

Understanding the Impact of Fear of Missing Out (FOMO) and Technology Use on Adolescent Minds

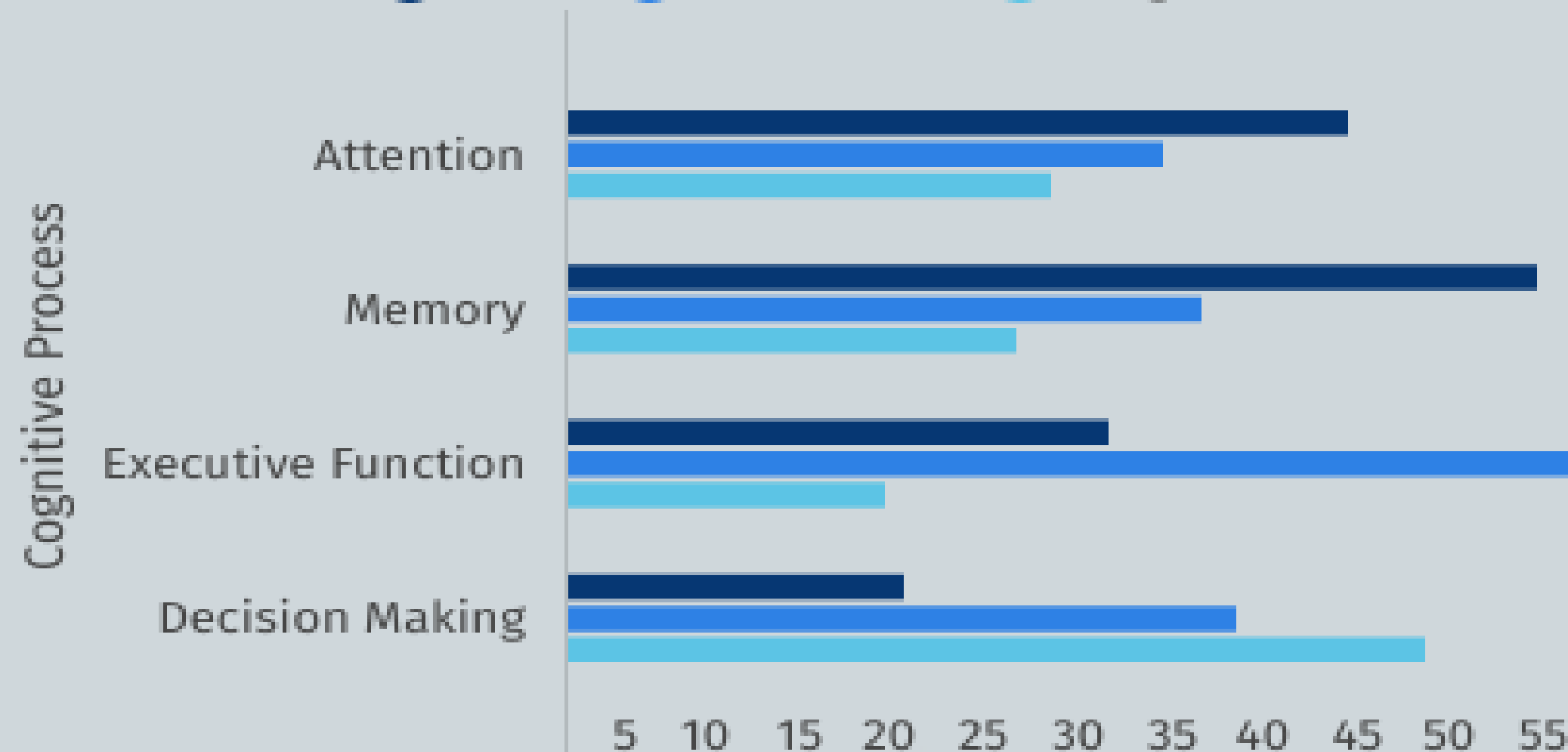
Exploring Cognitive Processes and Psychological Outcomes

FOMO

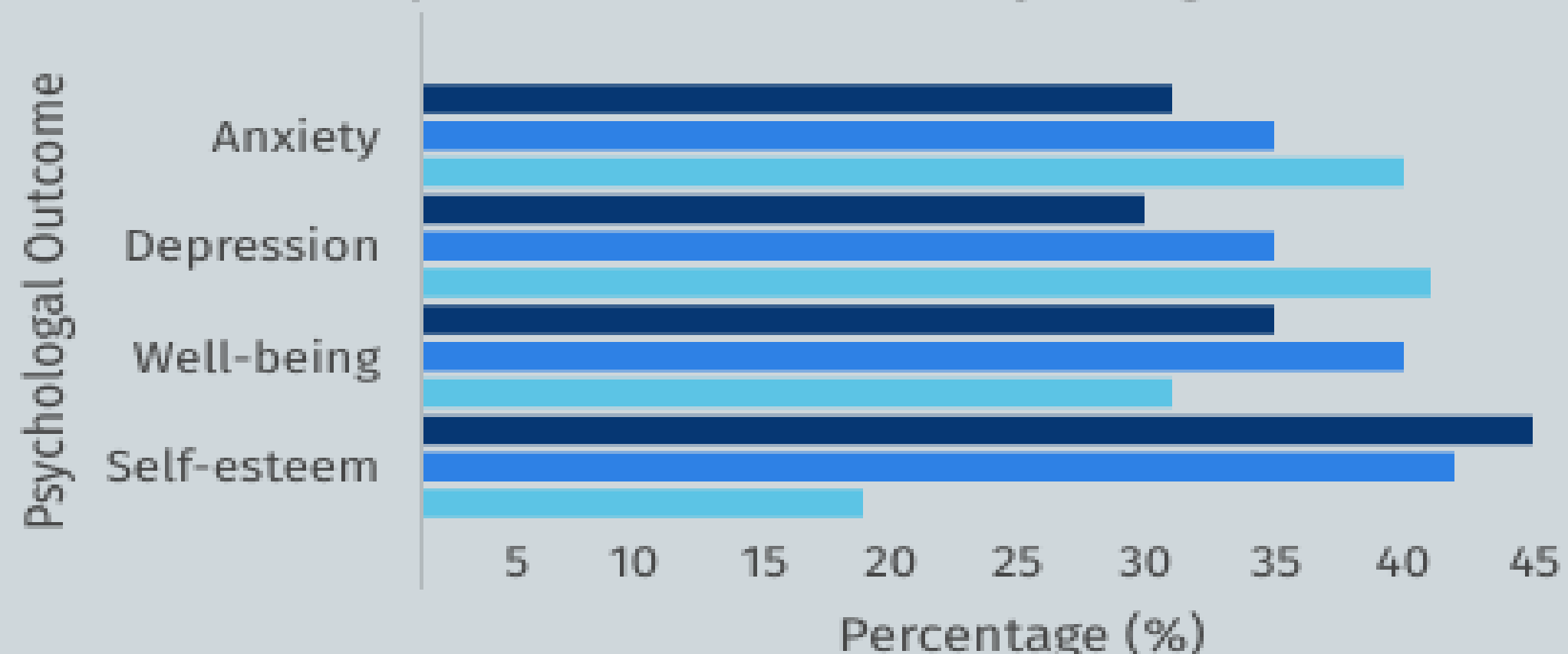
A psychological state where one feels **anxious or uneasy** about **missing out** on events, experiences, or opportunities that others are enjoying.

Relationship between FOMO and Cognitive Processes

FOMO Level - ● Low ● Moderate ● High

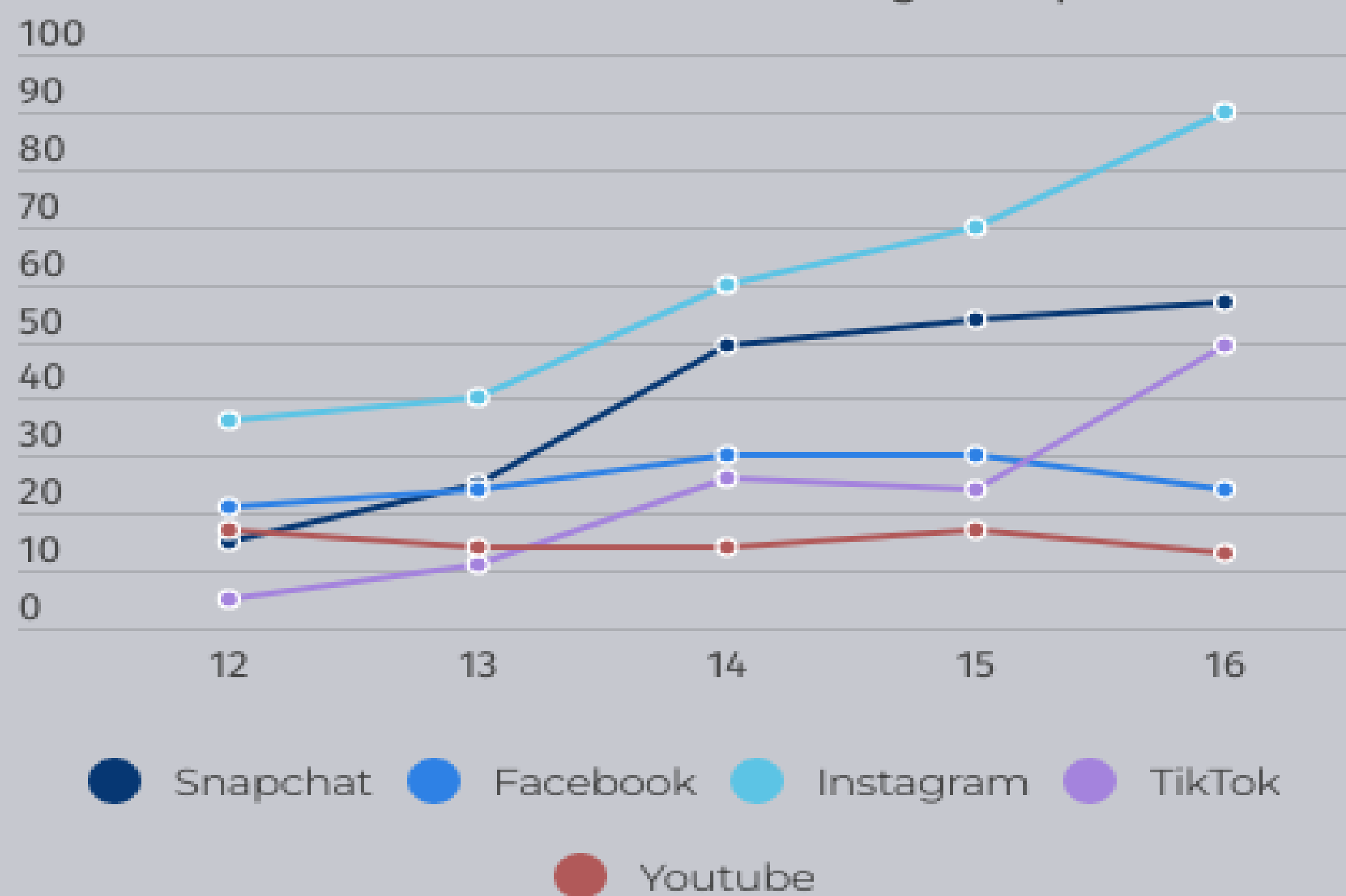


Relationship between FOMO and Psychological Outcomes

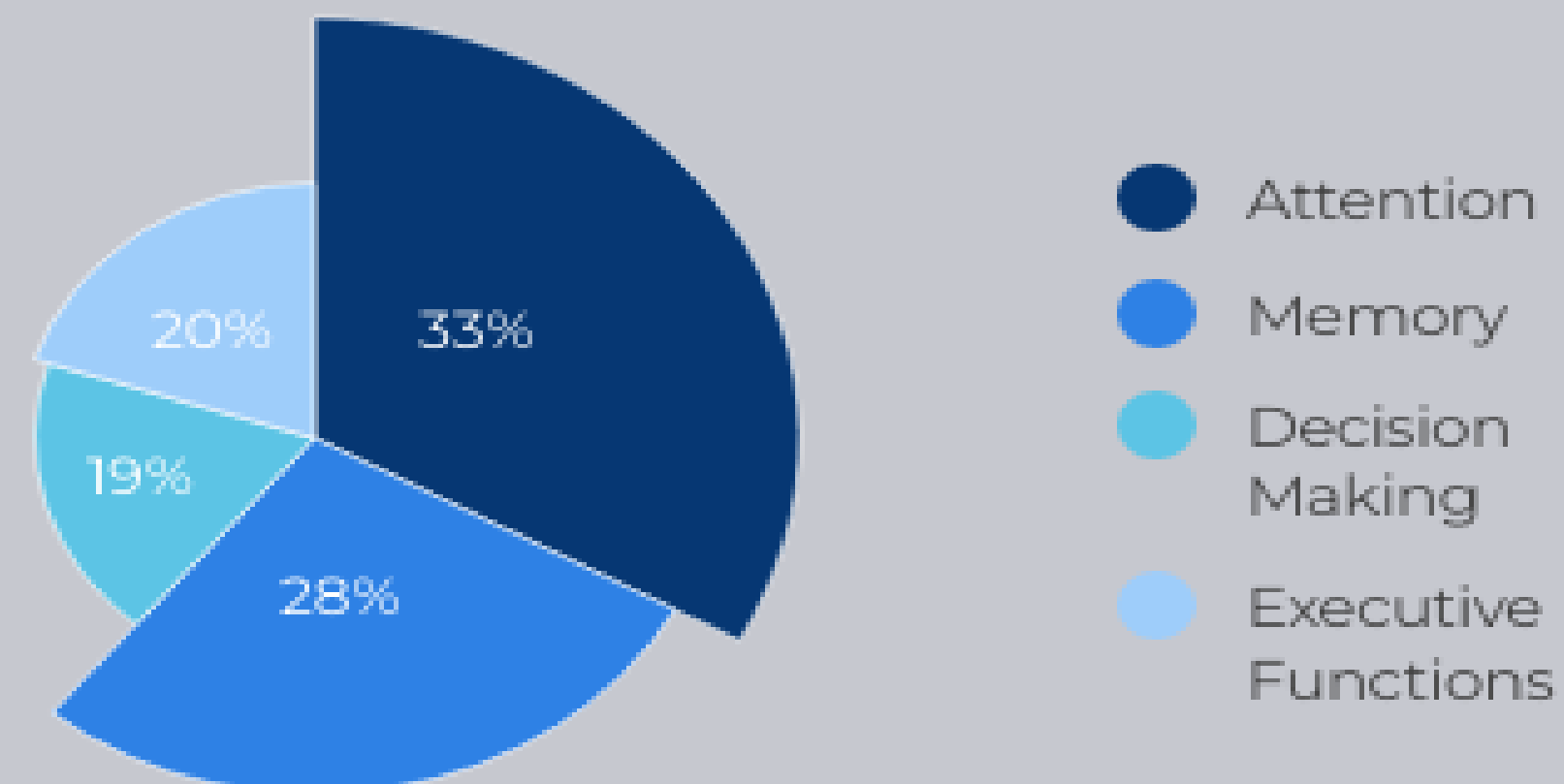


FOMO Level - ● Low ● Moderate ● High

Breakdown of Social Media Usage Across Various Adolescent Age Groups



Cognitive and Psychological Impacts on Adolescents: Exploring the Challenges of FOMO and Technology Use



For adolescents with FOMO, attention lapses rank highest, followed by memory challenges

Cognitive

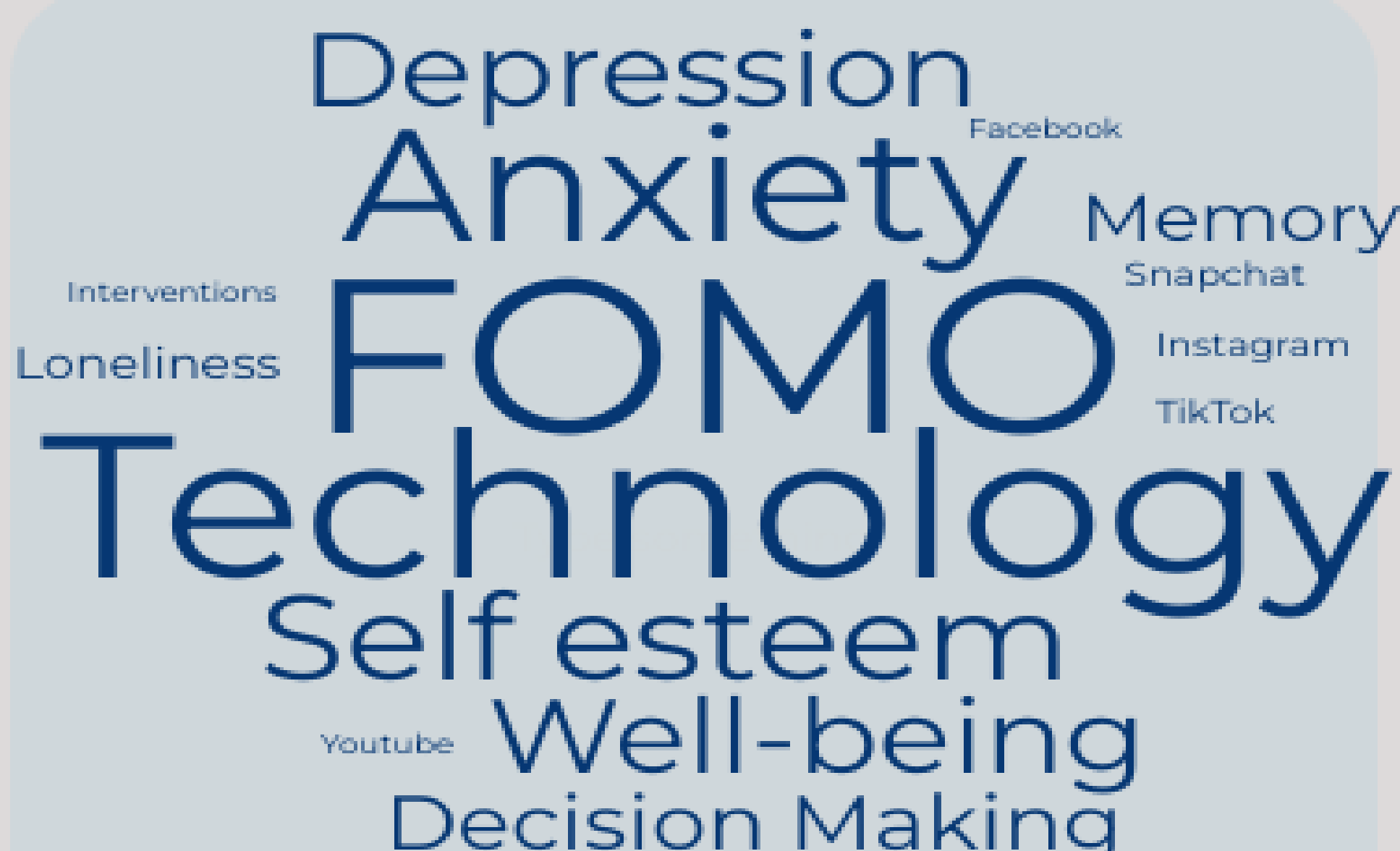
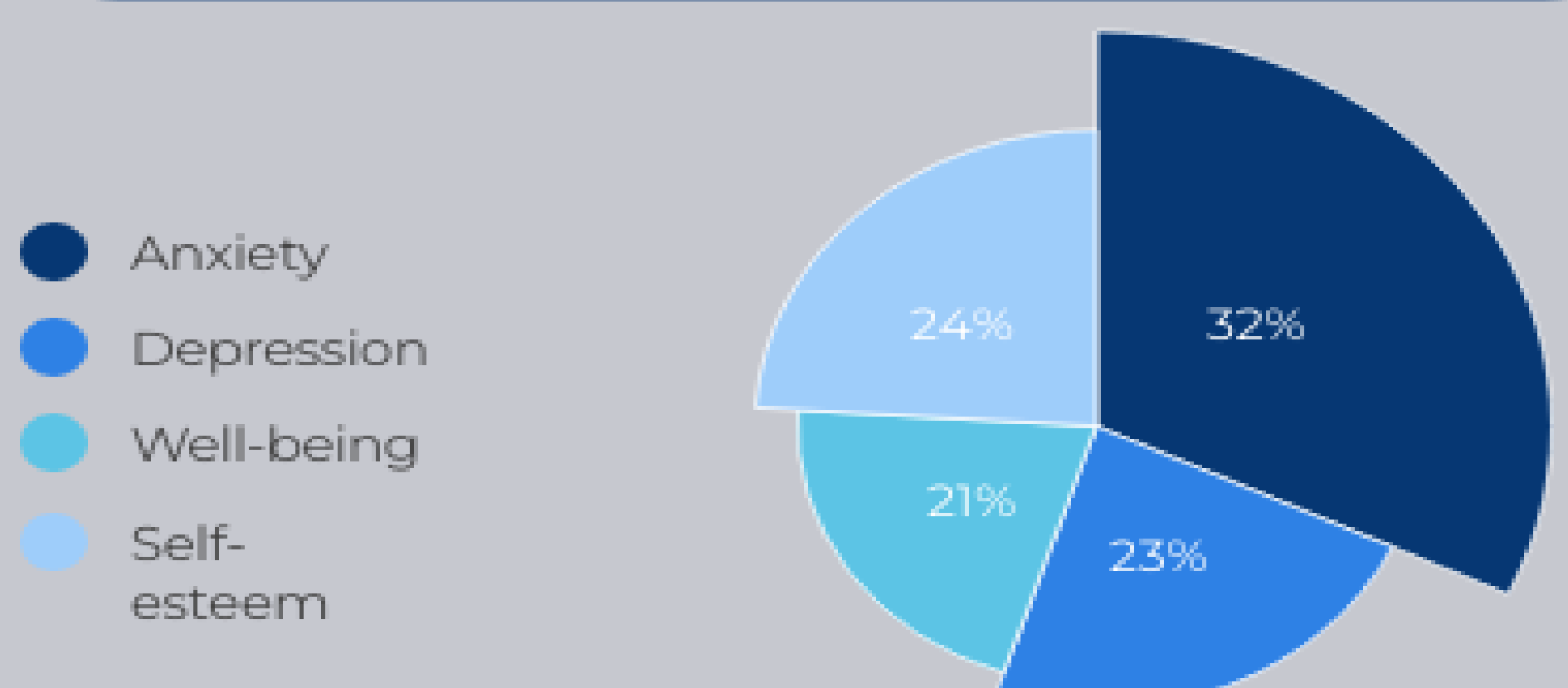
Did you know?

56% of social media users are affected by FOMO.

55% of adolescents experience FOMO

Psychological

For adolescents with FOMO, anxiety is most prevalent, followed by depression



Visualizing the Connection: How the Fear of Missing Out (FOMO) and Technology Use Shape Adolescent Minds

Recommendations

- Holistic Approaches
- Engage Multiple Stakeholders
- Consider the Context
- Address Underlying Issues
- Encourage Offline Activities
- Research and Evaluation
- Building Self-Regulation Skills
- Awareness Campaign

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Sources - 1. Evans, O. G. (2023). What Is FOMO (Fear Of Missing Out)? Impact Of Social Media & How To Overcome. Simply Psychology. <https://www.simplypsychology.org/how-to-cope-with-fomo.html>.
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 4. Jin, Y., Xiong, W., Liu, X., & An, J. (2023b). Trait Mindfulness and Problematic Smartphone Use in Chinese Early Adolescent: The Multiple Mediating Roles of Negative Affectivity and Fear of Missing Out. Behavioural Sciences, 13(3), 222. <https://doi.org/10.3390/bs1303022>

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