimes now, final students can gain insight or research inspiration by looking at social phenomena presented on social media. Students are one of the active user groups of social media. Based on a survey in undergraduate students, 89.7% of students are active social media users [3]. The social media that are often opened are Youtube, Instagram, Google, Facebook, and Linkedin.

The use of social media is expected to be another alternative for students to communicate, socialize, get information and knowledge today. The need to get the latest information is basically a need that is needed by final students to help the process of completing their final project. Inevitably, students also need friends, other people, or experts in their fields to help them get the latest information [4]. Students also use social media to meet learning needs, improve self-efficacy, security, and relationships with others [5]. However, in reality, the use of social networking site (social media) is often used by final year students as a coping mechanism. Consequently, some of them tend to experience Fear of Missing Out (FoMO) syndrome.

Fear of Missing Out (FoMO) is a fear that is internalized from the view that other people experience valuable experiences even though there are friends who do not participate [6]. So that individuals who are not in it have a desire to always be connected to the activities of others by checking through social media. In accordance with this definition, FoMO is defined as social anxiety about missing topics or recent activities due to not accessing social media [7].

FoMO syndrome has recently become a phenomenon that is widely studied abroad. A research conducted in the southeastern United States raised the topic of the relationship between problematic social media use, FoMO, mindfulness, self-esteem, and life satisfaction in college students [8]. It was explained in the research results that new students had a tendency to experience FoMO.

There is also a previous study in Oman, especially at Sultan Qaboos University examining the relationship between FoMO and academic performance in students [9]. In this research, it is known that from 250 research participants, 34% of participants got low FoMO values, 40.8% participants got moderate FoMO values, and 38.8% participants got high FoMO values. The results of the research also show that there is no significant difference between school years (new students, sophomores, and final year students). All levels of class year have a tendency to experience FoMO. The students experience FoMO because individuals have a need to be accepted by the environment and are sensitive to social exclusion [10].

There is also a study conducted regarding the effectiveness of limiting the use of social media in reducing depression and loneliness [11]. The research also see a tendency for individuals to experience FoMO when the intensity of social media use was excessive. By limiting the duration and use of social media, the results of the research show that limiting the duration of social media use can reduce the tendency of FoMO. Thus, it can be said that the intensity of social media use is one of the factors that can make individuals experience FoMO.

In a study [8], mindfulness is founded as a factor that can affect FoMO. Individuals who have a lack of paying full attention to current circumstances or events may indicate the occurrence of FoMO. On the other hand, individuals who practice mindfulness and mindfulness can regulate themselves to focus on the present moment and are known to have a low tendency to experience FoMO [8].

Mindfulness is a form of raising awareness and control from within the individual himself. It is a method of self-regulation that is based on focus and appreciation of the current situation or condition [12]. However, research on the relationship between mindfulness and FoMO has not been widely studied, although the relationship of mindfulness has been widely studied with other variables, such as anxiety and problematic use of social media.

One of research explained that mindfulness interventions and digital detoxification can reduce the tendency of nomophobia (fear of not being able to access cellphones) in adolescents [13]. This is in accordance with the five participants interviewed by researchers who also stated that the use of social media without self-control and individual expectations due to the latest uploads by friends on social media causes anxiety.

A study conducted by [14] defines nomophobia as the fear experienced by individuals when individuals are far away from or cannot access smartphones. The study formulates four dimensions of nomophobia, namely the inability to communicate which describes the feeling of losing the ability to communicate instantly with others, the loss of connectedness which describes the feeling of being unable to access social media, being unable to access information is an inconvenience that is felt because of not being able to access social media. gaining access to information from smartphones, and giving up the convenience associated with giving up on the conveniences offered by smartphones.

From the explanation of the dimensions of nomophobia, it can be seen that nomophobia is the fear of not being able to access smartphones. While in it, there are factors that cause individuals to be said to experience nomophobia, namely the individual's

dependence on social media which describes the dimensions of loss of connected-ness – the feeling of loss because they cannot access social media [14]. Individual dependence on social media is an aspect of the state of FoMO.

Back to previous research that raised the topic of the relationship between mindful-ness and nomophobia. In the research of [15] which examined the relationship between attachment and nomophobia in college students and the moderating role of mindful-ness. In this study, the results showed that individuals with mindfulness had a signif-icantly negative relationship with nomophobia. Individuals who have high awareness and regulation have a low tendency to experience nomophobia. Some psychological disorders such as anxiety can be reduced with mindfulness interventions. As in the study, which also explained the impact of mindfulness interventions on nomophobia disorders, especially in female research participants.

This is also in line with previous research conducted by [16] regarding the effects of mindfulness on nomophobia and problematic smartphone use. The results showed that nomophobia and problematic smartphone use would decrease with an increase in the individual's level of mindfulness. The positive role of mindfulness in providing awareness to individuals to reduce smartphone use and focus on the current situation is thought to be able to overcome anxiety about being left behind. On the other hand, in their research found that mindfulness had a significant correlation with social media use and depression in young adults [17].

However, until now there has not been much research on the relationship between mindfulness and FoMO, especially for final year students. Research on final year stu-dents is important because final year students have an academic burden to complete their thesis. In the process of completing the thesis, final year students face several difficulties, such as difficulty in making repeated revisions, difficulty in finding supporting references, busy supervisors that hinder the mentoring process, and limited research time [2]. Based on the explanation above, in this study we aimed to investigate the relationship between mindfulness and fear of missing out in final year students.

2. Literature Review

In a previous study conducted by [18], it was found that individuals who experience FoMO will spend more time checking social media. FoMO is associated with the appearance of depressive symptoms, weak mindful attention, and other physical symptoms. In mindfulness there are aspects of awareness and attention which are one of the two connections with FoMO syndrome.

[19] in their research explain that mindfulness is a form of awareness accompanied by full attention. It is known that individuals suffering from FoMO lack of awareness [6]. Those who tend to be FoMO, have a high tendency in compulsive behavior that is characterized by being easily distracted. This is related to mindfulness with FoMO.

Self-regulation is a form of mindfulness, the present being is important to achieve mindfulness [7]. Meanwhile, individuals who experience FoMO cannot control themselves, they generate negative feelings of social alienation. Experienced mixed feelings when he saw the uploads of his colleagues. Weaknesses in regulating cognitive and emotions make individuals considered not mindful and prone to FoMO.

Based on the explanation of the relationship between the two variables, it can be concluded that mindfulness and FoMO are related to the cognitive and emotional aspects of individuals. Weaknesses in the control of negative thoughts and negative emotions can lead individuals to experience FoMO.

3. Method

This research is a correlational quantitative research. The research sample amounted to 126 final year students who were selected through purposive sampling technique with the criteria of 1) Active final year students taking thesis and 2) Using social media such as Instagram/ WhatsApp/ Youtube/Twitter.

This study uses two instruments modified from previous research instruments. The first is the Mindful Attention Awareness Scale (MAAS) developed by [19]. In this study, we modified the MAAS scale to adjust the language for research participants, add and adapt the content for the objectives of this research. The tryout results on 40 participants showed 19 valid items with the item-total correlation index moving in the range of .337 - .763 and a reliability coefficient of .847. The second is the Fear of Missing Out (FoMO) scale adapted by [7] based on the FoMO scale made by [6]. In this study, we modified it by adding items and adjusting item phrases for this research participants. The test results on 40 participants showed 15 valid items with the item-total correlation index moving in the range of .318 - .740 and a reliability coefficient of .829.

Data was collected by distributing online questionnaires containing the Mindfulness scale and FoMO scale with a google form link. Before filling in the questionnaires, participants were given information in the beginning part of the questionnaires about the eligibility criteria as this research participant. The research data was then analyzed by Pearson Product Moment correlation analysis.

4. Result and Discussion

4.1. Result

From a total of 126 research participants, it is known that 76.2% (96) are women, while 23.8% (30) are men. Based on the use of social media, WhatsApp, Youtube, Instagram, and Twitter ranked first at 25.4% (32 people), followed by WhatsApp, Instagram, and Youtube at 14.3% (18 people), WhatsApp, Youtube, Instagram, and Facebook by 14.3% (18 people), and others scattered on each or a combination of social media listed.

Descriptive data shows that the mindfulness of the majority of research participants is in the moderate category (Figure 1). The same thing happened to the fear of missing out (Figure 2).
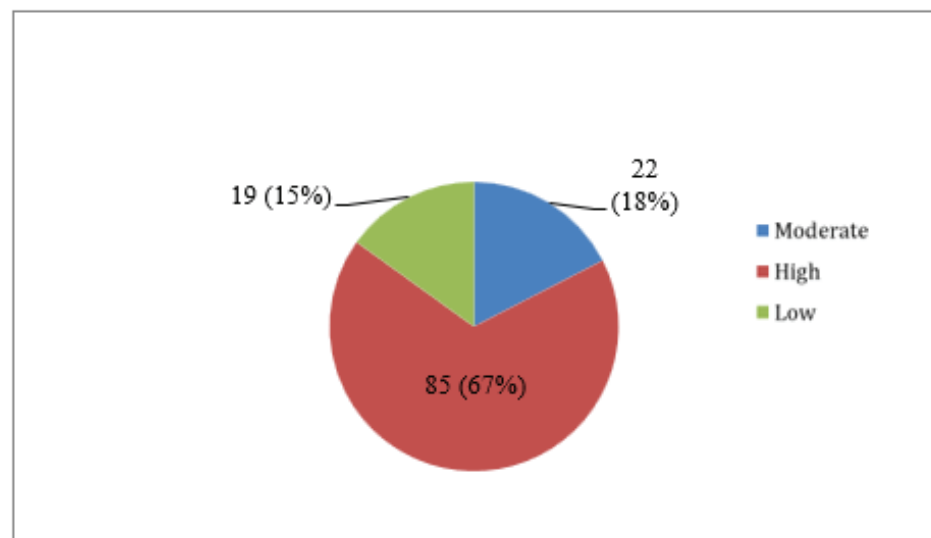

Figure 1: Descriptive data of Mindfulness.

The results of the correlation analysis with the Pearson Product Moment Correlation (Table 1) show that Sig. of .000 < .05, which means that there is a significant relationship between mindfulness and FoMO in final year students. In addition, the direction of the relationship between variables is negative (-) which means that the relationship between the two variables is not unidirectional. This means that if the individual has a high state of mindfulness, the tendency to experience FoMO is low. Conversely, if the individual has a low state of mindfulness, then the individual's tendency to experience FoMO is high.
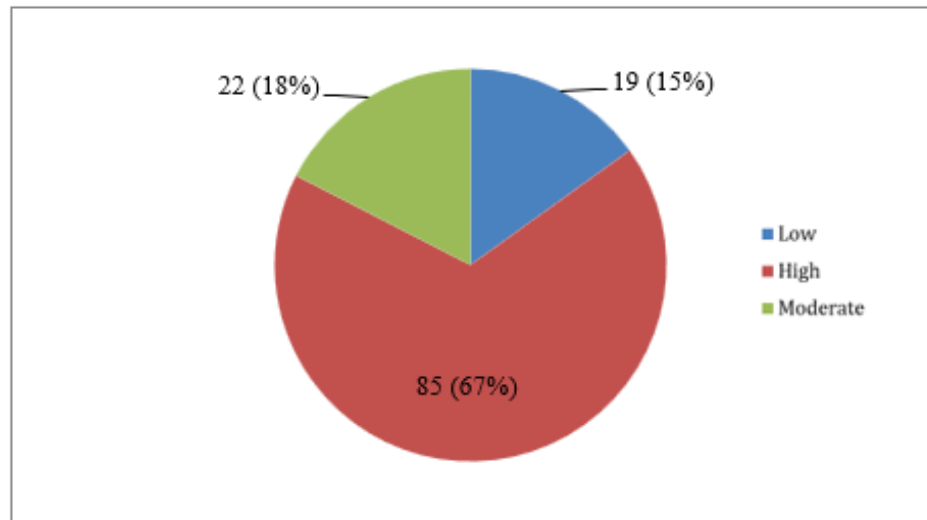
Figure 2: Descriptive data of Fear of Missing Out.

TABLE 1: Result of Pearson's Product Moment Correlation analysis

Variable	Result	Description	Conclusion
Mindfulness (X) FoMO (Y)	r Count = -.308	r Count > r Table (.230)	Hypothesis accepted
	Significance = .000	Sig. < .05	

4.2. Discussion

Based on the results of the study, it is known that final year students have moderate mindfulness because they have 19 participants (15%) high level of mindfulness and 85 participants (65%). However, there are also research participants who are included in the low level of mindfulness totaling 22 participants (18%). According to [20], individuals who can be said to have a good level of mindfulness are individuals who have the ability to pay attention to thoughts and feelings as a condition that can come and go in their minds, so that individuals can think about the consequences of these thoughts and feelings. In other words, based on the results of the research participants who were at a high level of mindfulness (19 participants) had a good ability to regulate their thoughts and feelings and at a moderate level of mindfulness (85 participants) they were quite good at regulating their thoughts and feelings. Meanwhile, for research participants with low mindfulness levels (22 participants) it means that they have a weakness in regulating their thoughts and feelings.

In line with the research conducted by [20,21] also conducted a study whose results stated that mindfulness regulation is attention to things that are happening right now

accompanied by clear acceptance and goals. In his research, it was found that mindfulness settings were related to self-efficacy and perceived social support in students. According to [21], mindfulness can help individuals to reduce the detrimental impact of a stressor so as to enable individuals to become adaptive to deal with stress. That way, it can be said that individuals with high mindfulness settings will have a low tendency to experience anxiety, depression, and increase their ability to cope with stressful or difficult situations.

In addition, on the description of research participants who have low levels of mindfulness, it can be said that the participant has a weakness in self-focus about what is happening at the moment, a lack of full awareness of action, little interaction with the environment, and a lack of understanding of the surrounding environment.

Based on the results of the study, it is known that final year students have a moderate tendency to experience fear of missing out because individuals who are included in the low category of vulnerability to experiencing fear of missing out are 19 participants (15%) and the medium category is 85 participants (65%). However, there are also research participants who fall into the high category of fear of missing out totaling 22 participants (18%). In a previous study conducted by [6] individuals with high levels of FoMO are correlated with engagement with social media. However, the wrong tendency in individuals with FoMO is to perceive that other people have a better emotional life than themselves. So that individuals with FoMO feel fear when they feel left behind or abandoned by other friends. Based on this view, individuals with low and moderate scores on FoMO feel quite comfortable with their social media environment, they do not feel isolated from information or activities that other people do. Meanwhile, for those who have high FoMO scores, they are prone to feelings of isolation so that they feel that when other people upload activities or achievements they get, they feel that they are left behind from others.

In line with research conducted by [22], it is explained that individuals with fear of missing out conduct monitoring behavior on other people's social media to change their anxiety, but this behavior is too excessive so that they feel left behind by the moments that happen to other people. Individuals with a high tendency to fear of missing out can have low self-esteem and feel alienated from others who have happy achievements or activities compared to the individual's condition.

Individuals with high fear of missing out scores can be caused by several factors, such as in a study conducted by [23] which explains that individuals with high fear of missing out scores are due to the need to belong to a community. In addition, negative feelings and distress also make individuals vulnerable to experiencing fear of missing out. This

is in line with research conducted by [24] which explains that individuals with high fear of missing out scores feel their weak social support so that their basic psychological needs cannot be met, thus making them divert their feelings of isolation by pursuing information or moments. on social media. However, the study also explained that the community in social media has a weak influence on individuals so that support is needed in the real world.

In this study, the researcher previously proposed a research hypothesis, namely the research H_0 reads that there is no relationship between mindfulness and fear of missing out in final year students and the research H reads there is a relationship between mindfulness and fear of missing out in final year students. Based on the results of hypothesis testing using the Pearson correlation test, the results obtained a significance of .000 (sig. .000 < 0.005) and r count of -.308 (r count -.308 > r table .230), which means H_1 is accepted, which means there is a relationship between mindfulness and fear of missing out on final year students. From the calculated r value of -.308, it indicates that the strength of the relationship between the two variables is weak and the direction of the relationship is not in the same direction.

A non-unidirectional relationship means that individuals with high scores on mindfulness will get low scores on fear of missing out. On the other hand, individuals with low scores on mindfulness will get high scores on fear of missing out. The results of this study are supported by previous research conducted by [18] that there is a relationship between mindfulness and fear of missing out. In this study, it was found that students who had a low level of mindfulness were associated with a high tendency to experience fear of missing out. It is also consistent with previous research conducted by [8] that mindfulness and fear of missing out are negatively related. Lack of ability to manage full attention and full awareness makes an individual tends to experience fear of missing out.

According to [19] mindfulness is a positive emotion in the present which lies in the presence of full attention to what is happening in the present with this situation, individuals have a tendency to accept the past and present as they are. So that in the view of positive psychology, individuals with high levels of mindfulness can find happiness and life satisfaction [25]. As research conducted by [26] which explains that the presence of mindfulness goes hand in hand with the creation of happiness and life satisfaction.

Meanwhile, fear of missing out is related to the experience of negative emotions, such as unhappiness and life dissatisfaction [6]. The state of fear of missing out is that individuals experience anxiety when other people have valuable experiences in their

absence [6]. So that individuals with fear of missing out vulnerabilities want to always be connected to the activities of others. Thus, the experience of fear of missing out describes the state of individuals who lack mindfulness, individuals have a tendency to be easily distracted by other people's activities.

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