The phenomenon of fear of missing out (FOMO) on tiktok application users with an analysis of Islamic educational psychology perspectives among Trunojoyo Madura University Students

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ABSTRACT

Various social media platforms have emerged by offering various interesting features for smartphones, one of which is the TikTok app, with a high download rate. This study aims to understand the impact of FoMO on TikTok users and see how the perspective of Islamic educational psychology can provide additional insights related to this phenomenon. The research method includes surveys and qualitative data analysis, focusing on students' behavior patterns and perceptions of FoMO in the context of TikTok use. The results of the study explained that the availability of interesting features in the Tiktok application causes users to often forget the time in accessing, excessive use of social media can cause the phenomenon of Fear of Missing Out. Fear of Missing Out (FoMO) is a psychological behavior when a person feels that he misses important trends, moments, and information expressed by others, so they experience feelings of anxiety or fear of missing the moment. Overuse of TikTok can disrupt sleep, cause eye disorders, and affect posture. Solutions from the perspective of Islamic educational psychology involve developing self-understanding, self-control, and maintaining life balance in accordance with religious values to create more positive and meaningful digital experiences.

1. INTRODUCTION

At this time, social media is becoming a very important platform for everyone. Everyone certainly already has an account on Facebook, Instagram, Twitter, or the like. Social media has become an indispensable component of modern people's lives (Sadly, 2018). Nonetheless, excessive use of social media can harm a person's mental and physical health. Due to too much access to social media, many people end up experiencing mental health disorders and sleep problems.

As of January 2023, 167 million people in Indonesia, or 60.4% of the population, are active users of social media (Auliya, Yahya, & Hurryos, 2023). Every day, Indonesians spend 3 hours and 18 minutes surfing social media. The duration ranked tenth worldwide, there are 212.9 million internet users in Indonesia with a duration of internet use for 7 hours 42 minutes per day. Unlike social media, the number of internet users in Indonesia at the beginning of this year continued to increase by 3.85% from the previous year and 98.3% of the number used smartphones (Widi, 2023).

The emergence of various social media platforms has marked a significant development in online communication in recent years. Social media is an online communication platform designed

to interact, share content, and work together. Social media is the most popular type of internet service in Indonesia (I Wayan Willy Mustika & Salsa Bila Jihan Maulidah, 2023). According to Hootsuite's Wearesocial research released in January 2019, social media isn't just used to communicate and share information; most of them are designed to provide entertainment to their users (Adila & Nasyaya, 2021). Instagram, Snapchat, YouTube, and TikTok are some of the social media that fall under the category of social media networks that share content through photos and videos. Entertainment-based social media can make users feel interested and want to continue using its facilities, so it can cause social media addiction.

TikTok is a social media platform that provides interesting short videos that are liked by Indonesians (Bahri, Damayanti, Helena Sirait, & Alfarisy, 2022). According to We Are Social data, Indonesia has 99.1 million active TikTok users worldwide. TikTok is a popular social media platform where people can create, edit, and share short video clips with friends and others. The app has many features, including filters, effects, stickers, music addition, beautifying filters, live features, auto caption filters, tone changing filters, deleting comments, and blocking users at the same time.

TikTok has an algorithm that works according to the user's wishes, giving it an edge over other social media. This algorithm is called For Your Page (FYP), which is displayed on the TikTok home page (Febrina, Iriany, & Firdaus, 2023). The system tracks user activity and collects data about the things users like, searches, and the type of content users watch frequently. TikTok's fast algorithm can help users access information that interests them. In addition, the various types of music available on TikTok have unique values that make users always remember the music and associate with the type of content that usually uses the music.

As reported by Business of Apps, TikTok has been downloaded 748 million times during 2022. This figure increased by 0.94% from 741 million downloads in the previous year. The majority of TikTok users are aged 18 to 24, with 21.5 percent female and 17.4 percent male. The next age range, 25 to 34 years, has a proportion of female users 17.3 percent and male users 15.1 percent. Most people believe that the more they actively use social media, the more they are considered cool, and people who do not have an account will be considered outdated (Fitra, 2023)

The millennial generation consists of people aged between 18 to 34 years and is the largest population with productive age. One of the main characteristics of the millennial generation is the increased use and familiarity with communication, media, and digital technology. In addition, they coexist with technological advances, which involve them in all aspects of life (Foedinatha & Hartanto, 2022). So, it is undeniable that the millennial generation has access to change many things, both positive and negative.

Someone is changing the way they use social media because of their dependence on technology, especially social media. Since social media makes it easy for people to stay up-to-date with all the new news and what they've been missing, millennials used to spend time using social

media to keep up with other people's lives and activities, as if they knew what those closest to them were doing.

Social media as a platform that allows people to interact, cooperate, share, and communicate with others virtually, as well as form social bonds. However, when they see their friends' activity on social media, it can turn into anxiety and make them unable to stop seeing what others are doing. Like other social media platforms, TikTok has been at the center of a significant Fear of Missing Out (FoMO) phenomenon. TikTok users often get caught up in the feeling of FoMO as the app allows them to quickly explore different information and activities.

The great desire to continue to connect with what others are doing in cyberspace is called Fear of Missing Out (FoMO) (Przybylski, Murayama, DeHaan, & Gladwell, 2013). Fear of Missing Out (FoMO) is a strong urge to be in two or more places at a time. This happens because a person is afraid of missing something, and social media helps him find happiness, especially in enjoying the moments that others experience (Abel, Buff, & Burr, 2016).

After the FoMO research report released by JWT or Intilegence in 2012, the FoMO phenomenon became the subject of increasingly heated discussion. In the study, FoMO was defined as feelings of anxiety and fear of being left behind when friends do or feel something better or more enjoyable than what they are doing or currently having. A person's feelings will become very worried when they miss an ongoing social trend. FoMO has two components: inability to satisfy the psychological need for attachment or desire to relate to others; and the inability to satisfy the psychological need for competence and autonomy.

Negative influences of FoMO include self-identity issues, loneliness, negative image, feelings of personal inadequacy, and jealousy, according to research from *Psychology Today* (Virnanda, 2020). To overcome this problem, one does not need to leave social media, staying connected with people who are experiencing the same problem is also important to prevent a sense of aloneness. Staying connected with such people is definitely beneficial. When a person can change the way they think, it is very important to realize that the phases of life have many dimensions and that not everything will fit every person.

According to Lisya Septiani Putri, Dadang Hikmah Purnama, and Abdullah Idi in the journal Society and Culture Volume 21 No. 2 of 2019, FoMO students lead an excessive lifestyle, cannot control themselves, and ignore their own activities. When viewed from a general point of view, FoMO students have too many interests, activities, and opinions so they lose control over social media (S., Purnama, & Idi., 2019).

Based on the description above, the author is interested in conducting research entitled "The Phenomenon of Fear of Missing Out (FoMO) Against Tiktok Application Users Among Trunojoyo Madura University Students". With the above problems, researchers have determined the formulation of the problem, namely how the phenomenon that occurs in TikTok users who experience Fear of

Missing Out at Trunojoyo Madura University. In terms of factors that influence the emergence of the Fear of Missing Out phenomenon on Tiktok users. The purpose of this study is to find, define, and analyze how the phenomenon occurs in TikTok users who experience Fear of Missing Out at Trunojoyo Madura University. By gaining a better understanding of the phenomenon of Fear of Missing Out and how it arises in the context of TikTok usage, this research will help in identifying its causes and impacts. By gaining a better understanding of Fear of Missing Out and how to overcome this feeling, people who use TikTok can improve their quality of life by reducing the stress and anxiety they may experience while using the platform.

2. METHODS

This study used qualitative research with a phenomenological approach. The theory is used to seek a deeper understanding of events and how they relate to people in a given situation. Qualitative research explores and understands the meaning of social or humanitarian problems for a number of individuals or groups of people (Manurung, 2022). Qualitative research with a phenomenological approach aims to understand and explore the meaning of individual or group life experiences (Tumangkeng, Lydia, & Maramis, 2022). This method emphasizes on a deep understanding of how people experience and give meaning to certain phenomena in their lives. The process involves a detailed analysis of narratives, life stories, or interviews to identify emerging patterns of meaning.

In this study, using several theoretical approaches to sharpen and strengthen the analysis, as well as taking references from various literature. Here are some previous studies that became references for research entitled "The Phenomenon Of Fear Of Missing Out (FoMO) On Tiktok Application Users With An Analysis Of Islamic Educational Psychology Perspectives Among Trunojoyo Madura University Students".

First, a journal by Welly Wirman, Ringgo Eldapi Yozani, and Sesdia Angela, entitled "*Study of Communication Phenomenology of Tiktok Users Who Have Experienced Fear of Missing Out on Behavior*". This research investigates the meaning of TikTok social media for TikTok users who experience *Fear of Missing Out behavior*. With a phenomenological approach, it shows that the use and use of TikTok that experiences Fear of Missing Out is influenced by 2 motives, first past motives which are classified as sociogenetic motives, in the form of curiosity motives, documentation motives, and future motives. In addition to motives classified as sociogenetic motives, namely curiosity motives, self-esteem motives, and competence motives, there are also biological motives that eliminate boredom and improve mood where someone needs a break from activities. While the meaning of TikTok for TikTok users who experience fear of missing out on our behavior as a medium of information, as a versatile and functional media, and as a space for creativity (Wirman, Yozani, Angela, & Surbakti, 2023).

Research conducted by Lira Aisafitri, Kiayati Yusriyah with the title "*Sindrom Fear of Missing Out Sebagai Gaya Hidup Generasi Milenial Di Kota Depok*". This study found that Millennials who experience FoMO (*Fear of Missing Out*) syndrome have lifestyle characteristics that spend more time with mobile phones, and for them accessing social media is important, because with the existence of social media the establishment of emotional connections that make themselves often pay attention to their friends' posts on social media, they also post something that others want to see, by showing something that is fine, and not wanting to show their weaknesses, because for them other people's judgment of them is very important (Aisafitri & Yusrifah, 2020).

In the journal entitled "*FoMO: Kecemasan Digital di Kalangan Pengguna TikTok*". This research was conducted by Darmayanti, Dyan Paramitha, Iqbal Arifin, and Muh Inayah (Darmayanti, Paramitha, & Inayah, 2023). TikTok is very significant to cause FoMO because it contains unlimited content, presented in a short duration, easily accessible, so that it can stimulate its users to always scroll (up, down, left, right), and poison its users. When they can't control themselves, they become addicted. There are four main levels of FoMO on TikTok: first, lightweight FoMO which is just curiosity to participate in viral content; second, moderate FoMO, where users feel anxious about not being able to follow viral content and generate a greater desire to engage; third, severe FoMO that can make users feel stressed and try to stay connected to TikTok, even to the point of interfering with daily activities; and finally, Extreme FoMO which is the most dangerous FoMO level because they feel trapped by excessive FoMO, even to the point of wanting to end their lives.

3. RESULTS AND DISCUSSION

Fear of Missing Out (FoMO) is a psychological condition in which a person worries about missing important moments of others when they are not engaged in them. This condition is shown by the desire to continue to connect with what others experience through digital space. FoMO is a feeling of anxiety when you feel left behind or see the activities of relatives that are more enjoyable than you experience (Sianipar & Kaloeti, 2019).

FoMO occurs when a person does not meet basic psychological needs, such as not meeting the needs of autonomy, competence, and connectedness. The need for autonomy refers to one's own actions without the control of others, which makes one's behavior the source. Competency needs involve a person's confidence in acting or behaving well. Whereas, need is the feeling of feeling connected to others. Anxiety will arise and encourage people to seek information about other people's activities through social media if these three needs are not met.

This is in accordance with an interview conducted to one of the Trunojoyo Madura University Students with the initials RW who experienced FoMO against Tiktok, he stated that:

> "At first, I downloaded Tiktok because I saw my friends if I didn't do anything about their work scrolling TikTok. Then I tried to download this application, even became addicted. Now Tiktok is an application that I often open, because every time I get noisy and have nothing to do, I must scroll Tiktok. I don't think it's good if you don't see TikTok even if it's

only for a day. There is a sense of anxiety if you don't open Tiktok for fear of losing the latest information, because I think often opening Tiktok is still missing information, especially if you don't open TikTok at all, you will definitely miss a lot of the latest information". (Interview, 20 Oktober 2023)

If a person does not have a good enough affinity for others in their environment, such as not having close friends or companions in the real world to talk to, share stories, and spend time together, it can lead to disconnection and fear of missing the moment. This causes the Fear of Missing Out, so those who experience it will seek solace by opening social media and looking for what they like.

This opinion is in accordance with an interview with the second speaker of this study, namely RPP, where he revealed that:

"Play TikTok as entertainment material and fill my spare time when alone so you don't feel too lonely, because the content on Tiktok is fun, for example comedy content that makes me entertained. I usually follow trends that relate to my life, for example a new trend that makes random videos with Taylor Swift songs continues to have words as if we are telling Taylor again, now it relates to my life so I joined that trend. For viral food, I often wonder why it can be so viral, so I try it so that I don't get stuck anymore and know the taste." (Interview, 20 Oktober 2023)

Lifestyle is also closely related to the progress of the times and technology, so most teenagers, especially millennials, often abuse their lifestyle to follow trends. Some people use social media to find out about interests, hobbies, and events that are happening, as well as observe trends that match their interests. As SA states in the following excerpt:

"I like to make videos that are viral or trending like dance, the reason is because dance might be a way to express myself or maybe because of a hobby from the past. My FYP is usually about quotes, dance, style, among those FYPs maybe I am more interested in the style arena section can inspire me to wear this fashion and get references so that I am interested and buy it on the Tiktok platform." (Interview, 22 Oktober 2023)

In addition to following trends, the use of Tiktok is also used as a place for self-branding as done by DF, where he is a content creator who often uploads his videos on Tiktok. He stated that:

"I often open TikTok because I make self-branding, so I have a passion in videography and I continue to upload my work there. So that people can also reach me from the videos I share. Not a few also contact me to collaborate because they see the results of my video. For me personally, Tiktok is profitable, because we can also get income from there. But we have to be smart in managing the time, because au yain playing tiktok makes us forget the time." (Interview, 22 Oktober 2023)

Fear of Missing Out is caused by uncomfortable feelings within a person, such as when a person feels bored with things that happen or routines that are considered uninteresting. FoMO is also due to the fact that there are many things that can be seen and read, such as other people's posts on social media.

This opinion is in accordance with the statement found by the NMA source, he stated:

"If I don't follow too much to upload videos like that, anyway. I'm really happy to follow viral products or activities on TikTok. For example, there is bread mixed with milk which is booming. That's me kepo so join the buy, sometimes according to what people review sometimes zonk. Then if for example someone else cooks something and it goes viral, I also try to create that dish according to the recipe on TikTok". (Interview, 23 Oktober 2023)

According to JWT Intelligence, there are six drivers for the emergence of FoMO: age, openness of information on social media, social one-upmanship, events disseminated through

hashtags, conditions of relative deprivation, and high interest in information. This will make people always want to know what the latest information is, and social media is one way to get that information. However, if people don't have the self-control to manage their time and limit the information they obtain through social media, this will have a negative impact.

Fear of Missing Out (FoMO) is a psychological phenomenon that creates feelings of anxiety or worry in someone for fear of missing out on better, interesting, or rewarding experiences felt by others (Christina, Yuniardi, & Prabowo, 2019). In the digital age and social media dominance, FoMO can be a trigger for compulsive behavior (Wantini, Dinni, Putri, & Putri, 2022) such as spending excessive time on platforms like TikTok, due to the urge to constantly check and engage in other people's activities to avoid feelings of missing out or incomprehension. This phenomenon reflects the social pressures that arise due to constant comparisons with other people's lives in cyberspace.

TikTok is a short video sharing app that is popular among teenagers and college students. TikTok allows users to create, edit, and share videos featuring a wide variety of content, such as music, dance, comedy, and challenges. TikTok also has features like "For You Page" which displays videos tailored to user preferences, and "Duet" which allows users to collaborate with other users. The use of TikTok can provide benefits such as entertainment, self-expression, social interaction, and learning. However, the use of TikTok can also have a negative impact, especially if it is affected by FoMO. Some of these negative impacts include:

First, mental health disorders, including stress, depression, anxiety, and low self-esteem, can arise as a result of a variety of factors, especially in the online-connected digital age. Technology and social media provide a platform for self-comparison with others, creating pressure to achieve standards that may be unrealistic. Users are often exposed to idealized images promoted online, creating a sense of dissatisfaction with oneself. In addition, competition for attention or recognition in an online environment can be a significant source of stress, triggering feelings of lack of worth or unsuccession.

Dissatisfaction with oneself can also be influenced by high social expectations, both imposed by society and by the individual himself. The urge to always look perfect online can create an emotional burden that contributes to adverse mental health conditions. Therefore, it is important for individuals to develop a healthy understanding of themselves, manage expectations, and prioritize mental health in an often stressful digital environment(Wantini et al., 2022).

Secondly, excessive use of TikTok can contribute to physical health disorders, including sleep disorders, eye disorders, posture disorders, and fatigue Spending hours scrolling through content on TikTok, especially at night, can disrupt a person's natural sleep patterns. Exposure to blue light from phone screens used to watch TikTok videos can inhibit the production of sleep hormones, exercise, thereby causing difficulty falling asleep and other sleep disorders.

In addition, intense focus on the phone screen can also cause eye disorders, includıng eyestrain, sweat, or even headaches. Most people tend to maintain poor posture while using their phones, especially if they are too glued to the content they are watching. This can lead to posture disorders, which in turn can trigger various physical problems, such as neck, back, and shoulder pain. Therefore, it is important to use TikTok wisely, manage the time of use, and pay attention to physical health during online activities.

Third, excessive use of TikTok can cause disruption of life balance, including decreased academic performance, decreased quality of social relationships, and decreased spiritual well-being. When someone is too fixated on the platform, the time that should be allocated for academic assignments can be overlooked. Focused concentration on TikTok content can reduce learning productivity, potentially leading to decreased academic performance and decreased motivation to complete important tasks.(S. A.-N. A. D. P. Mhd. L. A. Wantini, 2023)

In addition, the tendency to spend a lot of time in cyberspace can also be detrimental to the quality of social relationships. Direct interaction with friends or family can be neglected, leading to feelings of loneliness or social isolation. Life balance also involves spiritual aspects, and addiction to digital platforms can obscure self-understanding and life purpose. Therefore, it is important for TikTok users to create time constraints, manage priorities, and be aware of their impact on different aspects of life in order to maintain a healthy balance.

To overcome the negative impact of TikTok use influenced by FoMO, an analysis of the perspective of Islamic educational psychology is needed. Islamic educational psychology is a science that studies the process of learning and teaching based on Islamic values. Islamic educational psychology can provide guidance and solutions to develop attitudes and behaviors that are in accordance with Islamic teachings, such as:

First, it is important for one to know oneself, realize one's potential, advantages, and disadvantages This is key to reducing self-comparison with others, especially in a digital environment like TikTok. With a deeper understanding of oneself, one can build a strong sense of self-confidence, unaffected by standards or images that may be unrealistic in cyberspace. Being grateful for God's grace is also an important aspect of this process, helping one to find value and beauty in oneself without the need to measure oneself based on the accomplishments or appearance of others.

Good self-understanding also allows a person to develop his potential and strengths more effectively. By recognizing one's talents and expertise, one can focus on self-development without being influenced by external expectations that may not match one's true identity. Therefore, the process of knowing yourself, being grateful, and appreciating potential can help TikTok users to navigate the digital world more positively and build a solid mental health foundation.

Secondly, controlling yourself, lust, and emotions is an important step in ensuring that TikTok users can maintain balance in their digital lives. Dependence and addiction to these

applications can be detrimental to mental health and interfere with productivity By self-control, one can set time limits on TikTok use, preventing it from excessive behavior and leading to addiction. The ability to resist lust also allows one to make wiser decisions in choosing the content consumed, ensuring that online time is used beneficially and positively(Wantini, 2023)

Moreover, avoiding things that can damage the mind, soul, and body is an integral part of Islamic values. For example, staying away from negative, unhelpful, or contrary to Islamic norms is an attempt to maintain spiritual and moral integrity. This includes selecting content that is consistent with religious values and minimizing the risk of exposure to things that may damage faith or have a negative impact on thoughts and feelings. This way, TikTok users can build an online presence that aligns with their own values and results in a more meaningful digital experience.

Third, maintaining a life balance between essence, reason, and sharia is the foundation to ensure that TikTok users can live a balanced and meaningful life. Essence includes a deep understanding of the purpose of life, while reason involves managing wisdom in the use of technology and social media. Sharia, as a guide to values and ethics in Islam, provides a moral framework to ensure that online and offline activities are in line with religious principles. By understanding and integrating these three aspects, TikTok users can prioritize activities that are truly meaningful and bring positive impact in their lives(Wantini et al., 2022; W. Wantini et al., 2023).

In addition, maintaining a balance between the world and the afterlife is the key to a balanced life. TikTok users need to realize that the use of social media should not shift the focus from the main goal of life, which is to get closer to God and strive for blessings in the afterlife.Maintaining this balance involves awareness of life priorities, such as the performance of worship, the search for knowledge, the role in the family, and positive contributions to society. Thus, TikTok users can avoid the trap of addiction and ensure that their digital lives are in line with Islamic spiritual and ethical values.

4. CONCLUSION

Based on the results of the study, it can be concluded that the Fear of Missing Out (FoMO) phenomenon creates concerns that other people's experiences are better, interesting, or useful, especially in the context of using the TikTok application. While TikTok can provide entertainment and social interaction, its negative impact involves impaired mental health, physical, and life balance. Self-comparison with an online ideal image can lead to stress and low self-esteem. Therefore, it is important to develop a healthy self-understanding and manage expectations. Overuse of TikTok can disrupt sleep, cause eye disorders, and affect posture. Life balance is also threatened, with a decline in academic performance and the quality of social relationships. Solutions from the perspective of Islamic educational psychology involve developing self-understanding, self-control, and maintaining life balance in accordance with religious values to create more positive and meaningful digital experiences.

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