

Providing Health Education (Instagram Social Media Fasting) Against FoMO (Fear of Missing Out) Incidents in Adolescents at SMKN 2 Kediri

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ABSTRACT

FoMO (Fear of Missing Out) is a concern that occurs in individuals when they see other people doing social events or fun activities without them. This study aims to see the effect of providing health education (fasting on Instagram social media) on the incidence of FoMO in adolescents at VHS 2 Kediri.. The sample in this study amounted to 86 students. This study uses a quantitative pre-experimental approach with a research design of One Group Pre-Test-Post Test Design. The measuring instrument used is a questionnaire with a reliability value of $0.909 > 0.60$. Bivariate analysis test using Paired Sample t-test. The results showed that the average value of the pre-test was 59 and the post-test was 47. While the results of the Paired Sample t-test showed that the value of sig (2-tailed) was $0.000 < 0.05$, then reject H_0 and accept H_1 so that it can be interpreted that there is an influence between the provision of health education (fasting on Instagram social media) on the incidence of FoMO. So it can be concluded that the provision of health education has an influence in reducing the symptoms of FoMO experienced by adolescent social media users with a span of 2 weeks.

Keywords: FoMO (Fear of Missing Out, Instagram Social Media Fasting, Teenagers.

INTRODUCTION

The concept related to FoMO (Fear of Missing Out) is still relatively new and growing rapidly along with the development of technology and communication which is getting faster. This has led to the rise in the popularity of social media. This term is often used by young people and lay people for old people. FoMo is a concern that occurs in individuals when they see other people doing social events or fun activities without them. So that individuals who have experienced FoMO symptoms often subconsciously want to continue to connect with what other people are doing (Przybylski, Murayama, Dehaan, & Gladwell, 2013).

FoMO is associated with higher levels of social engagement, meaning the more a person uses social media, the more likely they are to experience FoMO (Gupta & Sharma, 2021). FoMO can also result in a person spending more time online than in the real world. Even though during this pandemic, we can still balance activities in the real world as long as we continue to follow health protocols. So that feeling like this FoMO will not spread.

Digital Data Indonesia as of January 2021 reports that there are five major social media platforms that are accessed the most as of January 2021, namely Youtube (93.8%), Whatsapp (87.7%), Instagram (86.6%), Facebook (85, 5%) and Twitter (63.6%). Social media users come from various age ranges. And based on the cumulative time spent, there are five major media with long duration access, namely Whatsapp (30.8 hours/month), Facebook (17 hours/month), Instagram (17 hours/month), Tiktok (13.8 hours/month). month), and Twitter (8.1 hours/month) (Kemp, 2021).



The results of a survey conducted by the RSPH (Royalty Society For Public Health) in May 2017 categorizes social media based on their impact, namely Youtube is ranked first as the social media that has the most positive impact and Instagram is the social media that has the most negative impact. The negative impacts of Instagram are anxiety, depression, loneliness, sleep, body image, bullying and FoMO. Of the several negative impacts, there are 3 negative impacts that are often experienced by Instagram users, namely body image, sleep and FoMO.(Royal Society for Public Health, 2017).

Instagram is a social media that attracts attention from various circles. From young to adult. Active Instagram users also continue to grow every day. The Statista Research Department issued survey results in April 2021 which showed Indonesia was ranked 4th as the country with the most Instagram users, amounting to 86 million with the most users in the 18-24 year age range.

Attitudes and behavior of an individual can be influenced by the use of social media Instagram. If something changes to be more positive, such as being creative, looks attractive, and there is also someone who uses Instagram as a competitive medium to show off what the individual has. Users who are dominated by teenagers often think that recognition from the virtual world is more important than in the real world(Ulf, 2019).

From the observations made, most people feel that likes are an important element of a photo or video post. So not infrequently a teenager will make a post as good as possible and provide a caption (description on the post) that is as attractive as possible in order to invite people to press like. This is sometimes against their will or they will pay more attention to public consumption than what they really want to worry about. Such feelings are often a symptom of a person experiencing FoMO. Where the person will follow what is trending rather than what they want.

The results of preliminary studies conducted by researchers regarding the incidence of FoMO in adolescents in Kediri City such as at SMKN 2 Kediri City, showed that most students had a risk of experiencing FoMO seen from the criteria in the use of social media Instagram. Then when grouped again in which group is most at risk of experiencing FoMO. So the researchers found that the most Instagram user groups with high intensity were in Class XI of the Office Governance Department.

Based on the description above, the researcher is interested in conducting research on the provision of health education (fasting on Instagram social media) on the incidence of FOMO (Fear Of Missing Out) in adolescents at SMKN 2 Kediri.

METHODS

Research using a quantitative approach. The type of research used is influence research, namely by using the t test. The research method used by the researcher is experimental. The form of the experiment used in this study was Pre-Experiment with the research design of One Group Pre-Test – Post-Test Design. The population is all teenagers of Class XI Department of Office Governance at SMKN 2 Kediri City as many as 106 students and a sample of 86 students. The sampling technique uses Proportional Random Sampling. Data analysis using paired T-test.

RESULTS

Subject Characteristics

Table 1. Characteristics of subjects by age

Age	Number of Subjects (N)	Percentage (%)
16 years	60	69.8
17 years	26	30.2
Total	86	100

Table 2. Subject characteristics by gender

Gender	Number of Subjects (N)	Percentage (%)
Woman	84	97.67
Man	2	2.33
Total	86	100

Table 3. Subject characteristics by major

Major	Number of Subjects (N)	Percentage (%)
OTKP 1	28	32.60
OTKP 2	29	33.70
OTKP 3	29	33.70
Total	86	100

Table 4. Subject characteristics based on duration of use of social media

Duration	Number of Subjects (N)	Percentage (%)
12 hours	29	33.70
2 – 3 hours	42	48,80
3-4 hours	10	11.60
4 – more	5	5.9
Total	86	100

Data analysis

Table 5. Test results paired sample t-test

Variable	t	Correlation	Sig.	df	Sig. (2-tailed)	Level Of Significant
Pre-Test and Post-Test	12,247	0.596	0.000	85	0.000	0.05
N = 86						

DISCUSSION

Based on the table above, it shows that the Correlation value is 0.596 with a sig value. 0.000 so it can be said that there is a relationship between the pre and post variables. The value of t count $12,247 > t \text{ table } 1.66$ so it can be said that there is an effect of providing health education on the incidence of FoMO (Fear of Missing Out). sig value. (2-tailed) of $0.000 < 0.05$. So it can be concluded that Reject H_0 Accept H_1 . Thus it can be said that there is a significant effect on the incidence of FoMO (Fear of Missing Out) before and after the treatment is given.

Describe The Incident of FoMO (Fear of Missing Out) Before Giving Health Education (Instagram Social Media Fasting) to Adolescents at SMKN 2 Kediri

Based on the results of the pre-test data, namely before the health education was given (fasting on Instagram social media) showed the average value of FoMO (Fear of Missing Out) incidence with a value of 59. This value appeared when adolescents (respondents) had not received treatment (treatment) in meaning that when filling out the pre-test, teenagers in the condition of using social media Instagram with the longest user duration in the range of 2-3 hours totaling 42 people. Meanwhile, for a duration of 1-2 hours, it was found that there were 29 people, for 3-4 hours there were 10 people and 4 hours – more than 5 people. In addition, most of the teenagers who filled out the questionnaire were 84 female students and 2 male students.

These results are in accordance with the theory by Judith in 2011 which states that the duration of using social media for approximately 2-3 hours can be categorized as social media use with high criteria. So this is also at risk of making an individual experience symptoms of FoMO (Fear of Missing Out). Because FoMO (Fear of Missing Out) according to Gupta and Sharma in 2021 has a relationship with a higher level of social engagement. So it tends to be when an individual frequently uses social media or spends more time on social media, it can result in that individual being prone to FoMO (Fear of Missing Out). In addition, the increase in FoMO levels in a person can be triggered due to the high use of social media. So that social media can exacerbate or have a relationship with FoMO experienced by someone (Buglass, Binder, Betts, & Underwood, 2017). The data from this study are also in line with the results of previous studies which stated that the level of FoMO in women was higher than that of men. Because women have a high need to be accepted and feel recognized in a group and are vulnerable to stress when they feel unpopular or left behind, especially on social media (Beyens, Frison, & Eggermont, 2016).

In Indonesia as of January 2021, the most accessed social media is Instagram. Instagram is a social media that attracts attention from various circles. The Statista Research Department released survey results in April 2021 which showed Indonesia was ranked 4th as the country with the most Instagram users, amounting to 86 million.

Survey data conducted by the RSPH (Royal Society for Public Health) in 2017 released the results of social media categories based on their impact. Instagram ranks first as the social media with the most negative impact. The negative impacts of Instagram are anxiety, depression, loneliness, sleep, body image, bullying and FoMO. Of the several negative impacts, there are 3 negative impacts that are often experienced by Instagram users, namely body image, sleep and FoMO.

According to the view of researchers in the current era, especially when a pandemic is happening around the world, all people have a high intensity in using social media, especially Instagram which is being loved, especially among teenagers. So that it is possible for a person to experience symptoms of FoMO (Fear of Missing Out) events without realizing which ultimately results in a decrease in quality of life. Although not physically, FoMO (Fear of Missing Out) events can interfere with individuals in terms of mental health.

Describe Occurrence of FoMO (Fear of Missing Out) after Health Education (Instagram Social Media Fasting) for Adolescents at SMKN 2 Kediri

Based on the results of the post test data, namely after the treatment (treatment) in the form of health education (fasting on Instagram social media) showed the average post test value of FoMO (Fear of Missing Out) events with a value of 47. The average value decreased from the previous value. after adolescents (respondents) were given health education (fasting on Instagram social media) by emphasizing the duration of using Instagram social media. Where all teenagers (respondents) are only given time to access social media for 2 hours a day. The Instagram social media fast lasted for 2 weeks.

These results are consistent with research conducted by Pantic in 2014 which states that there is a positive correlation between symptoms of depression and the time of using social media in junior high and high school students. Likewise in previous research conducted by Nabila Zahra in 2019 which stated that there was a positive relationship between the intensity of social media use and FoMO (Fear of Missing Out).

According to research conducted by Lisa Harsono and Septia Winduwati in 2020, it is stated that Instagram can be a good platform if used properly, such as being a platform to make money through online shops or endorsements, establishing relationships with old friends, keeping in touch with friends. far away, and so on. However, Instagram under certain conditions can be toxic if it has a negative impact on its users, such as losing self-esteem and confidence by comparing yourself with others, becoming anxious, having trouble sleeping, depression, being jealous of other people's lives, and so on.

This is also evident in the research conducted by Lisa Harsono and Septia Winduwati in 2020 that there was an informant who stated that after doing the Instagram detox, they became more self-accepting and had a good understanding of self-acceptance.

According to the researcher's view, in terms of FoMO (Fear of Missing Out) events as previously explained, the duration of using Instagram social media plays a very important role in the occurrence of FoMO (Fear of Missing Out) events, so it is necessary to discipline the duration of use in the form of social media fasting. Instagram. After fasting on Instagram social media, there was a change in the symptoms of FoMO (Fear of Missing Out) experienced by adolescents with a decrease in the average post-test value compared to the pre-test value.

Analyze The Effect of Before and After Giving Health Education (Instagram Social Media Fasting) on the Incident of Fomo (Fear Of Missing Out) in Adolescents at SMKN 2 Kediri

Based on the results of the Paired Sample T-Test from the data that has been obtained in this study, it shows a significant value of 0.000 which means that the research hypothesis is accepted. So the hypothesis in this study is that there is an effect of giving before and after giving health education (fasting on Instagram social media) on the incidence of FoMO (Fear of Missing Out) in adolescents at SMKN 2 Kediri. This shows that the duration of using Instagram social media can affect the incidence of FoMO (Fear of Missing Out) in adolescents at SMKN 2 Kediri City.

This hypothesis is in accordance with the results of previous research conducted by Przybylski, Murayama, Deehan, & Gladwell in 2013 which stated that low basic psychological needs in the use of media such as the internet can cause an individual to experience FoMO (Fear of Missing Out). JWTIIntelligence (2012) also states that 40% of internet users experience FoMO (Fear of Missing Out). The presence of social media also strengthens several indicators of FoMO (Fear of Missing Out) including feelings of worry, anxiety and worry resulting from the use of social media, especially now that there is a lot of information that can be accessed more easily through social media so that someone tends to use social media more frequently. use it. So this triggers a person to be vulnerable to being affected by FoMO (Fear of Missing Out).

In 2017, the RSPH (Royal Society for Public Health) proved that the level of anxiety and depression caused by the use of social media in young people has increased by 70% in the last 25 years. The Chief Executive of the RSPH (Royal Society for Public Health) also believes that a person's mental health condition is intrinsically linked to social media. This is indeed more prone to occur in adolescents, according to the results of Riskesdas in 2018 which show that about 10% of people with mental emotional disorders, including the FoMO (Fear of Missing Out) indicator, are in the 15-24 year age range, where adolescents are also included. So that adolescents are an age group that is very susceptible to emotional disorders,

In this study, it was also found that most of the teenagers used Instagram social media with a long duration, which was in the range of 2 – 3 hours per day and some used it > 3 hours per day. This fact makes teenagers have a vulnerability to experience FoMO (Fear of Missing Out). In addition, the data from the FoMO (Fear of Missing Out) incident before the treatment (treatment) showed an average value of 59. Then a treatment (treatment) was given in the form of health education (fasting on Instagram social media). Where respondents were asked to reduce the duration of using Instagram social media during the agreed time in accordance with the attached SOP, this aims to see if the FoMO (Fear of Missing Out) incident can change.

According to the researchers, the emphasis on the duration of social media use can be a solution to reduce the incidence of FoMO (Fear of Missing Out) which has unknowingly occurred in adolescents. Moreover, teenagers themselves have a long duration of using Instagram social media, making it difficult for them to unknowingly escape from Instagram social media and the FoMO (Fear of Missing Out) incident without realizing that the symptoms already exist in them.

CONCLUSION

Data before providing health education (fasting on Instagram social media) on the incidence of FoMO (Fear of Missing Out) in adolescents at SMKN 2 Kediri City showed that the FoMO (Fear of Missing Out) indicator in adolescents was at an average value of 59. Data after the provision of health education (fasting on Instagram social media) on the occurrence of FoMO (Fear of Missing Out) in adolescents at SMKN 2 Kediri City shows the results of the FoMO (Fear of Missing Out) indicator being on an average value of 47. Based on the results of research analysis there is a significant effect significant or positive between the provision of health education (fasting on Instagram social media) to the incidence of FoMO (Fear of Missing Out) in adolescents at SMKN 2 Kediri City (Sig 0.000). These results indicate that the lower the duration of the use of social media Instagram.

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