# The Role of Self-Confidence and Self-Control in Fear of Missing Out (FoMO) Among High School Students

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**Abstract**

Fear of missing out (FoMO) has become a significant issue experienced by internet users. However, research on FoMO has not been extensively explored. Therefore, the current study examines whether there is a relationship between self-confidence and self-control on Fear of missing out. This is a quantitative study with a descriptive correlational design, involving a sample of 164 students. The result show that self-confidence is significantly negatively correlated with fear of missing out. Addictionally, self control is also negatively correlated with Fear of missing out. Hence, in addressing FoMO, counselors need to enhance individuals' self-confidence and self-control as protective strengths.

**Keywords:** *Fear of missing out, self-confidence, self-control.*

## Introduction

Tehological advancements, particularly in the internet, have experienced rapid growth, leading to dependency for some individuals (Chew, 2013; Dossi et al., 2022). This internet dependency has emerged as a phenomenon resulting from the evolution of communication technology (Carli et al., 2012; Lai et al., 2024; Mari et al., 2023). Several studies have revealed that internet dependency can have negative effects, one of which is anxiety about missing out on information online via gadgets (Cao et al., 2011; Islam et al., 2020). This condition is known as fear missing out (FoMO) (Przybylski, 2013).

FoMO is defined as "a pervasive apprehension that others might be having rewarding experiences from which one is absent" (Przybylski et al., 2013; Elhai et al., 2016). It is accompanied by a strong desire to know what others are doing. A lack of such information can lead to frustration, stess, symptoms, and anxiety (Milyavskaya et al., 2018; Stead & Bibby, 2017). To alleviate these negative feelings, individuals with high levels of FoMO tend to continuously che k for updates on others. In the short term, this can provide relief, but in the long term, it may foster addictive characteristics and withdrawal behavior (Dempsey et al., 2019). Previous research also shows that adolescents and young adults tend to have higher levels of FoMO compared to oldes individuals (Rozgonjuk et al., 2021). However, no significant are group differences in FoMO levels have been observed in recent years (Barry & Wong, 2020).

Excessive FoMO (Fear of Missing Out) can lead individuals to constantly monitor the activities of others, causing them to repeatedly check their social media accounts (Servidio et al., 2022; Suranata et al., 2022). Addictionally, FoMO is characterized by the persistent habit of checking notifications on one's phone, where individuals feel compelled to constantly review and respond to notifications (Przybylski, 2013; Kuss & Griffiths, 2017; Przybylski et al., 2013). FoMO often arises from excessive social media use leading individuals to continuously monitor and stay connected to theis social media (Tandon et al., 2022). Past study found link between FoMO with alcohol use (Riordan et al., 2021)

Several factors are thought to correlate with FoMO, including self-confidence and self-control (Elhai et al., 2016; Alutaybi et al., 2020). Koc et al. (2023) explained that poor self-control is associated with FoMO. However, further empirical studies are needed to explore the relationship between self-control and FoMO. Meanwhile, research by Kalisna and Wahyumiani (2021) found a link between self-confidence and FoMO syndrome among middle school students.

*Self control and FoMO*

Self-control is the ability to regulate one's behavior and impulses, often evaluated through items that measure how well individuals can delay gratification, resist temptation, and manage their impulses. It reflects a person's capacity to respond constructively to environmental stimuli, aligning with moral values and social expectations while working towards long-term goals (Baumeister et al., 2007; Tangney et al., 2004). Self-control involves conscious and intentional actions to suppress or override immediate responses, allowing for more constructive outcomes (Baumeister et al., 2007; Güner & Demir, 2021). With sufficient self-control, individuals can effectively manage their smartphone and internet use, avoiding addiction to online pleasures and social media. This enables them to prioritize activities that contribute to long-term goals, reduce engagement in less beneficial activities, and manage their time efficiently, focusing on what is essential while setting aside less important tasks (Adler, 2015; Servidio, 2021; Vohs & Faber, 2007).

Previous research has shown that individuals with inadequate self-control have more impulse-control problems, including overeating, drug and alcohol abuse, crime and violence, sexually impulsive behavior, overspending, unwanted pregnancy, and smoking (Baumeister et al., 2007; Tangney et al., 2004; Vohs & Faber, 2007; Vazsonyi & Huang, 2010). Self-control is also related to emotional problems, school underachievement, lack of persistence, relationship problems, and dissolution (Vohs & Faber, 2007; Baumeister et al., 2007; Tangney et al., 2004). Research conducted by Moffitt et al. (2011) through a study of a cohort of 1000 children from birth to the age of 32 years shows that adequate individual self-control predicts physical health, personal finances, substance dependence, and offending criminal outcomes. Meanwhile, the same cohort study of 500 sibling pairs showed that siblings with lower self-control had poorer outcomes. Research by Güner & Demir (2021) found a significant negative relationship between self-control with nomophobia and smartphone addiction. Qiufeng et al. (2021) also found the effect of self-control on smartphone addiction.

*Self confidence and FoMO*

The relationship between self-confidence and Fear of Missing Out (FoMO) has been explored in several studies. FoMO is the anxiety that arises when someone fears missing out on valuable information or experiences that others are having, often triggered by exposure to social media. Research indicates that self-esteem, which is closely related to self-confidence, significantly impacts FoMO. People with low self-esteem are more prone to experiencing FoMO, especially in the context of excessive social media use (Mahmud et al., 2023). A study found that FoMO can mediate the relationship between social self-confidence and life satisfaction. This suggests that people who lack confidence in social situations may be more susceptible to FoMO, which in turn negatively impacts their well-being (Deniz, 2021). The connection between FoMO, self-confidence, and problematic smartphone use has also been investigated. Individuals with low self-confidence tend to experience higher levels of FoMO, which can then lead to excessive and problematic smartphone use (Servidio, 2021). Overall, low self-confidence appears to increase vulnerability to FoMO, which can have negative effects on psychological well-being and technology use behavior. Having strong self-confidence can serve as a protective factor against the detrimental experiences of FoMO.

*Theoretical Foundation of Study*

FoMO, or the fear of missing out, has become a growing concern, particularly among teenagers and young adults. The theoretical basis for this relationship can be explained through the deficit self-regulation model. The deficit self-regulation theory explains that a lack of ability to effectively control impulses, emotions, and behaviors can trigger FoMO. Individuals with deficits in self-regulation tend to be more impulsive and struggle to resist temptations, such as the urge to constantly check social media. They are often drawn to the instant social rewards provided by social media interactions, such as "likes" and comments, which reinforce the anxiety of missing out on others' social activities. This inability to delay gratification and focus on social validation makes them more vulnerable to FoMO (Tangney et al., 2004).

As a result, deficits in self-regulation create a negative cycle where individuals constantly feel anxious about missing out, which then drives them to engage in behaviors that reinforce FoMO. This cycle can disrupt mental and emotional well-being and impair social and personal functioning. In other words, weak self-control directly contributes to heightened levels of FoMO, as individuals are unable to regulate their need to stay socially connected in a healthy and balanced way (Bian & Leung, 2015).

*The gap of knowledge*

Although the phenomenon of Fear of Missing Out (FoMO) is increasingly discussed in the context of social media use, there remains a knowledge gap regarding how personal factors such as sel-confidence and self-control play a role in influencing FoMO, particularly among high school students. Previous research has largely focused on the general impact of FoMO on individual well-being (Servidio et al., 2022; Suranata et al., 2022; Yilmaz & Bekaroglu, 2021), but few studies have deeply explored how self-confidence and self-control correlate with FoMO among high school students. A better understanding of this relationship could provide more comprehensive insights for developing effective interventions to reduce FoMO in this age group.

This research is important because, currently, many students lack self-confidence and struggle to control their use of social media, often comparing themselves to onther's achievements or experiences shared online. Therefore, the researcher is interested in investigating whether there is a relationship between self-confidence and self-control and the Fear of Missing Out (FoMO) among high school students.

**Method**

*Design*

This survey research used a cross-sectional design to examine the relationship between self-confidence, self-control, and fear of missing out (FoMO).

## Participants

The study involved a sample of 164 high school students, selected from various classes. A random sampling technique was used to recruit students from each class. Informed consent was obtained before participants were involved in the study. Students participated voluntarily without coercion and were free to withdraw from the research at any time.

## Measurement

This study used the Fear of Missing Out (FoMO) Scale, the Self-Control Scale, and the Self-Confidence Scale as measurement tools. The validity was assessed using content validity through professional judgment, while reliability was measured using internal consistency via Cronbach's alpha statistics.

## FoMO

The Fear of Missing Out scale measures the level of anxiety respondents feel when they perceive they are missing out on experiences or information that others, especially on social media, are enjoying. A Likert scale was used with response options ranging from strongly agree, agree, disagree, to strongly disagree. Respondents evaluated statements that reflected their feelings, such as "I feel anxious when I know my friends are having fun without me," "I feel anxious when I see others having fun without me," "I often check social media because I'm worried about missing out on something important," and "I feel uncomfortable when I don't know what my friends are doing." The FoMO scale has a reliability alpha of α = .909.

## Self-Control

The Self-Control Scale assesses an individual's ability to regulate emotions, resist temptations, and make responsible decisions. The statements evaluated on this scale include respondents' ability to control impulsive urges and act in line with their long-term goals. A Likert scale was used with response options ranging from strongly agree, agree, disagree, to strongly disagree. Respondents evaluated statements such as "I can restrain myself from acting impulsively when

I'm angry," "I am able to delay gratification to achieve long-term goals," and "I often make decisions that I regret due to a lack of consideration." The Self-Control scale has a reliability alpha of $\alpha = .837$.

*Self-Confidence*

The Self-Confidence Scale measures how confident respondents are in their ability to face challenges and achieve goals. A Likert scale was used with response options ranging from strongly agree, agree, disagree, to strongly disagree. Respondents evaluated statements such as "I am confident in my ability to complete difficult tasks," "I am confident in making important decisions in my life," and "I feel capable of overcoming problems that arise in my life." The Self-Confidence scale has a reliability alpha of $\alpha = .907$.

*Data Analysis*

This study used regression analysis to examine the relationships between the research variables. Tests for normality, linearity, and multicollinearity were conducted before hypothesis testing. Data were analyzed using SPSS version 20.

**Result**

The results of the assumption test indicate that the dependent variable data is normally distributed and there is no multicollinearity, allowing for regression analysis to be conducted. Table 1 below presents the analysis results.

Table 1

*Normality and multicollinearity of the data*

| Model | Normalitas | Tolerance | VIF | df | p |
|-------|-----------|-----------|------|-----|------|
| 1 | 0.056 | 0.969 | 1.023 | 2 | .014 |

Table 1 provides information on two important aspects of regression analysis: residual normality and multicollinearity among independent variables. Based on the normality test results, a p-value of 0.056 was obtained, which is close to the 0.05 threshold. This indicates that the model's residuals are nearly normally distributed, although slightly below the significant threshold. Additionally, the Tolerance value of 0.969 and the Variance Inflation Factor (VIF) value of 1.023 indicate no multicollinearity issues in the data, as these values fall within the safe range (VIF < 10). The model's degrees of freedom (df) are 2, and a p-value of 0.014 suggests that the model is statistically significant, meaning there is a significant relationship between the independent and dependent variables in this model. Overall, the model demonstrates reasonably good assumptions regarding normality and the absence of significant multicollinearity.

Table 2

*Results for R, Adjusted R square, F-value, and significance.*

| Model | R | R Square | F | df | p |
|-------|------|----------|------|-----|------|
| 1 | .345 | .119 | 4.68 | 2 | .014 |

Table 2 shows the results of a linear regression analysis, which includes several important metrics. The R value of 0.345 indicates a positive, though weak, correlation between the independent and dependent variables analyzed. Furthermore, the R Square value of 0.119 suggests that this regression model explains 11.9% of the variation in the dependent variable, while the remaining 88.1% might be explained by other factors not included in the model. The F value of 4.68, calculated with degrees of freedom (df)= 2, indicates that this model is better at predicting the dependent variable compared to a simple average model. With a significance value p= 0.014, the model is

considered statistically significant, as this value is less than 0.05. This means that there is sufficient evidence to assert that a significant linear relationship exists between the variables tested in this model.

Table 3
*Results of the Mean, Standard Deviation, and Intercorrelation of Variables*

| Measure | M | SD | 1 | 2 | 3 |
|---|---|---|---|---|---|
| FoMO | 35,3 | 7,32 | 1.000 | | |
| Kepercayaan diri | 29.3 | 4.72 | -.210 | 1.000 | |
| Control diri | 16,8 | 3.51 | -.356 | ,244 | 1.000 |

Table 3 presents data on the mean values, standard deviations, and intercorrelations among three variables: Fear of Missing Out (FoMO), Self-Esteem, and Self-Control. For FoMO, the mean value is 35.3 with a standard deviation of 7.32, indicating variation in the level of dependency on the feeling of missing out. Self-Esteem has a mean value of 29.3 and a standard deviation of 4.72, reflecting the level of respondents' self-confidence. Self-Control, on the other hand, has a mean value of 16.8 with a standard deviation of 3.51, indicating how well respondents can control themselves.

Regarding intercorrelations, there is a weak negative relationship between FoMO and Self-Esteem (-0.210), suggesting that higher FoMO is somewhat associated with lower Self-Esteem, though the correlation is not very significant. A moderate negative relationship (-0.356) between FoMO and Self-Control indicates that higher levels of FoMO are associated with lower self-control. Conversely, there is a weak positive correlation (0.244) between Self-Esteem and Self-Control, suggesting that individuals with higher self-esteem tend to have better self-control.

Table 4

*Results of the regression analysis of spiritual level and self-control with FoMO*

| Variable | B | SEB | β | t | p |
|---|---|---|---|---|---|
| Self confidence | .557 | .186 | -.298 | 3.002 | ,003 |
| Self-control | .673 | .181 | -.321 | 2.130 | ,021 |

Note. $R^2$=.090(N=97), p=.000).

Table 4 below explains the results of the regression of self-confidence and self-control with FoMO. Table 4 shows that self-control has a higher standardized beta value compared to self-confidence. Self-confidence has a very significant negative relationship with FoMO (β= -0.298, p=0.003). The results also indicate that self-control has a significant negative relationship with FoMO (β= -0.321, p=0.001).

## Discussion

This study examined the relationship between self-esteem, self-control, and Fear of Missing Out (FoMO). The results indicate that a regression model incorporating self-esteem and self-control predicts FoMO among high school students. Several studies have demonstrated a significant relationship between self-esteem and FoMO. One study found that self-esteem, a key component of self-confidence, plays an important role in influencing FoMO. Specifically, low self-esteem was positively correlated with higher levels of FoMO, particularly in the context of excessive social media use (Mahmud et al., 2023). Other research shows that FoMO can act as a mediator between social self-efficacy and life satisfaction, where individuals with lower confidence in social interactions are more susceptible to FoMO, which in turn affects their overall well-being (Deniz, 2021). Further studies highlight that low self-esteem can increase FoMO, which contributes to problematic smartphone use (Servidio, 2021). These findings consistently suggest that low self-esteem heightens vulnerability to FoMO, potentially leading to negative impacts on psychological and behavioral well-being.

Individuals with low self-esteem are more prone to experiencing FoMO due to their feelings of inadequacy or dissatisfaction with themselves (Wulandari, 2020). When lacking confidence, people are more likely to feel anxious about missing out on important or valuable experiences that others are having (Warti & Amalia, 2021). This is especially evident in social situations, where they might feel pressured to stay connected or constantly monitor others' activities on social media.

Conversely, individuals with high self-esteem generally feel more satisfied with their lives and confident in their social relationships (Wahyunindya & Silaen, 2021). They experience less anxiety related to FoMO as they feel more secure and content with their own choices and experiences. Overall, good self-esteem can serve as a protective factor against FoMO, while low self-esteem can increase susceptibility to these feelings, which may negatively affect their psychological and social well-being (Tanhan et al., 2022).

Additionally, the study reveals a significant negative correlation between self-control and FoMO, especially among teenagers and college students who use social media. Several studies have found that individuals with higher self-control tend to have lower levels of FoMO. For instance, research by Maza and Aprianty (2022) in Banjarmasin showed that stronger self-control was associated with lower anxiety about social media. Similar findings were reported by Kusnadi and Suhartanto (2022), who found a significant negative correlation between self-regulation and FoMO among students. Furthermore, a study at Muhammadiyah University Purwokerto demonstrated that good self-regulation abilities could reduce FoMO levels among Instagram users. Overall, these studies underscore the importance of self-control in mitigating the negative impacts of FoMO, particularly in the context of social media use.

The relationship between self-control and FoMO pertains to an individual's ability to regulate their impulses and behavior concerning social media use. Strong self-control allows a person to manage the urge to constantly check or follow others' social activities online. When individuals have good
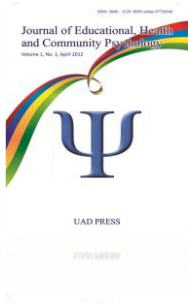
self-control, they are better able to resist the impulse to stay continuously connected to the digital world and are more selective in their social engagement, ultimately reducing FoMO levels.

In contrast, individuals with poor self-control are more vulnerable to FoMO as they struggle to control their impulses to keep monitoring others' activities on social media. They may experience anxiety or fear of missing out if they are not immediately aware of or involved in the social activities they see online. Thus, low self-control exacerbates FoMO, as individuals become more focused on instant gratification and social validation rather than pursuing long-term well-being or more important personal goals.

The theoretical framework of deficit self-regulation explains how a lack of self-esteem and self-control can contribute to FoMO. Deficit self-regulation refers to an individual's inability to control impulses, emotions, and behavior in a manner consistent with long-term goals or social norms. Individuals with deficits in self-regulation are prone to making decisions driven by immediate desires and struggle to resist temptation or impulses.

When someone has a deficit in self-regulation, they may find it harder to control the urge to constantly monitor others' social media activities. This impulse is driven by a fear of missing out on what is happening in their social circles, which is central to FoMO. Deficits in self-control often result in impulsive behaviors, such as frequently checking social media notifications or feeling the need to stay continuously connected. Such behaviors reinforce the FoMO cycle, as individuals feel anxious and pressured if they do not quickly learn about or participate in ongoing social activities.

Deficits in self-regulation also lead individuals to focus more on the instant social rewards provided by social media interactions, such as "likes," comments, or recognition from others. This makes them more vulnerable to FoMO, as they feel compelled to remain active on social media to receive social validation. Individuals with self-regulation deficits often struggle to delay gratification, making them more prone to being caught in the FoMO cycle. They prioritize immediate rewards from
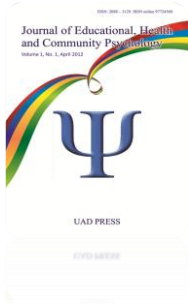
engaging with social media content over their long-term well-being.

Deficit self-regulation creates a negative cycle where individuals continuously feel anxious about missing out, which then drives behaviors that reinforce FoMO. This can lead to a decline in mental and emotional well-being and disrupt social and personal functioning. Overall, the theory of deficit self-regulation suggests that a lack of effective impulse and behavior regulation makes individuals more susceptible to FoMO, particularly in the context of social media, where instant social rewards are easily accessible and reinforce FoMO-driven behavior.

Based on research findings showing a significant relationship between self-confidence and self-control with FoMO among high school students, the following recommendations can be made. Schools could develop character education programs focusing on enhancing students' self-confidence and self-control. Such programs might include activities like emotion management training, mindfulness exercises, and teaching wise decision-making strategies. The goal is to strengthen students' ability to manage impulses and effectively handle social pressures.

Schools could offer counseling services targeting students with low self-confidence and self-control. Through counseling, students can learn how to cope with FoMO and develop skills to maintain a balance between online and offline life. Early intervention could help prevent the negative impact of FoMO on their mental well-being.

Further research is needed to explore other factors that might influence FoMO, such as social support, peer pressure, and the role of social media in students' daily lives. This research could also expand the study population to include various demographics to see if these findings are consistent across different cultural contexts and age groups.

Schools and communities could launch awareness campaigns to educate students about the negative impacts of FoMO. These campaigns might involve discussions on how FoMO affects mental health

and encourage students to develop healthier digital habits, such as limiting social media use and focusing on meaningful interpersonal relationships. These recommendations aim to reduce the impact of FoMO and enhance the overall well-being of high school students.

Researchers should acknowledge several limitations in their study. This research used a sample limited to one high school, which may not represent the broader high school population. Demographic variations, such as socio-economic background, culture, or geography, might not be well-represented, potentially affecting the generalizability of the findings.

Additionally, this study is correlational and cannot establish causality between self-confidence, self-control, and FoMO. The observed relationships indicate associations but do not explain causality. Experimental or longitudinal studies may be needed to better understand how these variables interact over time.

There are also many other factors that can influence FoMO, such as social media use, peer pressure, family support, and other mental conditions, which may not have been fully controlled for or accounted for in this study. These limitations could affect the accuracy of understanding the complexity of the relationship between self-confidence, self-control, and FoMO.

Given the rapid changes in social media trends and usage, the findings of this study may become less relevant over time. Technology and social media platforms are continually evolving, which may alter usage patterns and their impact on FoMO. Recognizing these limitations is important for cautious interpretation of results and as a basis for improvements in future research.

## Conclusion

The conclusion of this study indicates a significant relationship between self-esteem, self-control, and Fear of Missing Out (FoMO) among high school students. Students with higher levels of self-

esteem and self-control tend to experience lower levels of FoMO. Conversely, students with lower self-esteem and self-control are more vulnerable to FoMO, as they find it harder to manage the urge to stay connected to social media and feel anxious about missing out on their peers' social activities. These findings highlight the importance of developing strong self-esteem and self-control in students to mitigate the negative effects of FoMO, which can impact their emotional and social well-being.

**Conflict of Interest**
The researchers declare that this paper has no conflicts of interest.

**Author Contribution**
All authors have contributed equally to the study's conceptualization, interpreting data, reviewing, and editing the manuscript.

**Data Availability**
Data can be provided upon request to the author.

**Declarations Ethical Statement**
The study followed the guidelines of the Declaration of Helsinki.

**Informed Consent Statement**
Informed consent was obtained from all persons involved in the study.

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