

How Big is the Role of Loneliness on Fear of Missing Out? A Study on Teenage K-pop Fans

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Abstract. The high use of social media can lead to fear of missing out (FoMO) among adolescent K-pop fans because the desire to connect with individuals is relatively high. One factor that influences Fear of Missing Out in teenage K-pop fans is loneliness. This research was conducted to determine the effect of Loneliness on FoMO in K-pop fans. The subjects in this study were teenage K-pop fans with a purposive sampling technique. Subjects were taken as many as 100 subjects from the total infinite population. This study uses quantitative methods with psychological loneliness scales and Fear of Missing Out (FoMO). The loneliness scale has 58 items with a reliability value of 0.863. The FoMO scale has 26 items with a reliability value of 0.947. The analysis test uses the assumption test and simple linear regression hypothesis test. The results of this study indicate a significant effect of loneliness on the FoMO of teenage K-pop fans, with a significant value of 0.005. The magnitude of the influence of loneliness is 7.8% on FoMO in teenage K-pop fans.

Keywords: *Fear of Missing Out (FoMO), loneliness, adolescent fans of K-pop*

Abstrak. Media sosial dengan penggunaan yang cukup tinggi dapat mengakibatkan Fear of Missing Out (FoMO) pada remaja penggemar K-pop karena keinginan untuk terhubung dengan individu cukup tinggi. Salah satu faktor yang mempengaruhi Fear of Missing Out pada remaja penggemar K-pop adalah Loneliness. Penelitian ini dilakukan untuk mengetahui pengaruh Loneliness terhadap FoMO pada penggemar K-pop. Subjek pada penelitian ini merupakan remaja penggemar K-pop dengan teknik pengambilan data purposive sampling. Subjek diambil sebanyak 100 subjek dari total populasi infinit. Penelitian ini menggunakan metode kuantitatif dengan skala psikologi loneliness dan Fear of Missing Out (FoMO). Skala loneliness memiliki 58 aitem dengan nilai reliabilitas sebesar 0,863. Skala FoMO memiliki 26 aitem dengan nilai reliabilitas sebesar 0,947. Uji analisa menggunakan uji asumsi dan uji hipotesis regresi linier sederhana. Hasil pada penelitian ini menunjukkan adanya pengaruh signifikan loneliness terhadap FoMO remaja penggemar K-pop dengan nilai signifikan 0,005. Besar pengaruh loneliness sebesar 7,8% terhadap FoMO pada remaja penggemar K-pop.

Kata kunci: *Fear of Missing Out (FoMO), kesepian, remaja penggemar K-pop*

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Introduction

According to data revealed by Kumparan (2017), individuals aged 12-20 are the most common age group of K-pop fans, with 57% of the survey being conducted. Another age group with an age range of 20-30 with 42% and individuals over 30 years old only 1%. In a survey made by IDN Times (2019), it was stated that in the age range of 20-25 years old, as many as 40.7% were the largest age group as K-pop fans. In the next position, the survey results stated that 38.1% were in the 15-20 age group.

The age of 12 to 21 years is a period of adolescent development with a period of transition from childhood to adulthood (King, 2012). The rapidly growing Korean culture in adolescents is in line with the development and increase in the use of social media (Ananda & Windah, 2021). Social media for teenage K-pop fans will influence the desire to buy merchandise, concert tickets, albums and other things related to their favourite idols (Hamidah et al., 2018).

The impact caused by high social media usage on K-pop fans is because it is supported by high curiosity in accessing (Rahmawati & Halimah, 2021). The fear of being left behind by the latest information and activities of K-pop idols, which is a negative thought of the individual, will make the individual want always to be connected to the K-pop they love; both the connection with idols and fans will cause Fear of Missing Out in individuals (Julianingsih & Damayanti, 2022).

FoMO (Fear of Missing Out) is the desire of individuals who always want to be connected to the activities of others through social media. If this desire is not fulfilled, it will cause social anxiety (Przybylski et al., 2013). FoMO (Fear of Missing Out) can be interpreted as a sense of anxiety and individual fear of missing something (Przybylski et al., 2013). Fear of Missing Out (FoMO) has two aspects, relatedness and self, which are not owned by individuals (Przybylski et al., 2013).

Relatedness is the connectedness of individuals with other individuals in the social environment. If there is no relationship with the surrounding social environment, that individual has no relatedness. Another aspect is the lack of self in individuals. Self is an individual's need for himself, which consists of competence and

autonomy. Individuals with FoMO behaviour use social media for more than 6 hours to access the information they want (Przybylski et al., 2013). The survey showed that as many as 28% of teenage K-pop fans spend more than 6 hours accessing information about K-pop artists' activities (Nurani et al., 2017).

K-pop fans with FoMO will experience eating disorders, difficulty sleeping, and reduced interaction with individuals around them (Putri Marseal et al., 2022). Fans will wait for information from their idols until they have difficulty sleeping. In addition, individuals will cry all day without news from their favourite idols (Fachrosi et al., 2020). This is in line with the impact of FoMO on individual health, namely respiratory problems, throat problems, headaches, fatigue, and disturbed sleep, according to (Baker, 2016).

Individuals who experience FoMO psychologically can experience anxiety, stress, depression, and lack of concentration (Przybylski et al. et al., 2013). Individuals who experience FoMO are socially ignorant of their surroundings and focus more on social media to dig up information that can interfere with their social relationships (Roberts & David, 2016). FoMO is also associated with feelings of loneliness and boredom with one's current life and is an indication of unmet psychological needs, leading to feelings of unhappiness.

Loneliness is a feeling that arises because individuals are less able to interact with other individuals (Russell, 1996). Loneliness is affected by seven aspects, namely isolation, rejection, feeling misunderstood, feeling unloved, not having friends, boredom, and anxiety (Brehm, 2002). Individuals who experience loneliness have low engagement with other individuals (Salinding & Soetjningsih, 2022). This will influence the individual to want attachment to other individuals through social media (Salinding & Soetjningsih, 2022). Based on some results from previous studies that show the relationship between loneliness and FoMO. In previous studies, the relationship between loneliness and FoMO indicates that loneliness in individuals affects FoMO behaviour. Therefore, this study aims to determine the effect of

loneliness on FoMO in adolescent K-pop fans. This is also because not many studies examine the effect of loneliness on FoMO.

Method

This study uses two variables: loneliness as the independent variable and Fear of Missing Out (FoMO) as the dependent variable. This study took a population of K-pop fans with an unknown or infinite population size. The research population is a group of subjects in a study whose research results are generalized (Azwar, 2017). In this study, the sample size was determined by the Lemeshow formula (1997) with a total of 100 subjects. This study uses non-probability purposive sampling techniques to determine the sample. Purposive sampling is a sampling technique that considers specific criteria (Sugiyono, 2018). The criteria for this research are: 1) K-pop fans aged 12 to 21 years and 2) using social media to access the internet for more than 6 hours. This research uses a quantitative approach method.

This study uses a Likert scale measuring instrument to measure attitudes and opinions on a phenomenon (Sugiyono, 2018). The instrument used to measure the Fear of Missing Out variable is a scale compiled based on aspects of Przybylski, Murayama, and DeHaan (2013), namely relatedness lacking in individuals and self on unmet needs. The measuring instrument used to measure loneliness uses a scale based on Brehm's (2002) aspects: isolation, rejection, feeling misunderstood, and feeling unfulfilled.

The Loneliness and Fear of Missing Out (FoMO) scales were tested for validity by experiment judgment, then tested first, and the validity of the construction was tested using Pearson's product-moment with the help of SPSS v.25. with a validity value of > 0.278 using the reference r count (Sugiyono, 2020). The scale also calculated its reliability using Cronbach's Alpha, with a high-reliability value approaching 1.00 and getting lower if it approaches 0.00 (Sugiyono, 2020). Reliability is an instrument

test that is considered accurate if the instrument produces consistent data when measuring the research subject several times.

The analysis technique uses assumption tests and normality and linearity tests. This study uses Kolmogorov-Smirnov to test normality because this test will not cause differences in perception between observers. In this test, data with a probability value of $p > 0.05$ in the Kolmogorov-Smirnov normality test (Azwar, 2015). The linearity test uses the linearity value to determine the linear relationship between variables with a significance value of $p < 0.05$ (Azwar, 2015). Hypothesis testing in this study aims to test the prediction of the influence of the independent variable (Loneliness) on the dependent variable (Fear of Missing Out). In this study, the hypothesis test used is simple linear regression, which aims to determine whether the effect between variables has a linear relationship (Winarsunu, 2015). Hypothesis testing uses simple linear regression tests to test whether loneliness affects FoMO with a significant value of $p < 0.05$ (Azwar, 2010).

Result

This study uses 26 FoMO items and 58 loneliness items calculated for validity and reliability. Subjects in this study amounted to 100 teenage K-pop fans who had filled in according to predetermined criteria. Subjects have filled out the Google form in calcification based on gender and age.

The results of the study based on the gender classification that has been described in the table are shown below:

Table 1.

Classification of Subjects by Gender

Gender	Frequency	Per cent
Male	5	5%
Female	95	95%
Total	100	100%

Table 1 shows that women dominated the subjects who filled out the questionnaire at 95%. Subjects were classified based on the adolescent development

phase group divided into three phases. The adolescent phases are early adolescence, middle adolescence, and late adolescence. Fear of Missing Out and Loneliness are explained based on very high, high, medium, low, and very low levels.

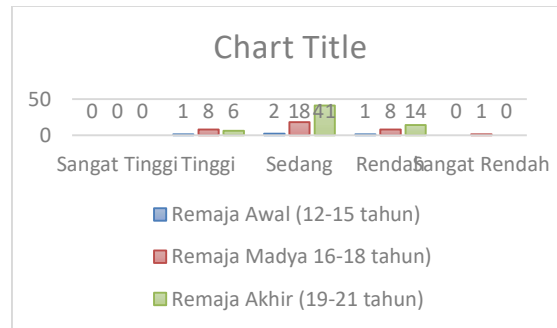


Figure 1. *FoMO category based on the adolescent development phase*

Figure 1. shows the late adolescent phase, with six respondents in the high category, 41 respondents in the medium category, and 14 respondents in the low category, for a total of 61 respondents. The middle adolescent phase shows eight respondents in the high category, 18 in the medium category, 14 in the low category, and 1 in the very low category. The early adolescent phase shows one respondent in the high category, two in the medium category, and one in the low category.

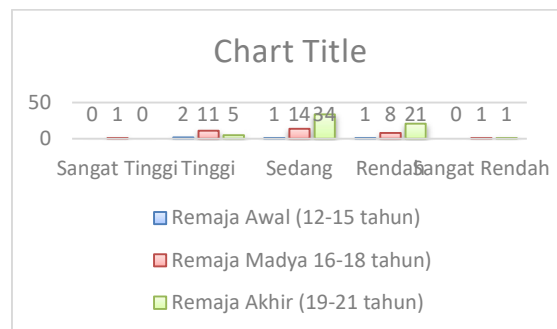


Figure 2. *Loneliness category based on adolescent development phase*

Figure 2 shows the late adolescent phase, with five respondents in the high category, 34 in the medium category, 21 in the low category and 1 in the very low category, with 61 respondents. The middle adolescent phase shows one respondent in the very high category, 11 respondents in the high category, 14 in the medium category, 8 in the low category, and 1 in the very low category. The early adolescent phase shows two respondents in the high category, 1 in the medium category, and 1 in the low category.

Fear of Missing Out and loneliness calculation results have a normal distribution value. The test shows a significance value of 0.200, which means the significance value of $p > 0.05$, which means the average distribution value. The results of the linearity test calculation show the Linearity result of 0.003. The calculation shows a linear relationship because $p > 0.05$.

Table 2.

Hypothesis testing

Variable X	Variable Y	Significance Value (p)	R square (rxy)	R
<i>Loneliness</i>	<i>Fear of Missing Out</i>	0,005	0,078	0,279

Table 2 shows a significance value of 0.005, which means that the significance value is less than 0.05, so the regression model can be used to predict the effect of the independent variable, loneliness, on the dependent variable, Fear of Missing Out. The table above explains the magnitude of the correlation or relationship (R), which is 0.279. From these results, the coefficient of determination (R square) is 0.078, which means that the effect of the independent variable Loneliness on the dependent variable FoMO is 0.078 or 7.8%.

Table 3.

Linear Regression Equation Analysis

Coefficients Beta	Nilai Constan (a)	Nilai Kesepian
0.279	46.182	0.112

Table 3. shows that the higher the loneliness K-pop fans feel, the higher the Fear of Missing Out score. Conversely, the lower the Loneliness felt by K-pop fans,

the lower the Fear of Missing Out score. The constant value (a) is 46.182, and the loneliness value (b) is 0.112. Loneliness, based on the regression coefficient equation X with a value of 0.112, means that for everyone's increase in the Loneliness score, the FoMO score in adolescent K-pop fans increases by 0.112.

Discussion

Based on the results of the data analysis that has been studied, there is a significant effect of 0.005, which means that the significance value is more significant than ($p < 0.05$). This study shows that Loneliness significantly affects Fear of Missing Out (FoMO). The effect of Loneliness on Fear of Missing Out (FoMO) is 7.8%. Based on the results obtained, the respondents in this study were primarily late adolescents. However, of the 61 respondents, only six had high FoMO and Loneliness as many as five. Middle adolescents in this study were 35 respondents, with a high category in FoMO of as many as eight respondents and a high category in Loneliness of as many as 11. These results show that middle adolescents with high FoMO also show high Loneliness.

This study's results indicate that loneliness's low influence on FoMO is because the respondents in this study were mostly late adolescents who experienced fear of missing out, which was influenced by loneliness, mainly in the moderate category, which tends to be low. The results of this study show that respondents who experience FoMO influenced by loneliness are primarily middle adolescents. Middle adolescents can experience relatively high FoMO because they need peers in their social life. At this stage, individuals are happy if individuals who are friends with them recognize their existence (Soetjningsih, 2010). If this is not fulfilled in the phase of middle adolescence, it can cause FoMO.

Fear of Missing Out can occur due to the desire to compete, which leads to recognition, the desire of individuals who always want to be connected with others to get a sense of mutual care between other individuals. Excessive use of social media to meet these needs can lead to Fear of Missing Out (Astuti, 2021). FoMO can be due

to information disclosure, which in adolescence is a phase where the desire to know new things and connect with other individuals is higher (Salinding & Soetjningsih, 2022). This also results in the Fear of Missing Out (FoMO) that occurs in adolescents, which could be due to the broader openness of social media or other factors.

The results show that if the loneliness experienced by the respondent is high, then the FoMO is also high. Conversely, if loneliness is low, the FoMO behaviour of the fan is low. Previous studies also get results that are not too far from this study. Although previous studies used different subjects, the results of these studies can be a benchmark for this study. Research from Salinding (2022) shows that loneliness correlates to Fear of Missing Out, which is 0.298; in Virnanada's research (2020), it is 0.239. From the results of these studies, it could be possible that FoMO can cause loneliness.

Loneliness among adolescent K-pop fans can correlate with teenage K-pop fans who experience FoMO seeking attention on social media, which individuals never get from their social environment and can be caused by loneliness. Adolescents will explore their identity by playing with friends their age. Teenagers who experience loneliness will isolate themselves and have no social relationship with the surrounding environment. They will fulfil their social needs through other media, namely social media.

Subject categorization based on gender was also used in this study. In this study, 95 respondents were female, while five were male. A survey by IDN Times in 2019 (Triadanti, 2019) revealed results in line with this study. The survey explained that 9 out of 10 K-pop fans in Indonesia are women, with a percentage of 92.1%. The survey shows that women are the most K-pop fans in Indonesia. K-pop fans are primarily female because women prefer K-pop to be the spirit of their lives and make K-pop and their idols a place to share their feelings emotionally (Rompiess, 2021).

Conclusion

Based on the results of this study's analysis, it can be concluded that loneliness significantly affects the Fear of Missing Out (FoMO) in adolescent K-pop fans by 7.8%.

This study also shows that a high level of Loneliness means that Fear of Missing Out is also high, and vice versa. This research is expected to be a benchmark for the behaviour of teenage K-pop fans toward Loneliness and Fear of Missing Out.

Suggestion

The research results that have been described include several suggestions from researchers for teenage K-pop fans and future researchers. Adolescent K-pop fans who access social media excessively are expected to control their use of social media to access K-pop news. Accessing social media can excessively cause FoMO. Loneliness can influence FoMO behaviour. This indicates that so that K-pop fans do not experience FoMO, teenage K-pop fans are more able to mingle with the social environment around them. For future researchers, if they want to examine the effect of loneliness on Fear of Missing Out, they can focus on middle adolescence, which, based on this study, loneliness and FoMO owned by respondents are pretty high.

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