Trapped in The Digital Wave: The Role of Emotional and Social Loneliness on FoMO in Adolescent TikTok Users in East Java

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Abstract

This study examined the role of emotional and social loneliness in the fear of missing out (FoMO) among adolescent TikTok users in East Java. With the increasing use of social media among teenagers, FoMO has become a common issue linked to anxiety and discomfort over missing online interactions. A total of 205 adolescents aged 13–18 participated through a survey, using the Fear of Missing Out Scale (FoMOS) and the De Jong Gierveld Loneliness Scale (DJGLS), analyzed with hierarchical regression. The research findings revealed that emotional and social loneliness significantly predicted increased FoMO. The novelty of this study lies in exploring the role of two dimensions of loneliness on FoMO in Indonesian adolescents. These results highlight the importance of interventions to reduce loneliness, such as strengthening peer relationships and promoting healthier social media use. Practically, the findings suggest that schools or parents should foster supportive environments and encourage balanced online–offline interactions to help mitigate FoMO and protect adolescents' mental well-being.

Keywords: *FoMO, Loneliness, TikTok, Teenager*

Introduction

After the global COVID-19 pandemic, technological advancements occurred rapidly and massively. These developments have both positive and negative sides. One of the impacts of the post-pandemic condition is that many people remain dependent on the internet and social media. In 2022, the highest penetration of internet users was among those aged 13-18 years. A survey conducted by the Ministry of Communication and Informatics, in collaboration with UNICEF, found that 98% of children and adolescents are aware of the internet, and 79.5% of them actively use it (Kominfo, 2023). According to the APJII survey, 89.15% of respondents use the internet to access social media, the highest percentage compared to other content or applications available online (APJII, 2022). These prevalent media consumption habits among adolescents can lead to psychological risks, such as the development of a fear of missing out (FoMO).

When discussing social media, there are many opinions stating that it has two inseparable sides. On the positive side, individuals can easily capture information without being physically present at the location or event. On the negative side, there is a tendency to constantly want to know what is happening in the virtual world, leading to a lack of awareness of real-world conditions. According to Muhtar (2023), the five most accessed social media platforms in Indonesia are WhatsApp, Instagram, Facebook, TikTok, and Telegram. Among these, TikTok has recently gained significant popularity, especially among teenagers, due to its unique content delivery system and algorithmic design that continuously recommends personalized short videos. This makes the platform particularly engaging and potentially more addictive (Zhang et al., 2021). According to a report from Business of Apps, TikTok users in Indonesia are still predominantly late teenagers,

with a percentage reaching 35% (Dihni, 2022). Teenagers typically access TikTok to get the latest information related to lifestyle, view the activities of their idols, and as a platform for creating or following trending videos (Fahmi, 2022).

Previous research has also identified a specific relationship between TikTok use and psychological effects such as anxiety, difficulty focusing, and Fear of Missing Out (FoMO). For instance, Manek and Virlia (2025) found that excessive TikTok usage significantly correlated with higher levels of FoMO among adolescents. This research also demonstrated a positive relationship between time spent on TikTok and users' fear of being left out of trending content or social dynamics. These findings support the decision to focus this study on TikTok as the primary platform of analysis when investigating FoMO among teenagers in Indonesia. In addition, Aresti et al., (2023) argue that TikTok serves not only as a medium of entertainment but also as a platform that reinforces FoMO, particularly among university students and adolescents who are in the developmental stage of seeking identity and social acceptance.

Social media usage behavior has become one way for teenagers to avoid feeling left out and to be informed about the latest information (Hamilton et al., 2022). Greater exposure to idealized social content on platforms such as TikTok can intensify adolescents' feelings of social exclusion, which is strongly associated with experiences of FoMO. FoMO is the anxiety that someone feels due to fear of missing out on valuable moments that others or groups might have, resulting in a desire to stay connected with others (Przybylski et al., 2013). FoMO is indeed closely related to an individual's experience of using the internet. This phenomenon drives individuals to actively share content with their social media network, but if they do not receive a response, they may feel worse (Fumagalli et al., 2021).

A study involving 312 college students conducted in the Southwestern United States explained that internet use, especially social media, leads to FoMO because social media users can change how others perceive their profiles and strive to present a perfect image of themselves, manage their self-presentation, and control their impression on others (Crabtree & Pillow, 2018). Previous studies highlight the intricate relationship between social media behavior, FoMO, and psychological well-being (Sudheer & Saligram, 2023). Nor et al. (2025) emphasized how curated self-presentation on social media platforms through exaggeration or selective disclosure can intensify FoMO and trigger negative emotional states such as envy or discomfort. Complementing this, research conducted in West Java involving 385 respondents underscores that both FoMO and loneliness play significant roles in shaping adolescents' psychological well-being, with loneliness emerging as the strongest predictor (Prameswari et al., 2022). Together, these findings suggest that FoMO may not merely arise from external stimuli like others' social media posts but is also deeply rooted in internal psychological vulnerabilities such as loneliness, which amplifies the emotional impact of online interactions (Zakia & Arjanggi, 2024).

Existing literature suggests a positive correlation between social media use and loneliness, often attributed to passive consumption of others' social interactions, which can intensify feelings of exclusion. Hikmah and Kunci (2021) argue that FoMO stems from this passive engagement, as individuals perceive themselves as missing out on meaningful offline experiences shared by peers. This perspective implies that the emotional consequences of social media use are not merely about usage frequency but are shaped by how individuals engage with content, particularly through observation rather than interaction, which may exacerbate loneliness and reinforce FoMO. FoMO is a relatively new psychological phenomenon. It can be described as a sensation that occasionally

emerges in conversation, as a long-term tendency, or as a state of mind that drives someone to feel socially inferior, angry, or intensely lonely (Gupta & Sharma, 2021).

In the current era, accessing social media is closely linked to the need for social relationships. Many people feel disconnected from social bonds, so they need a medium to reconnect, one of which is through social media. The gap between the social relationships an individual expects and the reality they experience is referred to as loneliness (Cacioppo et al., 2015). This gap can occur even when individuals are in environments that should be crowded, like with family or friends. Loneliness is divided into two types: emotional loneliness and social loneliness (De Jong Gierveld & Van Tilburg, 2006). Emotional loneliness is a form of loneliness characterized by the perception that there is no significant person (e.g., a life partner) or someone to rely on for emotional support during a life crisis. Social loneliness occurs when someone lacks relationships with certain social groups or involvement in social environments (Cacioppo et al., 2015; De Jong Gierveld & Van Tilburg, 2006).

Adolescents' experience of loneliness, often described as feelings of emptiness, boredom, and alienation, can heighten their susceptibility to FoMO, as they become more sensitive to perceived social exclusion and more driven to seek connection through social media. Field facts show that many adolescents experience loneliness due to isolation, rejection, not finding someone to vent their emotions to, and being unable to fulfill their roles in their environment. This often happens when a teenager has difficulty forming relationships, especially in school environments, leading to withdrawal behavior and contributing to loneliness (Turner et al., 2024). Adolescents experiencing loneliness, particularly emotional loneliness, which stems from the absence of close, meaningful relationships, may be more inclined to turn to digital platforms as a substitute for real-life connections. This reliance on online interactions can heighten their sensitivity to others' social activities shared on these platforms, thereby amplifying their vulnerability to experiencing the fear of missing out (FoMO). Over time, this cycle may reinforce both their loneliness and dependence on digital validation, creating a feedback loop that further impacts their psychological well-being.

Various studies have also examined the link between loneliness and FoMO. A study by Barry and Wong (2020) in the United States, involving 419 participants, found that loneliness positively predicts FoMO, and this relationship occurs in both adolescents and adults. Bernard (2020) study on Generation Z in America also found that loneliness and FoMO positively correlate. Another study involving adolescents and parents in the United States as participants found that the frequency of social media use is positively related to loneliness and FoMO (Barry et al., 2017). In Indonesia, a study involving 90 adolescent students who used Instagram in the city of Padang found a significant positive relationship between loneliness and FoMO among adolescent Instagram users (Fenia & Nastasia, 2022). Adolescents experiencing negative emotional states are more likely to develop FoMO, which in turn increases their tendency toward problematic behaviors. As Wang et al. (2019) stated, *'envy was positively related to FOMO, which in turn was positively related to adolescent problematic smartphone use'* (p. 139), indicating that feelings of psychological vulnerability, such as loneliness, can trigger FoMO and subsequently problematic usage patterns.

Previous studies have shown a link between FoMO, loneliness, and internet use, yet most have centered on early adulthood, leaving adolescent experiences less explored. In Indonesia, research rarely distinguishes the contributions of emotional and social loneliness to FoMO, despite their potential differences in shaping adolescent behavior. This study addresses these gaps by examining how emotional and social loneliness predict FoMO among adolescents aged 13–18 who actively

use TikTok in East Java, a rapidly developing province and home to Surabaya, the second-largest city in Indonesia (Mbizmarket, 2021). By focusing on this unique sociocultural and technological context, the study aims to provide new insights into adolescents' psychological experiences, particularly their social and emotional well-being.

Method

Research Design
This research utilized a cross-sectional design, gathering data through an online survey to investigate the potential link between feelings of loneliness and the experience of fear of missing out (FoMO) among adolescents who actively use TikTok. By capturing a snapshot of participants' psychological state and social media use at a single point in time, this study aimed to investigate whether loneliness, differentiated into emotional and social loneliness, contributes to increased feelings of exclusion or being left behind when viewing other people's content on the platform. This methodological approach allowed for efficient data collection from a broad adolescent demographic, providing insight into emerging patterns of digital behavior and their psychological implications.

Participants
The selection of respondents was carried out using a purposive sampling technique, as this method allows researchers to deliberately select individuals who meet specific criteria relevant to the study objectives, in this case, adolescents aged 13–18 years who are active TikTok users. This approach is appropriate to ensure that the sample accurately reflects the characteristics needed to explore the role of emotional and social loneliness on FoMO in the target population. The study was also approved by the Institutional Ethical Committee University of Surabaya (428/KE/IX/2024), and informed consent was obtained from participants' guardians. Participants were selected based on specific inclusion criteria to ensure relevance to the research objectives.

Table 1 presents data from 205 respondents who were willing to participate in this study. Most of the participants were female (71.2%), aged 17 years (29.8%), came from regency (75.6%), including Kediri, Pamekasan, and Malang, and lived with their parents (90.2%). The questionnaire was packaged using Google Forms and distributed through social media such as Instagram, WhatsApp, and Line. After completing the consent form, interested respondents could go to the Google Form link.

Tabel 1
Participants Demographic Data (N=205)

Demographic Data	Frequency	%	Demographic Data	Frequency	%
Age (years)			*Gender*		
13	16	7.8	Male	59	28.8
14	20	9.8	Female	146	71.2
15	29	14.1	*Living with*		
16	35	17.1	Parents	185	90.2
17	61	29.8	Family	17	8.3
18	44	21.5	Alone	3	1.5
Residence					
City	50	24.4			
Regency	155	75.6			

Instruments
The Fear of Missing Out variable was measured using the Fear of Missing Out Scale (FoMOS). FoMOS was developed by Przybylski et al (2013). This scale is a unidimensional scale consisting of 10 items with a 5-point Likert scale response type. An example item from FoMOS is 'I fear others have more rewarding experiences than me.' Responses were given using a 5-point Likert scale ranging from 1 (not at all true of me) to 5 (extremely true of me). FoMOS measures the extent to which someone experiences FoMO in a social environment, especially involving their friends and frequently using social media to stay (hyper) connected. The scale reliability coefficient in the current sample is good (α = .848) with CITC values ranging from .395 to .686.

The variable of Loneliness was measured using the De Jong Gierveld Loneliness Scale (DJGLS), developed by De Jong Gierveld and Van Tilburg (2006). The DJGLS presents a two-factor structure (social loneliness and emotional loneliness) with 11 items. The reliability of this measurement instrument has been tested, with Cronbach's α of .649, while for the two subscales of social loneliness and emotional loneliness, Cronbach's α was .752 and .575, respectively. An example item from the emotional loneliness subscale is 'I miss having a really close friend', while for the social loneliness subscale is 'There is always someone I can talk to about my day-to-day problems.' The DJGLS responses were scored dichotomously with values of 0 or 1, resulting in a minimum possible score of 0 and a maximum score of 11. Participants can choose answers from None of the time, Rarely, Some of the time, Often, to All of the time for each item. The emotional loneliness score was obtained by giving a score of 1 to neutral and positive answers ("some of the time", "often", or "all of the time") to items 2, 3, 5, 6, 9, and 10. In contrast, the social loneliness score was obtained by giving a score of 1 to neutral and negative answers ("none of the time", "rarely", or "some of the time") to items 1, 4, 7, 8, and 11. The total loneliness score can be categorized into four levels: not lonely (score 0, 1 or 2), moderate lonely (score 3 through 8), severe lonely (score 9 or 10), and very severely lonely (score 11).

Data Analysis
Parametric statistical analysis was used because the linearity and normality tests were fulfilled. Data were analyzed using the Statistical Package for Social Sciences (SPSS) software version 29.0. Descriptive statistics were used to calculate the frequency and percentage of categorical data. Pearson Product-Moment correlation analysis was employed to examine the correlation between social loneliness, emotional loneliness, and fear of missing out (FoMO), as well as the correlation between demographic data or participant characteristics and FoMO. Next, hierarchical regression analysis was employed to test the significance of the role and determine the magnitude of the effective contribution of demographic data, participant characteristics, as well as the two dimensions of loneliness, emotional and social (independent variables), on FoMO (dependent variable).

Results
The results of the Pearson correlation analysis (Table 2) showed a significant correlation between social loneliness, emotional loneliness, and fear of missing out (FoMO), indicating that loneliness may be a key predictor of FoMO in this sample. In contrast, demographic data and participant characteristics, such as age, time spent on TikTok, and the level of importance placed on using TikTok, did not demonstrate a significant correlation with FoMO.

Table 2
The Output of Pearson Correlation (N=205)

Variables, demographic data, participant characteristics	FoMO		
	r	sig.	Results
Social loneliness	.366	.001	Significant (*sig.* < .05)
Emotional loneliness	.403	.001	Significant (*sig.* < .05)
Age	.048	.497	Not significant (sig. > .05)
TikTok access time	.046	.509	Not significant (sig. > .05)
Level of importance of using TikTok	.046	.516	Not significant (sig. > .05)

Table 3 presents the findings that most participants reported spending between 7 to 9 hours per day on TikTok (50.2%) and ranked using TikTok at a quite important level (45.4%), highlighting the platform's significant role in their daily routines. Additionally, 57.6% of participants indicated experiencing feelings of loneliness when they were not using the app, suggesting a possible emotional reliance on digital engagement. Moreover, 85.4% of participants reported feeling happy when using TikTok and most participants (61.5%) used the platform as a means of entertainment. Based on the loneliness category from DJGLS, it is known that the majority (81%) of participants experienced loneliness at a moderate level.

Table 3
Characteristic of Participants (N=205)

Characteristic	Frequency	%	Characteristic	Frequency	%
TikTok access time			*Devices used to access TikTok*		
7-9 hours/day	103	50.2	Smartphone	194	94.6
4-6 hours/day	83	40.5	Tablet iPad/Tablets	9	4.4
1-3 hours/day	11	5.4			
More than 9 hours/day	8	3.9			
Feelings if not using TikTok			*Feelings when using TikTok*		
Lonely	118	57.6	Happy (Pleased, entertained)	175	85.4
Bored	47	22.9	Just normal	30	14.6
Just normal	40	19.5			
Level of importance of using TikTok			*Purpose of accessing TikTok*		
Quite important	93	45.4	Entertainment	126	61.5
Important	61	29.8	Get the latest information	43	21.0
Very important	29	14.1	Fill the free time	25	12.2
Not important	22	10.7	Research/education	9	4.3
			Building relationships	2	1.0
Category of Loneliness					
Moderate Lonely	166	81			
Severe Lonely	21	10.2			
Not Lonely	18	8.8			
Very Severe Lonely	0	0			

The hierarchical regression analysis (Table 4) shows the significance of the role and the magnitude of the effective contribution of demographic data, participant characteristics, and two dimensions of

loneliness to FoMO. Demographic data and participant characteristics, including gender, age, time spent on TikTok, and the level of importance of using TikTok, did not significantly predict FoMO and yielded a minimal effective contribution (<1%). Furthermore, both dimensions of loneliness—emotional loneliness and social loneliness—significantly predicted greater FoMO, contributing 15.9% and 11.6%, respectively.

Table 4
Hierarchical Regression Analysis and Effective Contribution of Demographic Data, Participant Characteristics, and Both Dimensions of Loneliness

Predictor	R	R Square	Standardized Coefficients Beta	t	Sig.
Gender	.084	.007	.084	1.202	.231
Age	.099	.003	.052	.740	.460
TikTok access time	.105	.001	.036	.513	.609
Level of importance of using TikTok	.107	.000	.021	.273	.785
Emotional loneliness	.412	.159	.404	6.169	.001
Social loneliness	.535	.116	.345	5.683	.001

Discussion

This study aimed to investigate the role of loneliness, divided into emotional and social loneliness, on FoMO among adolescent TikTok users in East Java Province. The results showed that emotional and social loneliness played a significant role in predicting increased FoMO in adolescent TikTok users in East Java Province, with an effective contribution of 15,9% and 11,6%. According to Deniz (2021), one of the key factors contributing to FoMO behavior is the need for belongingness and social connection. Individuals with higher levels of social self-efficacy tend to be more confident in their ability to engage in social interactions, thereby experiencing lower levels of FoMO. Conversely, those who perceive themselves as less competent in social contexts or who experience social anxiety are more vulnerable to experiencing FoMO (Deniz, 2021).

The distinction between emotional and social loneliness provides deeper insights into adolescents' susceptibility to FoMO. Emotional loneliness, reflecting the absence of close attachment figures, may drive adolescents to seek validation and reassurance through online interactions, with social media offering immediate feedback such as likes, comments, or followers (Wang et al., 2024). In contrast, social loneliness arises from a lack of integration into broader peer groups and relates to developmental tasks where belongingness becomes central. When adolescents feel excluded from group activities, they become highly sensitive to social rejection cues, and the visibility of peer interactions on platforms like TikTok can intensify FoMO, motivating hyper-connectedness as a coping mechanism (Türk & Koçyiğit, 2025). Taken together, these findings suggest that while emotional loneliness heightens FoMO through unmet attachment needs, social loneliness fuels FoMO by amplifying concerns about peer belonging, highlighting two distinct yet complementary pathways underlying adolescents' digital over-engagement.

The relationship between loneliness and FoMO can be better understood through developmental psychology perspectives, particularly during adolescence, a critical period of identity formation characterized by Erikson's stage of identity versus role confusion. When adolescents fail to establish secure peer relationships or supportive social bonds, they may experience loneliness, which amplifies their need for belongingness and social validation in digital spaces (Orenstein et al., 2025; Schwartz et al., 2013). This helps explain why lonely adolescents are more prone to FoMO, as reliance on social media becomes a compensatory strategy to reduce uncertainty about their social identity and

avoid exclusion from peer groups. This pattern is also reflected in the present study, where most participants (57.6%) reported that they would feel lonely if they did not access TikTok within a single day.

Research on adolescents has shown that loneliness can lead to emotion dysregulation and social media addiction, which in turn strengthen FoMO. This indicates that when individuals lack a confidant or an emotionally close figure to share their feelings with, they may be driven to explore social media more intensively, thereby increasing their susceptibility to FoMO (Türk & Koçyiğit, 2025). Loneliness experienced by individuals may evoke a fear of missing out on experiences encountered by others. Sangadah and Widyarto (2023) also found that adolescents experiencing loneliness tend to exhibit higher levels of FoMO, emphasizing that feelings of social isolation can intensify adolescents' fear of being left out in social interactions. When individuals are not socially connected, thereby experiencing loneliness, they may feel left behind compared to others (Fenia & Nastasia, 2022).

Previous studies have demonstrated the link between loneliness and FoMO, yet they present notable limitations. For instance, Arsyah et al. (2024) investigated loneliness and FoMO among TikTok users in Pekanbaru but treated loneliness as a unidimensional construct and focused primarily on young adults. Similarly, Adelhardt (2024) explored the relationship between social networking addiction, loneliness, and FoMO among adolescents, but also measured loneliness as a single construct and emphasized the role of social networking addiction rather than the distinct forms of loneliness. The present study advances this literature by explicitly examining the separate contributions of emotional and social loneliness in predicting FoMO, providing a more nuanced understanding of these mechanisms. Moreover, while earlier studies were mostly conducted either in Western contexts or with young adult samples, this study offers novel insights by focusing on Indonesian adolescents in East Java, thereby addressing both cultural and developmental gaps.

FoMO is defined as a pervasive concern that others may be having valuable experiences that one does not share, which leads to a desire to stay connected with others' activities (Przybylski et al., 2013). In this study, FoMO was linked to the fear of missing out on information available on TikTok. Nearly half of the participants (45.4%) considered TikTok to be quite important in their daily lives, with entertainment being the main reason for use (61.5%). Most participants reported spending 7 to 9 hours per day on TikTok. Previous studies have shown that higher social media use is associated with greater FoMO, as users continuously monitor others' activities and carefully manage their online self-presentation (Buglass et al., 2017; Crabtree & Pillow, 2018).

According to the Uses and Gratification Theory (Katz et al., 1973), individuals actively use media to fulfill specific needs such as entertainment, information, and social connection (Karunia et al., 2021). This theory helps explain why most adolescent participants in the study spent hours on TikTok, prioritizing it as a source of entertainment that made them feel happy when using it (85.4%). However, the demographic factors and participant characteristics examined in this study, including gender, age, duration of TikTok use, and the perceived importance of TikTok, were not significant predictors of FoMO, each contributing less than 1%, indicating that FoMO appears to be more strongly triggered by psychological needs and motivations, such as loneliness.

In the Indonesian collectivist context, adolescents' media behaviors are shaped more by social norms and group belonging than by individual preferences (Gordesli et al., 2024; Purboningsih et al., 2023). The present study shows that variables such as gender, age, duration of TikTok use, and perceived importance of the platform were not significant predictors of FoMO, indicating that online engagement is primarily motivated by conformity to peer-group expectations and the need to

maintain social connectedness. This tendency aligns with prior evidence that Indonesian adolescents continue to emphasize communal relationships and parental influence despite growing exposure to individualistic values (Muttaqin, 2020).

The study further found that 81% of adolescent participants in East Java reported moderate levels of loneliness, despite 90.2% living with their parents, and 57.6% admitting they would feel lonely without access to TikTok. This suggests that social media may serve as a coping mechanism to mitigate isolation. These results also resonate with research showing that lonely individuals are more likely to withdraw from peer activities and substitute offline interactions with online engagement (Bian & Leung, 2015). Taken together, this study highlights that loneliness reported by 20–50% of adolescents worldwide is a common developmental experience that heightens sensitivity to peer acceptance (Muthia & Hidayati, 2015). In this context, FoMO among Indonesian adolescents should therefore be understood through a cultural lens in which conformity, collective digital engagement, and psychological vulnerabilities interact to shape social media use.

The novelty of this study lies in the integration of loneliness with FoMO, specifically among adolescent participants in one of Indonesia's largest provinces, East Java. The results of this study can broaden knowledge regarding the role of loneliness in FoMO in the still-limited Indonesian context and explore the contribution of each dimension of loneliness to FoMO among adolescent TikTok users in East Java. Limitations of this study include the uneven distribution of questionnaires, which prevented it from reaching several districts/cities in East Java, and the use of an online self-report survey that may introduce response bias and limit the ability to verify duplicate or invalid entries. The use of purposive sampling was appropriate for the study's aims; however, it may introduce potential bias in representativeness, limiting the generalizability of the findings to the wider adolescent population in East Java. Furthermore, future research is expected to expand on this study's findings by examining other variables that may influence adolescents' FoMO behavior beyond loneliness. Another limitation concerns the relatively low reliability of the emotional loneliness subscale. Similar concerns were raised by Cheung et al. (2020), who also found relatively low reliability for the emotional loneliness dimension in Chinese and Dutch adults. This highlights the need for cultural adaptation and careful interpretation of this construct across different populations.

Conclusion

The role of emotional and social loneliness on FoMO was identified among adolescent TikTok users in East Java Province. This research demonstrated that emotional and social loneliness plays a significant role in predicting FoMO among adolescent TikTok users in East Java, with both emotional and social loneliness emerging as meaningful predictors. The study reveals a paradox in adolescent development. While humans are considered social beings and adolescents are expected to build peer connections as part of their developmental tasks, they nonetheless experience significant levels of loneliness. Such loneliness may serve as a precursor to fear of missing out, whereby adolescents become increasingly dependent on digital interactions to preserve a sense of belonging and mitigate social disconnection.

These findings underscore the need for context-specific psychological interventions targeting adolescent social media use. School-based programs may incorporate psychoeducation on digital literacy and emotional regulation, complemented by structured mindfulness training to enhance self-regulation. In addition, digital literacy campaigns within schools can foster critical awareness of online behavior and reduce maladaptive patterns such as FoMO. Psychologists are encouraged

to develop culturally sensitive assessment tools and brief interventions, while teachers should be equipped to identify early indicators of digital overdependence. Furthermore, parent–school collaboration initiatives can provide guidance for families in promoting balanced and mindful engagement with social media.

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