



Fear of Missing Out (Fomo) on Phubbing Behavior With Self-Control As A Mediator

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Abstract

Smartphone misuse can lead to risky behaviors in students, such as nomophobia and phubbing, which impact on decreased engagement, perceived communication quality, and satisfaction with social interactions. This study aims to determine the relationship between FOMO and phubbing behavior in students, with self-control as a mediator. This quantitative correlational study and mediation regression analysis used a non-probability sampling technique, involving 368 active undergraduate students of Universitas Islam 45 Bekasi. Instruments: phubbing scale ($\alpha = 0.959$), self-control ($\alpha = 0.986$), and FOMO ($\alpha = 0.959$). The analysis used normality, linearity, correlation, and PROCESS Macro Model 4 by Hayes tests. The indirect effect of FOMO on phubbing through self-control was significant ($b = 0.1383$; $BootSE = 0.0427$; $95\% CI = 0.0549-0.2257$). Because the CI does not contain 0 and the direct effect ($c' = 0.8358$) remains significant, partial mediation occurs.

Keywords: phubbing, fear of missing out, self-control, mediator

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Introduction

According to the 2024 internet penetration survey conducted by the Indonesian Internet Service Providers Association (APJII), internet penetration in Indonesia reached 79.50%, an increase from 78.19% in 2023. In 2024, approximately 221,563,479 individuals were connected to the internet out of a total population of 278,696,200 in 2023. The internet penetration rate in West Java was recorded at 85.52%. Survey data from APJII (2024) also revealed that Generation Z (aged 12–26 years) constitutes the largest group of internet users, accounting for 34.4% of the total, with an average usage duration of more than six hours per day. This indicates that the groups with the highest levels of smartphone and internet use are primarily school-aged adolescents and university students. As noted by Walenta et al. (2022), university students aged 18–25 years, as part of the adolescent demographic, belong to the “digital generation” a cohort that is highly integrated with technological advancements (Khairunnisa & Nursanti, 2024).

According to Jamun and Ntelok (2022), excessive smartphone use often causes university students to neglect their academic responsibilities and commitments. For example, students may spend a significant amount of time using their smartphones during lectures, while completing assignments, studying, or engaging in discussions. Such behavior can disrupt students’ concentration and make it easier for them to disregard activities that should be their priority. Furthermore, previous studies (Santoso & Soetjningsih, 2022; Karadağ et al., 2015) have shown that excessive or inappropriate smartphone use can also lead to other risky behaviors among university students, such as nomophobia—an excessive fear of being away from one’s smartphone. In addition, Syifa et al. (2024) found that phubbing behavior can increase students’ academic procrastination, which in turn may decrease academic performance. This occurs because students who engage in phubbing tend to devote more of their time and attention to smartphone use. Consequently, aside from ignoring conversational partners during face-to-face interactions, students who display phubbing behavior are also more likely to postpone various academic-related activities. This tendency toward procrastination can ultimately contribute to a decline in academic achievement (Khairunnisa & Nursanti, 2024).

According to Chotpitayasunondh and Douglas, the impacts of phubbing include a decline in the quality of interactions, dissatisfaction with the interactions themselves, a loss of trust during communication, reduced closeness caused by the presence of a mobile phone, feelings of jealousy, and mood disruption (Lapalelo & Purnomo, 2024). Yusnita and Syam (2017) further note that such disruptions can make individuals more apathetic



toward their surroundings (Hafizah et al., 2021). Phubbing reduces the sense of connectedness, which ultimately affects perceptions of communication quality and levels of satisfaction in social interactions (Chotpitayasunondh & Douglas, 2018; Hura et al., 2021). Since almost everyone worldwide uses smartphones in their daily lives, it is difficult to imagine people abandoning them entirely. Garrido et al. (2021) state that individuals who experience phubbing from others are more likely to engage in the same behavior themselves. This means that phubbing is not limited to the recipient but can perpetuate and spread to others. Therefore, understanding the factors that influence phubbing behavior is crucial. If phubbing behavior can be prevented, its associated problems and negative impacts may also be avoided (Lauw & Jannah, 2024).

According to Syifa et al. (2024), one ability that can help students in this regard is self-control. Students need to possess good self-control to manage and regulate themselves, their time, and the activities they wish to engage in, thereby avoiding potential negative consequences resulting from their behavior (Khairunnisa & Nursanti, 2024). Self-control is one of the variables influencing phubbing behavior, referring to an individual's tendency to consider the various consequences of a given behavior. Individuals who struggle with self-control are presumed to be unable to regulate their smartphone use. A lack of self-control can also disrupt focus on tasks, increase irrelevant thoughts, and heighten the frequency of smartphone use. Ideally, a person should be able to regulate their behavior according to prevailing social norms so that, when faced with a smartphone, they can control its usage (Isrofin & Munawaroh, 2021).

Another key factor influencing phubbing behavior is fear of missing out (FOMO), which refers to the anxiety of being left out (Chotpitayasunondh & Douglas, 2016). FOMO describes a condition in which individuals feel anxious after viewing or checking social media and witnessing the enjoyable activities of their peers, along with a strong urge to remain connected to what others are experiencing online. This is characterized by a desire to constantly keep up with others' activities and a sense of discomfort stemming from the belief that others are experiencing something the individual is not. As a result, individuals strive to remain connected with others (Hura et al., 2021).

Previous research on self-control, fear of missing out, and phubbing behavior, such as the study by Chotpitayasunondh and Douglas (2016), found that internet addiction, FOMO, and self-control predict smartphone addiction, which in turn predicts phubbing behavior. FOMO and self-control were significantly correlated with phubbing among millennials, with FOMO showing a positive correlation with phubbing behavior, while self-control demonstrated a negative correlation. Findings from interviews with five active students at Universitas Islam 45 Bekasi further supported these theoretical results. All



respondents exhibited a high tendency toward phubbing behavior, as indicated by aspects such as nomophobia, interpersonal conflict, and self-isolation. They also displayed low self-control in behavioral control, cognitive control, and decision-making, as well as high levels of FOMO in aspects related to self and relatedness.

Objectives of the Study

Therefore, this study aims to examine whether there is a relationship between FOMO and phubbing behavior among university students, with self-control as a mediating variable. The research hypotheses are as follows:

Ha1: There is a relationship between fear of missing out and phubbing behavior.

H01: There is no relationship between fear of missing out and phubbing behavior.

Ha2: Fear of missing out indirectly affects phubbing behavior through self-control as a mediator.

H02: Fear of missing out does not indirectly affect phubbing behavior through self-control as a mediator.

PHUBBING BEHAVIOR

According to Chotpitayasunondh and Douglas (2016), phubbing is described as the act of using a smartphone in social situations involving two or more people, in which an individual focuses more on their phone than on directly interacting with those around them. Similarly, Karadağ et al. (2015) define phubbing as the behavior of diverting one's attention to a smartphone during face-to-face interactions, thereby prioritizing the device over interpersonal communication. The term itself is a combination of the words *phone* and *snubbing*.

According to Al-Saggaf and MacCulloch (Al-Saggaf & O'Donnell, 2019), phubbing refers to using a smartphone during face-to-face interaction, which causes attention to shift away from the conversational partner. This behavior reflects a tendency to focus more on the phone while speaking, thereby reducing engagement in interpersonal communication. Likewise, Ergün et al. (2020) define phubbing as ignoring others in various social contexts—whether between individuals, between an individual and a group, or between groups—due to attention being centered on a smartphone. Hanika (2015) adds that phubbing can also be used to describe behavior that hurts the feelings of one's conversational partner through excessive smartphone use.

SELF-CONTROL



According to Averill (1973), self-control is defined as a psychological aspect encompassing an individual's ability to modify their behavior, manage both expected and unexpected information, and determine actions based on personal beliefs. Tangney (as cited in Khairunnisa & Nursanti, 2024) describes self-control as the ability to regulate one's behavior according to specific standards, such as morals, values, and social rules, thereby resulting in positive actions. Self-control refers to an individual's capacity or skill to manage behavior by restraining, controlling, regulating, or directing impulses and desires through careful consideration, thus avoiding poor decision-making (Nofitriani, 2020).

Baumeister and Boone (as cited in Marsela & Supriatna, 2019) similarly define self-control as an individual's ability to regulate behavior according to particular standards, such as morals, values, and social rules, in order to encourage the development of positive behavior. Self-control also involves the ability to understand both personal and environmental situations accurately, as well as to regulate and manage behavior so that it aligns with the situation and conditions, thereby enabling the individual to demonstrate appropriate behavior in social interactions and self-regulation (Harahap, 2017).

FEAR OF MISSING OUT

According to Przybylski et al. (2013), fear of missing out (FOMO) is a condition in which an individual experiences anxiety after viewing or checking social media and seeing the enjoyment their friends are having elsewhere, accompanied by a strong desire to remain connected to the activities of others in the digital world. Virnanda (as cited in Hanoum et al., 2023) explains that FOMO refers to feelings of anxiety related to social activities or enjoyable events that an individual is unable or unwilling to participate in. Mackellar (2019) defines FOMO as the fear that others may be experiencing something valuable that the individual is missing out on. This is reflected in the constant desire to stay connected to sources of information about other people's activities.

According to Lamba (2021), FOMO is essentially a psychological term that describes a natural human drive to always feel connected and not be left out. This tendency can lead to social media addiction and a persistent need to keep up with the latest news and trends (Adiningsih & Ratnasari, 2024). FOMO is the anxiety that arises from the feeling of being "left behind" due to a lack of updated information (Taswiyah, 2022). Based on these definitions, FOMO can be summarized as a psychological condition characterized by anxiety and the fear of missing out on valuable experiences that others are having. This condition drives individuals to remain constantly connected to social media and information about others' activities in order to avoid the feeling of being left out.



METHOD

The participants in this study consisted of 368 active undergraduate students from Universitas Islam 45 Bekasi who met the following criteria: (1) active undergraduate enrollment at Universitas Islam 45 Bekasi, (2) aged 18–25 years, and (3) ownership of a mobile phone. The sampling technique employed was convenience sampling, a method in which participants are selected based on ease of access by the researcher. Samples were chosen from individuals who were encountered by chance, deemed to meet the eligibility criteria, and willing to participate as respondents in accordance with the requirements established by the researcher (Sari & Ratnaningsih, 2020).

Data collection in this study was carried out through interviews and psychological scales. The phubbing behavior scale, developed by Isrofin (2020), was based on the Generic Scale of Phubbing created by Chotpitayasunondh and Douglas (2018), with a Cronbach's alpha reliability coefficient of 0.959. The self-control scale was self-developed by the researcher, referring to Averill's (1973) theory, with a Cronbach's alpha of 0.986. The fear of missing out scale was adapted from Przybylski et al. (2013), with a Cronbach's alpha of 0.959.

The data analysis methods used to test the hypotheses in this study were Spearman's rank correlation test and regression analysis using Hayes' PROCESS macro. The correlation test was conducted to examine whether a relationship exists between the two variables under investigation, while the regression analysis using Hayes' PROCESS macro was applied to test the effect of the mediating (intervening) variable.

RESULTS

Table 1 shows that the correlation test results indicate a relationship between the variables *fear of missing out* and *phubbing behavior*, with a correlation coefficient of $r = 0.779$ and a significance value of $p = 0.000$ ($p < 0.05$). This finding demonstrates a very strong positive relationship between the two variables. The higher an individual's level of *fear of missing out*, the higher their tendency to engage in *phubbing behavior*. Therefore, the first hypothesis (Ha1) is accepted.



Tabel 1. Correlation Test Results

Variable	Coefisien Corelation (<i>r</i>)	Sig (<i>p</i>)	explanation
<i>Fear of missing out - Phubbing behavior</i>	0,779**	0,000	Ha ₁ accepted

Table 2 shows that the path analysis results for c' (direct effect) indicate that the variable *fear of missing out* has a positive and significant effect on *phubbing behavior* ($b = 0.8358$, $SE = 0.0547$, $t = 15.2763$, $p < 0.0000$, 95% CI = [0.7282, 0.9434]). This finding suggests that the higher the level of *fear of missing out*, the higher the level of *phubbing behavior*, and this effect is statistically significant.

The path analysis results for path a show that *fear of missing out* has a negative and significant effect on *self-control* ($b = -1.0074$, $SE = 0.0578$, $t = -17.4194$, $p < 0.0000$, 95% CI = [-1.1211, -0.8936]). This indicates that the higher the level of *fear of missing out*, the lower the level of *self-control*, and this effect is statistically significant.

The path analysis results for path b indicate that *self-control* has a negative and significant effect on *phubbing behavior* ($b = -0.1373$, $SE = 0.0366$, $t = -3.7552$, $p = 0.0002$, 95% CI = [-0.2092, -0.0654]). This means that the higher the level of *self-control*, the lower the level of *phubbing behavior*, and this effect is statistically significant.

Furthermore, when the mediator variable (M) was included in the model, X (*fear of missing out*) still had a significant effect on Y (*phubbing behavior*) ($b = 0.8358$, $SE = 0.0547$, $t = 15.2763$, $p < 0.001$, 95% CI = [0.7282, 0.9434]), and M (*self-control*) also had a significant effect on Y ($b = -0.1373$, $SE = 0.0366$, $t = -3.7552$, $p = 0.0002$, 95% CI = [-0.2092, -0.0654]). The total effect of X on Y was significant ($b = 0.9742$, $SE = 0.0412$, $t = 23.6595$, $p < 0.001$, 95% CI = [0.8932, 1.0551]).

The indirect effect of X on Y through M was also significant ($b = 0.1383$, BootSE = 0.0427, 95% Bootstrap CI = [0.0549, 0.2257]). Since the confidence interval did not contain the value 0, the mediation effect can be concluded as significant. Furthermore, the indirect effect coefficient ($c = 0.1383$) was lower than the direct effect coefficient ($c' = 0.8358$), but the direct effect (c') remained significant after the mediator was included. Therefore, it can be concluded that partial mediation occurred. Based on these findings, the second hypothesis (Ha₂) is accepted, and H₀₂ is rejected.



Tabel 2. Regression Analysis Test Using PROCESS Macro

Variabel/Effect	Coefisien (b)	SE	t	p	95% Confidence Interval (CI)	
					Boot LLCI	Boot ULCI
<i>Fear of missing out → phubbing behavior (lane c')</i>	0.8358	0.0547	15.2763	<0,000 0	0.7282	0.9434
<i>Fear of missing out → self-control (lane a)</i>	-1,0074	0,0578	-17.4194	<0,000 0	-1.1211	-0.8936
<i>Self-control → phubbing behavior (lane b)</i>	-0,1373	0,0366	-3,7552	0,0002	-0,2092	-0,0654
Effect						
<i>Total effect</i>	0,9742	0,0412	23,6595	0,0000	0,8932	1,0551
<i>Direct effect (Fear of missing out → phubbing behavior)</i>	0.8358	0.0547	15.2763	<0,000 0	0.7282	0.9434
<i>Indirect effect (Fear of missing out → phubbing behavior through self-control)</i>	0,1383	0,420	-	-	0,0582	0,2248

DISCUSSION

This study aimed to test the hypotheses using two types of analysis: correlation testing and regression analysis with Hayes' PROCESS macro. The correlation test was conducted to determine whether there is a relationship between the two variables under study, while the regression analysis with Hayes' PROCESS macro was employed to examine the effect of the mediator (intervening) variable.

The correlation test results showed a very strong positive relationship between *fear of missing out* (FOMO) and phubbing behavior ($r = 0.779$, $p = 0.000$). This means that the higher the level of FOMO, the higher the tendency for phubbing behavior. Therefore, the first hypothesis (Ha1) is accepted, and H01 is rejected. This finding is consistent with Hura's (2021) study, which revealed that FOMO has a positive relationship with phubbing behavior. In other words, the higher a person's level of FOMO, the greater their tendency



to engage in phubbing; conversely, the lower the FOMO, the lower the tendency to engage in such behavior.

The indirect effect of X on Y through M was found to be significant ($b = 0.1383$, $\text{BootSE} = 0.0427$, 95% Bootstrap CI = [0.0549, 0.2257]). Since the confidence interval does not include zero, the mediation effect can be considered significant. Furthermore, the coefficient of the indirect effect ($c = 0.1383$) was lower than the direct effect ($c' = 0.8358$), but the direct effect (c') remained significant after including the mediator. Thus, partial mediation can be concluded.

This result is consistent with Gao et al. (2023), who found that using self-control as a mediator revealed that FOMO is positively related to phubbing and that self-control partially mediates the relationship between the two. Their findings showed that FOMO is a significant predictor of self-control ($\beta = -.28$, $\text{SE} = 0.04$, $p < .001$, 95% CI [-0.38, -0.20]) and phubbing ($\beta = .26$, $\text{SE} = 0.04$, $p < .001$, 95% CI [0.18, 0.34]). Moreover, self-control negatively predicted phubbing ($\beta = -.29$, $\text{SE} = 0.04$, $p < .001$, 95% CI [-0.37, -0.21]). Notably, the 95% bootstrap CI did not include zero, indicating a significant mediation effect of self-control ($b = 0.08$, $\text{SE} = 0.02$, 95% CI [0.05, 0.11]). Furthermore, the indirect effect of self-control (0.08) accounted for 23.5% of the total effect (0.34).

CONCLUSION

There is a positive relationship between *fear of missing out* (FOMO) and phubbing behavior. There is also an indirect effect of FOMO on phubbing behavior through self-control as a mediator; however, this mediation is only partial. Based on the findings obtained from the data collected in the field, the researcher would like to offer several suggestions that are expected to be useful for various parties concerned with the topic of this study.

It is recommended that university students increase their awareness regarding excessive smartphone use, particularly when it affects direct social interactions. Students are also encouraged to practice self-control in managing their time on social media to avoid phubbing behavior and its negative consequences.

For future researchers interested in this topic, it is suggested to broaden the scope of the study so that the results can provide a more comprehensive overview. Considering that this study has not fully revealed other potential factors that may influence phubbing behavior, future studies are advised to employ more optimal approaches or data collection techniques.



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