



Fear of Missing Out (FOMO), Loneliness, and Social Media Addiction in Early Adults

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Article History:

Received
2024-07-08

Revised
2024-11-11

Accepted
2024-12-10

Published
2024-12-30

Abstract. Early adulthood is a critical period in the development of collaborative communication skills, and management of various aspects of life, where excessive use of social media can lead to addiction with negative impacts on physical health, psychological, and interpersonal relationships. This study aims to understand the relationship between Fear of Missing Out (FOMO) and loneliness with the level of social media addiction in the early adult population. The type of research used is quantitative correlational. The population of this study is Sidoarjo district residents aged 20-40 years, totaling of samples was 348. The research sample collection technique used Convenience Sampling. The research data analysis technique was analyzed using multiple linear regression techniques. The results showed a p value of $0.001 < 0.05$, indicating a relationship between FOMO and loneliness with social media addiction in early adulthood. The implication of these findings is the need for intervention strategies to reduce FOMO and well-being to prevent the negative impact of social media addiction on the physical, psychological health and interpersonal relationships of early adults.

Keywords: FOMO; Loneliness; Media Social Addiction

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Introduction

Early adulthood, which begins in the 20s, is an important phase in individual development characterized by physical, intellectual and social changes, as well as the ability to communicate, collaborate and manage life. While these changes support growth towards adulthood, this period is also affected by internal and external pressures that can affect emotional stability and life commitments, including family building (Putri, 2018). Social media provides significant benefits, such as supporting professional communication and social interactions that aid self-identity (Mahendra et al., 2017). In Indonesia, social media use averages 3 hours and 33 minutes per day, with penetration increasing due to the pandemic, but overuse can lead to addiction, defined as a behavioral disorder that interferes with individual well-being, with adults spending up to 5 hours per day accessing it on average (Yunfahnur et al., 2022).

Social media addiction in university students showed variations in the level of dependence, with a percentage of 12% in the low category, 77% in the moderate category, and 10% in the high category (Anshori et al., 2019), as well as similar findings at Syiah Kuala University with 28% mild, 62% moderate, and 10% high (Yunfahnur et al., 2022). The majority of students experienced moderate social media dependence, with some expressing discomfort if they did not access social media (Setiadi, 2016). Signs of addiction include anxiety, discomfort, and difficulty regulating use, as well as using social media as an escape (Agung et al., 2023). This addiction negatively impacts interpersonal relationships and psychological well-being (Astin et al., 2016), with individuals who have difficulty controlling social media use gradually reducing their time online (Krisnadi et al., 2022). This phenomenon was also found in early adults in Sidoarjo district who participated in the baseline survey in Sidoarjo district.

Based on an initial survey conducted in June 2023, through the distribution of Google Form questionnaires to 42 respondents belonging to the early adult category aged 20-39 years in Sidoarjo Regency, it was found that the majority of subjects had behaviors that indicated dependence on social media. The survey used instruments that measure social media addiction, such as the *Social Media Addiction Scale* (SMAS), which includes aspects of excessive use, emotional effects, and interference in daily activities. The results showed that most of the subjects, 34 or 83%, utilized social media later than anticipated, 33 or 78% without social media felt bored, 18 or 45% often ignored college assignments because they were busy with social networking, 8 or 21% were annoyed when interrupted while using social media, 29 or 71% felt that time passed unnoticed while using social media, 38 or 90% used social media without paying attention to time, 18 or 45% have difficulty sleeping after using social media, 7 or 19% feel disappointed if they reduce the time using social media, 16 or 38% often get complaints from family because they are too engrossed in social media, 2 or 7% use social media while driving, 2 or 7% cancel meetings

with friends because of using social media, 10 or 26% keep thinking about activities on social media even though they are not using it, and 21 or 50% experienced a significant improvement in mood when using social media.

Social media has a significant impact on society, both positive and negative by changing patterns of communication, interaction and socialization. People with social media addiction tend to spend more time online, which reduces real-life interactions and increases the risk of psychological problems such as loneliness, depression, and difficulty building close relationships (Yunfahnur et al., [2022](#)). In addition, this addiction can lower self-confidence and affect life satisfaction (Misrawati et al., [2018](#)). In adults, social media is used not only to seek information, but also to monitor others' activities and update personal content, reflecting the phenomenon of *fear of missing out* (Kusuma, [2020](#)).

Social media addiction according to (Young, [1996](#)) is a pattern of excessive use that is difficult to control, interferes with daily life, and causes emotional or psychological dependence. This phenomenon is reflected in three main aspects: cognitive, affective and behavioral. Cognitively, individuals tend to obsessively think about social media, even when not accessing it. Affectively, they feel anxious or experience FOMO when not monitoring social media. Behaviorally, they show excessive use that neglects other important activities. This understanding is important, especially in the context of early adulthood, where intense social media engagement, such as updating stories and monitoring others' accounts, can be a form of addiction influenced by fear of missing out (Rahardjo et al., [2022](#)).

Previous studies have highlighted two main factors that contribute to social media addiction: Fear of Missing Out (FOMO) and loneliness. FOMO is defined as the anxiety that arises when a person feels like they are missing out on fun experiences that others are having, driving a strong desire to stay connected to others' activities through social media (Ningsih et al., [2024](#)). Research shows that FOMO can cause anxiety, even encouraging students to delay sleep to keep up with social media updates (Febrian et al., [2023](#)). FOMO includes cognitive, affective, and behavioral aspects, where individuals feel obsessed with monitoring online social activities, feel envious or anxious about other people's lives, and keep checking social media despite doing other activities, which interferes with productivity and quality of life (Savitri, [2019](#)).

Understanding FOMO is crucial in research as it is often associated with psychological impacts such as anxiety and loneliness, especially in social media-dependent individuals. Individuals who experience FOMO tend to constantly follow social media updates, which can actually exacerbate their feelings of loneliness because they feel less connected or don't have an interesting enough life. Studies show that college students spend an average of 2.7 hours a day on social media and experience FOMO, with FOMO levels in teens 50% higher than adults

(Rahmawati et al., [2024](#)). This duration of social media use can be a risk of FOMO, so it is important to set time limits on social media use to better understand the context of FOMO.

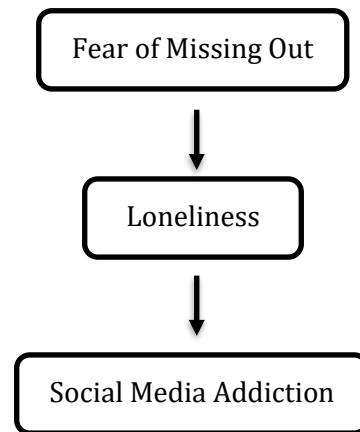
Research on the relationship between FOMO and social media addiction shows a positive correlation between the two, as found in 625 senior students at MAN Surabaya (Aisyah, [2018](#)). and students of Universitas Islam Bandung who use Instagram (Agung et al., [2023](#)). The higher the level of FOMO, the more likely individuals are to experience social media addiction. This is in line with the findings of (Fathadhika et al., [2018](#)) and (Pratiwi et al., [2020](#)) which also showed a significant relationship between FOMO and social media use. In addition, loneliness is also a risk factor for social media addiction, where individuals who feel lonely often seek online communication to alleviate this feeling (Azizah, [2024](#)). Loneliness is related to failure to achieve adequate interpersonal relationships, which can lead to a crisis in the formation of intimate relationships, especially in the early adult stage (Munir et al., [2020](#)).

Research on the relationship between loneliness and social media addiction in emerging adulthood in Bandung shows a strong relationship between the two (Permata et al., [2023](#)). Research from Gondokusumo showed that 24.1% of university students had high levels of loneliness, which was associated with higher levels of internet addiction, with a correlation coefficient of 42.3% (Gondokusumo et al., [2023](#)). Loneliness itself is a subjective feeling of dissatisfaction with social relationships, which is affected not only by physical isolation, but also by individuals' perceptions of the quality of their relationships (Perlman et al., [1981](#)) Aspects of loneliness include emotional, social, and existential, which can drive individuals to seek compensation through social media, exacerbating internet addiction.

Understanding loneliness is particularly important in the context of social media addiction, as loneliness has been shown to be a major factor driving individuals to seek compensation through interactions on social media (Permata et al., [2023](#)). Early adulthood, which falls between the ages of 18-29, is a developmental phase that is often characterized by instability and identity seeking, making them more vulnerable to loneliness. In response, they tend to turn to social media to feel connected or reduce loneliness, which may reinforce addictive behaviors. Although many studies have shown the relationship between social media addiction, loneliness and FOMO in early adulthood, there is limited understanding of how these three variables influence each other, particularly in the context of Indonesian culture and social environment, especially in Sidoarjo District.

This study focuses on the influence of Fear of Missing Out (FOMO) and loneliness on social media addiction in early adults in Sidoarjo Regency, considering that this period is a critical period that is strongly influenced by technological developments and social media. Previous findings, such as those conducted by (Permata et al., [2023](#)), have shown a relationship between loneliness

and social media addiction, but have not explored the role of FOMO as a mediator or other factors such as social needs and peer group pressure. This study aims to understand how FOMO and loneliness together influence the level of social media addiction and its impact on mental health, such as anxiety and loneliness. The results are expected to provide important insights for prevention and intervention strategies, as well as assist educational institutions and parents in educating healthy social media use.



Scheme 1. Variable Dynamics

Research hypotheses; (H1) there is a positive relationship between the level of FOMO and social media addiction in early adults, (H2) there is a positive relationship between the level of loneliness and social media addiction in early adults, (H3) there is an interaction between FOMO and loneliness that strengthens social media addiction in early adults.

Method

This study uses a quantitative correlational research design that aims to explore the extent to which variations in the variables *Fear of Missing Out* (FOMO) and loneliness are related to social media addiction in early adult individuals in Sidoarjo Regency. The selection of participants was limited to Sidoarjo Regency to ensure uniformity of social and cultural contexts, which may influence individuals' experiences of social media. By focusing on one location, this study aims to gain deeper insights into the dynamics within this population. This correlational design was chosen because it allows researchers to understand the relationship between two or more variables without manipulating them. This study used correlation coefficients to measure the strength and direction of the relationship between the variables under study, as well as multiple linear regression to evaluate the relative contributions of FOMO and loneliness to social media addiction.

This study involved the early adult population in Sidoarjo District, which amounted to 638,097 people in July 2023, with a sample of 348 people aged 20-40 years, taken using the Accidental Sample technique. This technique was chosen because it is effective for large, dispersed populations and online data collection. Data was collected through a Google Form questionnaire distributed via social media, with clear instructions for respondents to complete the questionnaire honestly and without interruption. The questionnaire included Fear of Missing Out (FOMO), loneliness, and social media addiction scales, each containing statements related to these aspects.

This study used several scales to measure variables related to social media addiction. The social media addiction scale was adopted from (Agung et al., 2023) with 15 items covering social consequences, time diversion, and compulsive feelings, and has a reliability of 0.89. The Fear of Missing Out (FOMO) scale was adopted from the (Kurniawan et al., 2022) with 20 items covering need to belong, addiction, and need for popularity, with a reliability of 0.83. The loneliness scale was adopted from (Fatwana, 2022) and covers four aspects: affective, motivational, cognitive, and behavioral, with a reliability coefficient of 0.92. Instrument validation was conducted through construct validity testing using exploratory factor analysis. Data were analyzed using multiple linear regression with JASP 0.16.4.0 software for Windows to evaluate the simultaneous effect of FOMO and loneliness on social media addiction as well as the contribution of each variable to the dependent variable.

Results

Normality testing is an important step in statistical data analysis to ensure that data follows a normal distribution, especially when using parametric statistical methods. Violation of this assumption can affect the accuracy of the analysis results (Ghasemi et al., 2012). Normality tests can be performed graphically, such as histograms and normal probability plots, or by statistical methods, such as the Shapiro-Wilk and Kolmogorov-Smirnov tests. Decisions are made based on the probability value (p-value): if the p-value > 0.05, the data is considered normally distributed, while if the p-value ≤ 0.05, the data is not normal. The Shapiro-Wilk test is suitable for small to medium samples, while Kolmogorov-Smirnov is more commonly used for large samples (Shapiro, 1965).

Table 1.
Normality Test

Variable	Saphiro Wilk	p-value	Results
Social Media Addiction	0.955	< .001	Normal
FOMO	0.740	< .001	Normal
Loneliness	0.984	< .001	Normal

Source: Research Results, processed with JASP, 2024

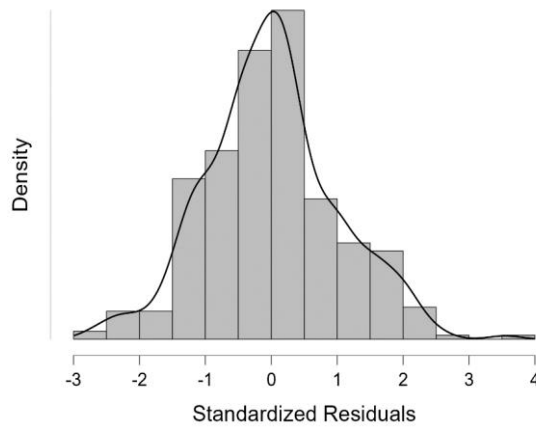


Figure 1. Normality Test

The results of the normality test show that the data distribution for the variables of social media addiction, FOMO, and loneliness is not completely normal with a p-value <0.001, but this is not a big problem because violations of normality in regression analysis do not always have a significant impact, especially in large samples and if the deviations are not extreme. According to (Ghasemi et al., 2012) and (Tabachnick et al., 2019) regression and other parametric tests are quite resistant to normality violations, provided that other assumptions such as linearity and homoscedasticity are met. Therefore, even if the data deviates slightly from normality, the regression analysis is still considered valid if other assumptions are met and the sample size is adequate.

Multicollinearity is a condition in which there is a high linear relationship between the independent variables in the regression model, which can cause the estimation results to be inaccurate (Gujarati et al, 2009) . Multicollinearity detection is usually done by looking at the Variance Inflation Factor (VIF) and Tolerance Value values, where $VIF < 10$ or $Tolerance Value > 0.1$ indicates the absence of multicollinearity (Demir, 2018) . If $VIF \geq 10$ or $Tolerance Value \leq 0.1$ is found, then handling is necessary, such as eliminating variables or using alternative regression methods. This test is important to ensure the quality and validity of the regression model.

Table 2.
Multicollinearity Test

Model		Collinearity Statistics VIF
1 (Intercept)	X1 (FMO)	1.308
	X2 (Loneliness)	1.308

Source: Research Results, processed with JASP, 2024

The multicollinearity test results show that there is no multicollinearity problem in the data, with a Variance Inflation Factor (VIF) value of 1.308 for both independent variables, which is well below the threshold of 10. This means that the two independent variables (FOMO and

Loneliness) do not have too high a correlation with each other, so they can be used together in the regression model without causing significant bias.

The linearity test is an important step in regression analysis to ensure the relationship between the independent and dependent variables is linear, as per the basic assumptions of linear regression. This test is generally carried out using the ANOVA method or comparison of the significance of the linear model and linear deviation. Based on theory, if the p-value > 0.05 in the linearity deviation test, the relationship is considered linear, while a p-value ≤ 0.05 indicates a non-linear relationship (Demir, 2018). The linearity test ensures that the interpretation of the analysis results is more accurate and reliable.

Table 3.
Linearity Test

Variable	Description	F	Sig.
Adiksi_Medsos * FOMO	(Combined)	8.571	.000
	Linierity	321.602	.000
	Deviation from Linierity	2.182	.000
Adiksi_Medsos * Kesepian	(Combined)	1.844	.010
	Linierity	18.826	.000
	Deviation from Linierity	1.105	.337

Source: Research Results, processed with JASP, 2024

Based on the results of the linearity test, the relationship between the variables of social media addiction and FOMO shows non-linear results with a significance value of 0.00 < 0.05. This means that the relationship between the two variables cannot be explained linearly. Meanwhile, the relationship between social media addiction and loneliness is linear with a significance value of 0.337 > 0.05. This indicates that the relationship between social media addiction and loneliness can be explained linearly.

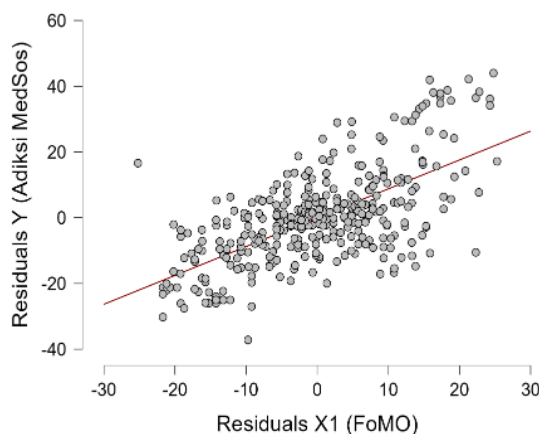


Figure 2. Linearity Test Partial Regression Plots of Social Media Addiction vs FOMO

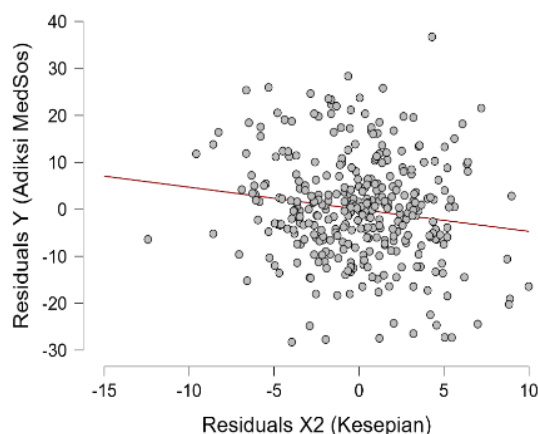


Figure 3. Linearity Test Partial Regression Plots Social Media Addiction vs Loneliness

The linearity test shows that the relationship between the independent variables (FOMO and Loneliness) and the dependent variable (Social Media Addiction) is linear. This is important because the linear regression model to be used assumes a linear relationship between the variables tested. These results are visualized in Figures 2 and 3, which show the linear pattern between Social Media Addiction and each independent variable.

Heteroscedasticity is a condition where the error variance is not constant in the regression model, which can lead to inefficient estimation results and biased statistical tests (Gujarati et al, 2009). To detect this problem, tests such as Glejser, Breusch-Pagan, or White are used. Decision making is based on the significance value (p-value) with the null hypothesis (H_0) stating that there is no heteroscedasticity. If the p-value > 0.05, then H_0 is accepted (no heteroscedasticity), while if the p-value \leq 0.05, H_0 is rejected (heteroscedasticity exists). This test is important to ensure the data meets the classical regression assumptions.

Table 4.

Heteroscedasticity Test

Model	Description	F	Sig.
1	(Constant)	-1.215	.225
	FOMO	5.054	.000
	Loneliness	1.161	.247
	Untandardized Residual	1.738	.083

Source: Research Results, processed with JASP, 2024

Based on the results of the heteroscedasticity test, it can be interpreted that the *fear of missing out* (FOMO) variable shows heteroscedasticity with a significant value of $0.000 < 0.05$. This means that the *fear of missing out* (FOMO) variable has a heteroscedasticity problem, so the variance of the error in this variable is not constant. Meanwhile, the loneliness variable does not experience heteroscedasticity with a significance value of $0.247 > 0.05$. This indicates that the

variance of the error in the loneliness variable is relatively constant and does not cause heteroscedasticity problems in the model.

Hypothesis testing is a statistical method to decide whether a hypothesis is accepted or rejected based on sample data. The decision-making process in hypothesis testing involves several steps, namely setting the null hypothesis (H_0) and the alternative hypothesis (H_a), determining the significance level (α), performing statistical tests, calculating the p-value, and comparing it with α . If the p-value is smaller than α , then H_0 is rejected, which means there is evidence to support H_a . Conversely, if the p-value is greater than or equal to α , H_0 cannot be rejected (Walpole, 2012) mention that testing can be done with a traditional approach using a critical table or a modern approach with a p-value.

Table 5.
Hypothesis Test

Variabel	R	Sig.	Results
X1 (FOMO) - Y (Social Media Addiction)	0.600	0.000	Significant, H0 rejected, H1 accepted
X2 (Loneliness - Y (Social Media Addiction)	0.350	0.001	Significant, H0 rejected, H1 accepted

Source: Research Results, processed with JASP, 2024

The results of multiple linear regression analysis show an R value of 0.675 and R^2 of 0.456, which means that 45.6% of the variability of Social Media Addiction can be explained by the FOMO and Loneliness variables, while the rest is influenced by other factors. Hypothesis testing results show that the relationship between FOMO (X1) and Social Media Addiction (Y) has an R value of 0.600 with sig. 0.000, which is significant (H_0 rejected, H_1 accepted). Similarly, the relationship between Loneliness (X2) and Social Media Addiction (Y) shows an R value of 0.350 with sig. 0.001, which is also significant (H_0 rejected, H_1 accepted).

The ANOVA hypothesis test is used to compare means between two or more groups to see if there is a significant difference. The decision-making process starts with setting the significance level (α), usually 0.05, then calculating the F value as the ratio of variances between and within groups. If the F value is greater than the critical F value or the p value is smaller than α , the null hypothesis (H_0) that there is no difference between groups is rejected. Conversely, if p is greater than α , H_0 is accepted. ANOVA helps determine whether the variance between groups is greater than within groups, indicating a significant difference (Montgomery et al., 2017).

Table 6.
ANOVA Hypothesis

Model	Description	F	R	R Square	Sig.
H1	Regression	144.314	0.675	0.456	< .001
	Residual				
	Total				

Source: Research Results, processed with JASP, 2024

The results of hypothesis testing using ANOVA show that the regression model formed is highly significant with an F value of 144,314 and $p < 0.001$, which means that the FOMO and Loneliness variables can simultaneously predict Social Media Addiction. The R^2 value of 0.456 indicates that 45.6% of the variability of Social Media Addiction can be explained by these two variables.

The results of this study show that both FOMO and loneliness significantly influence the level of social media addiction among early adults in Sidoarjo Regency. FOMO, with a p-value < 0.001 , indicates that the higher a person's level of FOMO, the more likely they are to experience social media addiction, while loneliness also has a significant although slightly lower influence. These findings strengthen the hypothesis that psychological factors such as FOMO and loneliness contribute importantly to social media addiction behavior, which needs to be considered in an effort to reduce the negative impact of excessive social media use.

Discussion

This study aims to explore the relationship between *Fear of Missing Out* (FOMO) and loneliness with social media addiction in early adults. Based on the results of data analysis, the hypotheses proposed in this study have been clearly answered. The results show that there is a significant relationship between FOMO and loneliness with social media addiction, in accordance with the research objective to understand how these two psychological factors influence addictive behavior towards social media. This study confirmed that individuals with high levels of FOMO and loneliness tend to be more attached to social media use, strengthening the argument that these factors play an important role in forming addictive habits towards social media.

FOMO (Fear of Missing Out) refers to the impulse that drives individuals to use social media and is positively correlated with increased social media use (Hasanah, 2024). FOMO serves as a mechanism to relieve psychological distress by maintaining social connections through social media, where individuals suffering from FOMO tend to access social media more frequently to stay connected with others (Rahardjo et al., 2022). Nonetheless, FOMO may contribute to social media addiction, an addictive behavior that interferes with productivity, due to the release of dopamine similar to the chemical reaction in drug or alcohol addiction (Felita et al., 2016). As a result, excessive social media use can negatively impact psychological well-being, while reduced use can open up opportunities for more productive activities and improved self-concept.

Social media use is closely related to the frequency of virtual communication, which if left unchecked can develop into a dependency, where individuals feel unhappy if they do not access social media and experience FOMO (Fear of Missing Out). FOMO is a strong urge to participate in various activities due to the fear of missing out on something, which makes social media a source

of happiness and access to other people's moments (Risdyanti et al., [2019](#)). FOMO is often more strongly experienced by adolescents and early adults (Przybylski et al., [2013](#)) and these findings are consistent with this study which shows that FOMO and loneliness are associated with social media addiction among early adults. Individuals with FOMO are more likely to be exposed to social media, which increases their engagement in online interactions to reduce feelings of alienation and increase social connections.

Research shows that social media addiction is influenced by low levels of loneliness and life satisfaction in both men and women (Alhabsyi, [2019](#)). Individuals who feel lonely tend to seek social interaction to cope with these feelings, and if their social needs are not met in the real world, they tend to seek compensation in cyberspace (Cacioppo et al., [2010](#)). Social media use can reduce loneliness, and individuals who feel lonely tend to engage more deeply in social media addiction (Zanah et al., [2020](#)). Research by (Azizah et al., [2024](#)) and (Rizki, [2024](#)) also shows that social media becomes a place for individuals to connect with others, even if only online, to overcome their loneliness. The higher the loneliness, the higher the risk of social media addiction, and conversely, the lower the loneliness, the lower the social media addiction (Putri, [2020](#)).

Loneliness is an unpleasant experience that occurs due to a lack of social relationships, where the individual feels a contradiction between desired and real social relationships (Russell et al., [1980](#)). In early adulthood, the intimacy vs. isolation developmental stage indicates that failure to fulfill intimacy needs can lead to feelings of isolation and loneliness (Rizki, [2024](#)). The results of this study support the proposed hypothesis, showing a significant relationship between FOMO and loneliness with social media addiction in early adulthood. Previous research by (ÇETİNKAYA et al., [2021](#)) and (Dempsey et al., [2019](#)) also confirmed that FOMO and loneliness contribute to excessive social media use, with FOMO driving individuals to stay connected online, while loneliness drives social media use as a compensation to cope with these feelings.

Recent research by (Raina, [2021](#)) highlighted that the relationship between FOMO, loneliness, and social media addiction is increasing in early adulthood along with the rapid development of technology. These findings strengthen the argument that FOMO and loneliness play a significant role in influencing social media addiction. Theoretically, these results provide insight into how FOMO and loneliness can predict social media addiction behavior, which can be explained through Attachment Theory (Bretherton, [1992](#)), and Social Anxiety Theory. Both suggest that dissatisfaction in social relationships and social anxiety may drive individuals to seek interaction through social media in an effort to overcome feelings of alienation. This research complements our understanding of the psychological factors underlying social media addiction, especially in early adulthood.

These results reinforce previous knowledge that FOMO and loneliness play a role in social media addiction, consistent with previous findings (Alutaybi et al., 2020) and provides clear empirical evidence of the relationship between the two. This research helps to address inconsistencies in the existing literature, bringing together results that may be contradictory. These findings have important implications for the development of science, as they provide a deeper understanding of the psychological dynamics of social media addiction. By understanding the role of FOMO and loneliness, we can develop more effective interventions to address these issues, including strategies to increase healthy social engagement outside of social media and psychological approaches to help individuals overcome FOMO and loneliness without relying on social media (Zanah et al., 2020).

The findings of this study provide valuable insights in the fields of psychology and communication, particularly in understanding the psychological factors that influence social media addiction in early adults. This study shows that FOMO and loneliness can be significant predictors of addictive behavior towards social media, which supports previous literature stating that both contribute to increased excessive social media use. The findings also highlight the importance of interventions to reduce FOMO and loneliness, which can be effective in reducing social media addiction. Practically, these results can be used to design more targeted prevention and intervention programs, focusing on improving individuals' psychological well-being, in addition to reducing screen time.

This study makes an important contribution to understanding the relationship between FOMO, loneliness and social media addiction in early adults, and provides empirical evidence that can inform further research and the development of effective solutions to address these issues. However, limitations of the study, such as the cross-sectional design that only describes the relationship between variables at a single point in time, as well as potential biases in data collection through self-report questionnaires, need to be noted. Future research is recommended to use a longitudinal design and explore different cultural contexts to expand the relevance of the findings. The development of intervention programs that reduce FOMO and loneliness through social training, self-confidence building, and limiting social media use is also urgently needed, using more varied research methods to enrich the understanding of their impact.

Conclusions

The results of this study indicate that there is a significant relationship between Fear of Missing Out (FOMO) and loneliness with social media addiction in early adults, with a contribution of 45.6%. This finding indicates that FOMO and loneliness are important factors that play a role in

increasing addictive behavior towards social media. This highlights the need for attention to psychological and social aspects in the wise use of social media.

As an implication, individuals are advised to increase self-awareness of the impact of FOMO and loneliness, and limit excessive social media use. In addition, prevention can be done through digital literacy education, social skills training, and promoting a balance between online and offline interactions. Future researchers can explore this relationship more deeply through longitudinal studies and develop effective interventions to reduce social media addiction, in order to improve p2.

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