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TUGASAN KUMPULAN

| NAMA AHLI KUMPULAN | NO MATRIK |
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SKEMA PERMARKAHAN (DIISI OLEH PENSYARAH)

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TUGASAN KUMPULAN

A. Introduction

By : UMMU AQILLAH BINTI MAT RESAT (B21EC0062)

FOMO is an acronym that stands for "fear of missing out." FOMO, which was introduced to the Oxford English Dictionary in 2013, refers to the anxiety caused by the knowledge that you could be missing out on pleasant experiences that others are enjoying. FOMO is an intra-personal quality that motivates people to keep up with what other people are doing, particularly on social media platforms. Furthermore, FOMO is particularly prevalent among those aged 18 to 33. In a study conducted by the University of British Columbia, it was discovered that young people do not consider their screen usage to be a significant role in their experiences of social isolation. Rather, the majority of the youngsters in their study said that technology was critical in helping them feel connected to others. FOMO was a better predictor of usage of more private social media platforms (e.g., Facebook, Snapchat) than more public platforms (e.g., Twitter, Youtube). Through its association with PSMU, FOMO predicted phubbing behavior both directly and indirectly. However, the fear of missing out (FOMO) appears to be a significant risk factor for young people's social isolation.

B. Factors

By: AFIQAH IZZATI BINTI AZZEROL EFFENDI (A21EC0004)

1. Restrictions on physical social interactions

Since the outbreak of the deadliest virus which is known as Covid-19, the world has changed, it has affected every aspect of our life such as school closures and the cancellation of extracurricular activities. These are due to prevent the contagion of virus from one person to another person. A lot of restrictions on physical social interactions are implemented and new standard operating procedures are created. But, did we realize that people or specifically youngsters were impacted as they can't see their peers since teaching and learning are conducted online. It is a normal thing for youngsters to spend their time with their friends, but due to restrictions they can't do so. For example, youngsters can't go hang out with their friends, can't do sports with their friends and many more limitations that have caused them to feel socially disconnected with their peers. Thus, the only way they can communicate with their friends is through social media. This is because they want to be up to date with their social media as they do not want to be left behind by their peers.

2. Excessive jealousy

FOMO is the feeling of uneasiness that others might be having gratifying experiences which someone is not a part of. This might be due to excessive jealousy. Research shows that only those who do not value themselves would feel that they need to always be connected to others all the time. A person who has FOMO always wants to stay up to date and wants to be above others. They do not feel enough with what they do and keep comparing themselves with others. It was found to be correlated to a lower sense of having one's needs met, or generally, lower feeling of life satisfaction. People who value themselves have the ability to connect with other people in more meaningful ways. Meaningful connection means you felt the connection with or without the presence of others. Knowing your worth teaches you that just because you are not always there does not mean that you disappear or lose value. Life is not a competition or a race, you should live your life to the fullest.

3. Psychological Issue

A lack of psychological needs has been linked to fear of missing out. FOMO is triggered by the amygdala which is a part of the brain that detects whether or not something poses a risk to one's survival. Amygdala perceives the feeling of being excluded as a threat that causes anxiety and stress. A person who is already highly sensitive to environmental threats will be more likely to experience FOMO. This also includes people who struggle with social anxiety including people who are diagnosed with obsessive compulsive disorder or any other form of emotional trauma in their past that can be triggered easily. Therefore, the insecurity of being left out by others is higher among youngsters with psychological disorders.

By: HARCHANA A/P ARULAPPAN (A21EC0028)

4. Parenting style

The enmeshed parents use their children as their fix which is causing them to suffer in FOMO. They make decisions based on cultural pressures or what people think. For example, their child whose interests lie in the medical field, and the parent is from a family of lawyers with a family chamber. They force the child to study law and don't let the child follow his dreams. They fail to remember their job as a parent is to support their child and train that person in the manner they ought to go. As a result, the child will often have a lacking feeling of independence and struggle to act on their own interests, especially when those interests do not match with the parent's wishes or interests. It leads to extreme dissatisfaction and has a detrimental effect on mental health. Thus, the child may especially suffer from fear of missing professional life and opportunities in their teenage years.

5 . Social Media Addiction

However, social media has made this fear of missing out more intense and more frequent, since Facebook, Instagram and the rest let us constantly explore others' lives. Sadly, FOMO. prompts an impulsive longing to remain associated with others' lives on the web. Moreover, the youngsters could expose on a variety of aspects such as an online entrepreneur who already has several million dollars in their bank account by their mid-20s and traveling the world happily. As a result it leads them to constantly compare their own lives with those of others. Desires have no limits but they tend to fail to accept that they will never have everything they desire in life. Unfortunately it's lead to FOMO in their young ages and also entail concrete physical and mental effects.

C. Impacts

By : MAATHUREE A/P VEERABALAN (A21EC0051)

Positive Impacts

1. New destination plannings

Social media is known as the creator and cure of FOMO. As the customers are more active and stay connected in social media, the customer's journey brings a huge change for brands. In another way, the high range of active individuals are the reason for the brands to stay connected with their audience. For example, during this pandemic in travel industry we the customers interact with the social media contents before deciding or buying tickets. We also make sure the reviews given by the previous customers satisfy us before purchasing. We also look at the pictures shared by the previous customers during their trip to ensure the money we used to purchase tickets and the money we spend later on is worth it. Building a loyalty bridge between the customers and the industries encourages the customers to share their own stories and even they become the ambassadors of the brand to spread that FOMO to others. For example, Icelandair launched 20 flights throughout Europe. #mystopover campaign was launched on Instagram and 250,000 photos were sourced which was later repurposed as "travel inspiration and recommendations".

2. Experience new features, not products

Experiences are timely and project urgency. Research says that about 78% of millennials wants a desirable experience than a desirable item and 69% of them wants to attend events which makes them feel more connected. With this research, many brands used this perceived connection to build many virtual campaigns with a lot of experiences during this pandemic. The customers with FOMO don't have to worry about because this campaigns invitation will directly send to our handphones. The invitations will be sent to our handphones without missing out a day till the campaign starts or even during the period. For example, Uber has organized #uberpuppy campaigns for celebratory events like holidays. By clicking a button on the Uber app, we can

order puppies to our doorstep for a 12-hour window only. Uber has run these campaigns across the globe. These puppy deliveries are limited in time and quantity. As we people are more connected and vocal on social media during this pandemic, high levels of sales and profit gain by the brands and we the customers are satisfied by the various virtual campaigns during this period even though FOMO is being a sincere issue among us.

3. Being Exclusive

As a human we all love to get something on our hands that few others already got. Exclusive meant as something that is not shared. In another way, it is also meant as something that is only available or provided to a person or a group of people. For example, services that are given to a VIP with exclusive discounts. When things are getting exclusive, people with FOMO also tend to figure it out. By emphasizing the exclusivity of your product or service, we don't forget to purchase these products out of fear they're missing out because the chance to have something that isn't available for everyone is less. For example, when a VIP Customer Loyalty card is being sold with some discounts to the members or to the people, they tend to buy the card and get exclusive deals and services. They will not leave this type of chances, if they do so the impact of FOMO will increase. These types of exclusive deals make people happier and reduce the impact of FOMO on them.

Negative Impacts

By: Aisyah Binti Mohd Nadzri (A21EC0011)

4. Negative Health & Thinking Concern

Negative health concern that is being highlighted here is one of the negative impacts that will be affecting the ethics and civilization of folks in Malaysia. This will explain how and what young people will be facing as a result of FOMO. If you ask teens if they suffer from social media anxiety, most of them would refuse to say yes. If teens spend their time online a lot, they do not understand if they are stressed or worried about what they see online, then they are likely to be experiencing such FOMO at a very early age. What teens do not realize, social media can also intensify anxiety by growing users' ability, especially youngsters to keep updated with the activities of either their social circles or popular influencers on social media. Intensive social media use is associated with lower mood and life satisfaction that can lead to overthinking, overstress as well as depression and are supposedly to be avoided as it does not only affect the youngsters but it also will potentially hurt other people around them, especially family. We have become more aware of what we are missing out on, for example, seeing photos of friends having a good time together and there is someone's absence among them. It encourages these young people to gossip more on that issue and it will create a new chapter of FOMO where this one friend becomes toxic to this one friend and the other friend becomes toxic to the others. It will then proceed to a self-value issue. It becomes an unhealthy chain. Not only that, this act is like offering folks to encourage negative behaviour. This would directly affect the ethics and culture of Malaysia. At the end of the day, Malaysia would stay as what Malaysia was 10 years ago whereas other countries have improvised and upgraded their country's qualities, mentalities, credibilities and become above other countries, especially Malaysia. It is upsetting to see our country being left behind for such ridiculous reasons when we actually have the potential to be the best among the best.

Apart from that, ‘always turning on’ communication technology can cause feelings of loneliness and insufficiency through highlighting these activities, convincing users to stay constantly engaged and up to date due to fear of not being included. Humans are social beings and it is ordinary for us to desire group-interaction, therefore seeming exclusion can have damaging emotional impacts. It would affect their productivity and it may take the lead. As a matter of fact, studies from the USA have found a vigorous association between intense social media use, fear of missing out and both depression and anxiety. Studies show that FOMO leads to extreme dissatisfaction and has a damaging effect on our physical and mental health for instance mood swings, reduced self-esteem, depression, extreme social anxiety, loneliness, and increased levels of disapproval. In recent years due to FOMO, it is not surprising that the consumption of antidepressants has risen abruptly. Consuming too much of drugs may affect ourselves as a whole. We might not see the side effects now but it will appear soon, no matter what. Comparing ourselves to others on social media disturbs our perceptions of ourselves and mood. These effects are especially strong among people who are more complex to social comparisons all together. To sum up, FOMO leads to such negative health and thinking concerns. It influences our reception in receiving social media practice as it can distract young people and people around them morally.

5. Cyberstalking

To point out, certain FOMO issues motivate unpleasant behaviours. To give some examples, they include young people who are thirsty for popularity and possessing information. Therefore, it leads to this one unhealthy behaviour we will be talking about which is cyberstalking. Cyberstalking is described as a form of harassment which the practices include frequent observation and keeping in touch persistently in order to feel included in daily life practice. Compared to other trends linked with the dark side of the internet and social media, the theoretical conception of cyberstalking is relatively at an early stage of fear of missing out. We have currently covered a few articles associated with Instagram Stalking, WhatsApp Stalking

and Facebook stalking. Teens are used to updating their status, to share where they have gone to and check-ins. This habit ends up being an addiction and makes them over excited because they constantly try to find brand-new updates for their good friends. To share our check-ins and location is just like offering ourselves to a harmful situation. The reason behind this is cyberstalking usually leads to undesirable incidents such as sexual harassment, traditional stalking, personal information disclosure and traumas. This can run after further FOMO issues such as people, especially young people in Malaysia, spreading such negativities that might make the folks to chatter and welcome the immoral deeds. This drives people to become immoral and uncultured as they are always eager to be the first person to know such bad news.

This behaviour typically uses electronic tools and virtual environments to dominate, manipulate and press the victim. One possibility is that behaviours usually considered inappropriate or intrusive. Let's take a look at this intrusive behaviour teens could do. Monitoring the places that a person frequently goes to in the offline world is considered as traditional stalking but since it is normalized in the virtual environment as a proper form of interpersonal interaction, especially in seeking or maintaining romantic involvement, they think it is fine to do so. Today, some teens assume celebrities as the lovers of their lives. The fear of missing out they have, makes them intrude their personal life. So, what can these teens do? They could upload pictures or videos of them being with them, then the whole world would be impressed with the fact that these teens get to see the celebrities. They always want to be the first person to update everything or up to date with everything but they do not realize they have intruded their personal space. It is reasonable to conclude that this is one of the factors that can lead someone to become involved in cyberstalking, the fear of being excluded from important moments in the lives of the people they are interested in. Therefore, FOMO can increase the possibility of cyberstalking, being one of its predictors and may indirectly affect the ethics in Malaysia.

C. Conclusion

By : UMMU AQILLAH BINTI MAT RESAT (B21EC0062)

Ways to overcome

1. Track Negative Thoughts and Replace Them With More Reasonable Ones

One way for teenagers to manage with FOMO is to keep a record of their negative thoughts and feelings. This enables individuals to track how frequently they have bad feelings about themselves or their lives. They can then refocus their thoughts and replace the negative words with something good when they find themselves saying something unpleasant to oneself. The key is to keep track of how frequently they have unpleasant thoughts and sensations, as well as what they were doing at the time. Later, you can examine the notebook to see if there is a pattern to the negativity and what needs to change in order for them to feel better about themselves and their lives.

2. Be Grateful

Practicing thankfulness might help you overcome feelings of anxiety and envy. According to research, merely writing down a few things you're thankful for each day can make you feel more satisfied with your life. Gratitude has also been linked to feelings of happiness and well-being, according to positive psychology study. Try refocusing your attention on the positive features of your own life the next time you're feeling envy of what someone else has. You may notice a change in your mood.

3. Take a hiatus from social media.

Spend a day, a week, or even a month without using the internet. People who cut themselves off from the internet and discovered the wonders of the real world are numerous. Former TwitPic CTO Steve Corona did exactly that. For a month, he avoided using social media. His life was forever altered as a result. He meditated,

read books, spent time with friends, jogged three miles a day, and published a book.

When he returned, he chose which websites he would visit and which he would skip.

Conclusion

People have always been concerned with where they stand socially. However, with the development of social media, FOMO has become an even bigger concern, particularly among young people who seem to be always online, reading status updates and posts by their friends. As a result, when young people miss a party, do not take a family vacation one summer, or do not attend the school dance, they may feel less cool than those who attended and uploaded images online.

Meanwhile, studies show that people who suffer from FOMO are more inclined to respect social media. In fact, some psychiatrists believe that the fear of missing out is what drives the popularity of social networking sites. For example, they say that FOMO motivates people to use technology to communicate not only what they are doing but also how much fun they are having while doing it.

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E. Self-reflection

Self-reflection – AISYAH BINTI MOHD NADZRI (A21EC0011)

My group members are very committed to this assignment. It eases me to plan everything as they are really good at suggesting and accepting ideas. With this topic being exposed to me, I'm curious to know about what people are actually suffering from FOMO. Along with the searching, I familiarize myself that some teens in Malaysia are really confronting this issue. It is worrying as it could affect the ethics and the culture of Malaysia since my part for this report is to do 'Negative Impacts'. During the searching, I realized that there were a lot of repetitive sentences and points but then eventually, with my ability I sorted everything out and was capable of making outstanding descriptions for readers to read and understand the message I'm trying to deliver. Not to forget, a big shout out to my group members for this delightful journey.

Self-reflection – MAATHUREE A/P VEERABALAN (A21EC0051)

I gained a lot of experience and lessons throughout this whole project. The hardest task was to find a suitable topic. I was confused about which topic to choose because there was a wider range of scopes to pick from. After choosing a perfect topic for our team, we planned to split our works which makes it easier for me and also my team. The task given to me was to find positive impacts regarding FOMO. Based on my knowledge and finding, I came out with my own elaborations with examples for the readers to understand. After figuring out the mistakes from the presentation, we as a team had to find solutions to correct the mistakes. A very good bonding between our team members was formed which makes us easier to communicate and to work together flexibly. I had learnt many life lessons from this project.

Self-reflection - AFIQAH IZZATI BINTI AZZEROL EFFENDI A21EC0004

From this assignment, I have learned a lot about our topic which is FOMO. Before this, I never thought or even knew about FOMO. This is due to the lack of awareness about FOMO since people will just think that it is just a normal thing as social media have become an essential part of our life. I also read a lot of articles from many different websites to really understand FOMO. After that, based on my findings I came up with the factor that has caused FOMO among youngsters. From several articles that I read, the writer did not really focus on the factor or what causes FOMO, thus, this has challenged me to use my analyzing skills to determine the factor. Moreover, even though at first we were confused on how to do the assignment, with the cooperation from all of my group members, we successfully managed to complete the assignment. I am truly grateful to have such great team members.

Self-reflection - UMMU AQILLAH BINTI MAT RESAT B21EC0062

Most professions support reflection because they believe it will help me and my colleagues improve our performance – or, as I like to say, "reflection will make us better practitioners." Working in a group allows me to look at things from a variety of perspectives. Working in a group allows me to look at things from a variety of perspectives. If I had completed the work on my own, some of the suggestions made by my teammates would not have occurred to me. This coursework has educated me a lot about our topic, young people's fear of missing out (FOMO). According to my research, practically everyone, including myself, experiences FOMO on a daily basis. Everyone in the group actively contributes and exchanges ideas about our topic. We were able to accomplish our assignment in the allotted time.

Self-reflection -HARCHANA A/P ARULAPPAN A21EC0028

Fear of missing out (FOMO) is unquestionably a topic to face and control so that the numbers are reduced so the general public, especially the youngsters, can have a healthy social life. I never knew that Malaysia has a high statistic on FOMO cases until I researched the facts. Previously, I was not aware that FOMO had become a big issue nowadays due to the increasing usage of the Internet. This assignment makes me learn and understand more about FOMO including the causes and the impact. Besides that, I gained a better experience in doing research and finding related information about this assignment. All the groupmates have good cooperation and we have distributed the tasks evenly. This group assignment also makes me closer with our teammates even though we haven't met due to the pandemic of covid-19.

G. Lampiran

>> KHAS > #WACANAQURAN > 'Fomo', 'herd mentality' simptom aibkan orang di media sosial

'Fomo', 'herd mentality' simptom aibkan orang di media sosial

HASNIZA HUSSAIN | 16 Januari 2021



Dr Taufiq Razif - Foto ASRIL AGWANDI SHUKOR

SHAH ALAM - Simptom 'fear of missing out' atau Fomo yang wujud dalam kalangan masyarakat pada hari ini menjadi faktor utama yang mendorong mereka untuk menulis dan berkongsi perkara-perkara negatif yang mengaibkan, mengeji termasuk melakukan 'troll' di media sosial.

Aktivis kemanusiaan, penulis dan influencer parenting, Dr Taufiq Razif berkata, simptom Fomo itu menyebabkan masyarakat terjebak melakukan perkara tersebut kerana mereka tidak mahu tertinggal trend, malah menganggapnya sebagai sesuatu yang 'cool' untuk dilakukan.

Beliau berkata, selain itu masyarakat atau komuniti pada hari ini juga mempunyai 'herd mentality' iaitu mereka melihat kebenaran berdasarkan jumlah dan bukan kebenaran berdasarkan al-Quran atau

Commentary: My generation has a fear of missing out - on a disrupted future

The fear of missing out is real – and a 20-year-old shares what this means for millennials in an age of disruption.



Youths walking after a class has finished. (Photo: TODAY)

... Of all the acronyms I've heard thrown around in the first weeks of university life, "FOMO" probably tops the charts.

"FOMO", or "fear of missing out" encapsulates a fear of missing out on exciting or important events which you know many of your peers are going for. It shows up over and over again in conversations millennials have, usually in the phrase "FOMO is real".

In May this year, it was even heard in Parliament when Dr Maliki Osman [mentioned it](#) in his response to the President's Address.

So what do millennials experience FOMO on? We experience FOMO on social gatherings, overseas experiences, events, forums, networking dinners, capturing "Insta-worthy moments" and the list goes on. Even a simple "Do you want to join us for lunch?" is enough to invoke FOMO.

 Ng Chia Wee

26 Sep 2018 06:35AM
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TheStar Social media prevalent in student mental health

Social media prevalent in student mental health

By ERIC SCICCHITANO

TECHNOLOGY

Sunday, 10 Oct 2021
11:00 AM MYT



Students are connecting online and, often observing people at their best: photos of parties, vacations, new purchases. It's not a full picture of one's life but it's a picture that can stoke jealousies and dejection. — Photo by Melyna Valle on Unsplash

Online influences from social media can manifest in real life in the way of mental and behavioural health issues inside school buildings, two Valley educators say.

"Within the last five years," said Emily O'Connor, counsellor at Lewisburg Area High School, "I've seen an increase in depression and anxiety in my students, anxiety being

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FOMO

In Reber's experience at Lewisburg High, she said she's learned people tend to act differently behind a screen compared to face-to-face. Namely, they're usually more cautious with their words. She said educators try to teach kids to think about what they're posting before they send it to social media.

"What's really hard right now is that this isn't something necessarily modelled well by adults," Reber said.

FOMO is an acronym both Santanen and O'Connor referred to: Fear Of Missing Out.

Students are connecting online and, O'Connor said, often observing people at their best: photos of parties, vacations, new purchases. It's not a full picture of one's life but it's a picture that can stoke jealousies and dejection.

"For students who don't have those things it makes them feel even worse," O'Connor said.

There's a high school seminar class at Lewisburg High that takes on these topics. And, there are instances where counsellors and others speak directly with students struggling with social media. O'Connor said she works with students to help them express their problems, explore the reasoning and identify individualized solutions. It can be as simple as not jumping to conclusions based on another's online behaviours, such as delayed replies to messages.

Some students, very few, don't have social media accounts. She said they may feel it's toxic or simply not interested. Some students stick to positive follows, avoiding as best they can negativity online.

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