The Relationship of Social Media Engagement and Fear of Missing Out with Psychological Well-Being in Emerging Adulthood

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ABSTRACT: This study was carried out in response to the rising levels of social media engagement and fear of missing out among emerging adults, which may influence their psychological well-being. It included 119 participants aged 18-25 from Surabaya. A quantitative method was adopted, employing multiple linear regression analysis with SPSS. The results demonstrated a connection between social media engagement, fear of missing out, and psychological well-being. Specifically, the significance value was 0.001 ($p < 0.05$), and the F-count was 7.655, surpassing the F-table value of 3.07. The R-square value was 0.117, indicating that these variables account for 11.7% of the variance in psychological well-being, with the remaining variance linked to other influences.

KEYWORDS: Social Media Engagement, Fear of Missing Out, Psychological Well-Being, Emerging Adulthood

I. INTRODUCTION

Society currently lives in an era of increasingly developing technology, especially digital technology, one of which is social media. Social media plays an important role in everyday life, by using social media individuals can network with everyone so that there are no longer any communication barriers.

According to a 2023 survey by APJII (Association of Indonesian Internet Service Providers), the internet is primarily used to access social media platforms such as Facebook, WhatsApp, Telegram, Line, Twitter, YouTube, and Instagram. Most internet users fall within the 13-18 and 19-34 age brackets. Notably, 63.74% of individuals report using the internet for 1-5 hours each day (APJII, 2023). Additionally, data from Statista in 2020 indicate that the 18-24 age group has the highest number of social media users in Indonesia (Annur, 2020). This suggests that a significant portion of social media users in Indonesia is within the emerging adulthood phase.

The significant engagement with social media among emerging adults stems from their need to maintain connections with their social networks, access up-to-date information, and develop and display their identities online. Platforms such as Instagram, X, Facebook, and TikTok provide spaces for these users to interact, share meaningful moments, and keep informed about the latest happenings involving friends, family, and public figures.

Interaction with digital media and the internet is linked to the psychological health of adolescents, a phenomenon known as digital stress (Hefner & Vorderer, 2016).The use of social media via digital devices and the internet can contribute to the emergence of stress which can affect psychological well-being which is called digital stress (Emaniar et al., 2023). Intense social media use in emerging adulthood can cause anxiety and depression. When individuals frequently view content that shows the ideal lives or achievements of others, they will feel dissatisfied with themselves and their lives. Constantly seeing perfect posts and other people's accomplishments of themselves can lead to feelings of not being good enough, low self-esteem, and sadness. Apart from that, anxiety and depression that arise are also caused by disturbances in sleep quality. Lack of sleep is often associated with an increased risk of mood disorders such as anxiety and depression (Walker, 2017). Exposure to content that triggers stimulation or involvement in intense interactions on social media can cause individuals to experience difficulty sleeping or poor quality sleep. Sleep disturbances can cause fatigue, difficulty concentrating, and decreased cognitive function (Levenson et al., 2017).

The form of interaction that occurs on social media between fellow social media users creates a wide range of friendships that can spread to various cities and countries, but at the same time it will also have an impact on social interactions that occur directly with the people around them. Reduced social interaction with people around you can cause feelings of loneliness even though you are connected to many people online. Less deep relationships with people around you can also reduce the sense of connectedness and decrease the emotional support received (Twenge, 2019). According to a 2017 survey by the Royal Society for Public Health – Young Health Movement (RSPH-YHM), Instagram is identified as the social media platform with the most negative effects on

mental health. The behaviors and consequences arising from heavy social media usage can adversely affect both an individual's psychological and physical health, ultimately resulting in disruptions to their overall well-being.

Ryff and Keyes (1995) describe psychological well-being as a state in which a person operates at their best mentally, free from various stresses and mental health issues. Psychological well-being is the level of an individual's ability to apply several components of positive psychological functions such as accepting oneself as is, forming warm relationships with other people, being independent of social pressure, controlling the external environment, having meaning in life, and realizing one's potential. Psychological well-being can also be defined as an individual's ability which includes 6 aspects (Ryff & Keyes, 1995) : 1. Selfacceptance, this aspect is an individual characteristic in self-actualization and is also the main characteristic of psychological health and optimizing one's potential. So individuals are required to have a positive attitude and be able to accept themselves as they are in living their lives; 2. Personal growth, this aspect is needed for individuals to actualize themselves from experience, have the self-control to continue to explore their potential in order to achieve growth and development as human beings, have the courage to face new experiences, and continue to encourage themselves to face various life problems in the future. Time of his life; 3. Purpose in life, this aspect is needed by individuals in determining life goals that are lived in a directed manner. If an individual has the feeling that life is full of meaning in the life he lives, then the individual has the sensitivity to direct himself intensively in achieving his life goals; 4. Positive relations with others (Positive relationships with other people), this aspect is an individual's ability to carry out social interactions with other individuals. Individuals who are able to interact positively socially with other people have the characteristics of having pleasant relationships, mutual trust, and a high sense of caring; 5. Environmental mastery, this aspect focuses on a person's ability to evaluate and adapt to their environment. Individuals who work to navigate their surroundings can influence external circumstances, which helps them feel more at ease; 6. Autonomy, this aspect is related to the concept of self-actualization which describes an individual's independent functioning. Individuals who have good autonomy can regulate attitudes and behavior and are not controlled by other people.

Depression and anxiety related to individual psychological well-being are related to the high intensity of involvement in social media or what is often referred to as social media engagement and also the fear of missing out. According to Przybylski et al. (2013), social media engagement describes the extent of active participation individuals exhibit on social media platforms. This includes activities like liking, sharing, and commenting on content, which illustrates how users interact with posts. Engaging with social media involves both cognitive and emotional aspects, which are collectively termed social media engagement (Groth et al., 2018).Three aspects of social media engagement according to Xiaoli Ni et al., (2020), based on Hollebeek's (2013) theory : 1. Affective engagement is the emotional response that arises when individuals interact with content on social media. Affective engagement includes feeling happy, entertained, or inspired by content viewed or shared. This engagement can also include aspects such as how strongly the individual feels emotionally connected to the community or other individuals on social media; 2. Behavioral engagement is actions that individuals take on social media, such as liking, commenting, sharing, or posting content. Behavioral engagement is the most visible aspect of social media engagement because it involves active interactions and contributions in the form of content or responses to existing content; 3. Cognitive engagement, cognitive engagement involves the mental and intellectual aspects of interaction on social media. This includes how much a person thinks about the content they see or how the content influences their thinking. Cognitive engagement can also be measured by how deeply someone ponders or analyzes the content, as well as how much the content influences their worldview or opinions.

Fear of missing out is excessive worry about the feeling of being afraid of missing out on valuable moments that take place for individuals or groups where at that moment someone is unable to attend or cannot take part in the activities that are taking place (Przybylski et al., 2013). So that makes him still want to know about activities that occur through social media. Fear of missing out is characterized by a condition where a person always wants to be involved in the activities and activities of other people. This phenomenon can trigger psychological stress and disrupt the mental well-being of teenagers. There are 2 aspects of fear of missing out according to Przybylski et al., (2013) : 1. Relatedness, relatedness is an individual's need to be able to feel a relationship or closeness with other people where this condition has a warm and caring relationship that can satisfy the individual's needs so that he has the opportunity to interact with other people who are considered important and competent in his social life. If the psychological need for relatedness is not met, it will cause anxiety. The first is physical anxiety, namely feelings of restlessness and nervousness, the second is behavioral anxiety, namely behavior that is attached and dependent on other people, and the third is cognitive anxiety, namely worry and fear (Nevi et al., 2005). Apart from that, individuals will try to find out their experiences and what other people are doing, one of which is through social media; 2. Self, the psychological need for self is related to Competence and Autonomy. Competence is an individual's desire to feel effective in interacting with their environment. If individual competence is not fulfilled, this will result in a lack of interaction feedback in the environment and the optimal ability to face challenges in the environment. Meanwhile, Autonomy means that individuals are free to integrate actions carried out by themselves without being bound or controlled by other people. If individual autonomy is not fulfilled, it will make the individual less able to make choices, lack recognition of feelings in the environment, and the existence of desires imposed by other people (Ryan & Deci 2001). So when

individuals do not fulfill their self-needs, they will channel them through social media to obtain various kinds of information and connect with other people.

Social media engagement and fear of missing out are interrelated in reducing psychological well-being in individuals. Social media engagement can exacerbate the level of fear of missing out experienced, this is caused by individuals continuously viewing content that shows other people's activities and achievements (Tandoc et al., 2015). Fear of missing out can motivate individuals to increase their engagement on social media as a way to overcome concerns that they may miss something important (Elhai et al., 2016). This process can result in a mutually reinforcing cycle, where increased engagement on social media exacerbates the fear of missing out, which in turn drives more intense engagement. In this cycle, individuals will experience a decline in psychological well-being, including feelings of dissatisfaction, loneliness, and anxiety. In addition, excessive involvement can disrupt the balance between personal life and daily activities, cause sleep problems, and reduce the quality of social relationships.

Social media engagement can disrupt the balance between online and offline life, reducing time that should be spent on more productive and meaningful activities, such as studying, working, or interacting directly with the people around you. This can affect overall psychological well-being because individuals will feel less satisfied with their lives and more susceptible to stress and fatigue. The emergence of feelings of dissatisfaction with oneself, stress, anxiety, depression, and fatigue is caused by the high intensity of social media use.

The emotional response that arises when individuals interact with content on social media tends to make individuals compare their achievements with the achievements of others, this causes individuals to feel less satisfied with themselves. Individuals who tend to compare themselves with others on social media experience decreased mental well-being. Positive engagement such as participating in supportive discussions or sharing positive experiences can increase life satisfaction and mental health.

Fear of Missing Out can have a negative impact on teenagers' lives. Setiadi and Agus (2020) stated that the psychological disorder known as Fear of Missing Out is a negative impact of excessive use of social networks which leads to depression and low self-confidence. Fear of Missing Out is triggered by interactions on social media, where individuals are constantly exposed to positive moments shared by friends or influencers. Research shows that fear of missing out can have a negative impact on psychological well-being, especially in the context of emerging adulthood, where individuals are highly sensitive to social experiences.

One of the main impacts of fear of missing out is increased levels of anxiety and depression. Przybylski et al., (2013), individuals who experience fear of missing out tend to feel less satisfied with their lives, which can cause feelings of isolation and low self-esteem. When someone constantly compares themselves to others who seem happier or more active, this can lower their self-confidence and life satisfaction.

Fear of missing out can interfere with an individual's ability to enjoy the present moment. According to Elhai et al., (2016), individuals who have a high fear of missing out often feel unable to fully enjoy the experience they are undergoing, because their attention is focused on what they might miss. This creates a negative cycle where individuals not only feel dissatisfied with their lives but also miss opportunities to experience happiness in small moments.

Milyavskaya (2018) found that the phenomenon of fear of missing out can increase feelings of fatigue in individuals, disrupt sleep patterns, and cause physical and psychological symptoms that individuals feel. Reer et al., (2019) in their research results said that someone who experiences fear of missing out and is very attached to social media will experience low psychological well-being. Frequent social comparisons on social media can also reduce self-confidence and increase feelings of helplessness, as individuals may feel that their lives are not as good or interesting as the lives of others they see online. This condition can worsen mental health conditions, such as increasing the risk of depression and anxiety.

This research holds significance due to the elevated levels of social media engagement found in emerging adults, which can influence their psychological well-being. The fear of missing out, a growing phenomenon among social media users in this demographic, can lead to anxiety, life dissatisfaction, and feelings of inadequacy. Thus, it is essential to explore the connection between social media engagement and fear of missing out to identify risk factors and potential interventions that could enhance psychological well-being.

By investigating the complex dynamics between social media engagement and fear of missing out, researchers aim to uncover how these elements interact and affect individual psychological health, especially during the emerging adulthood phase (ages 1825). This period involves significant transitions, such as identity exploration and social connections, making individuals particularly vulnerable to the impacts of social media, which they actively use for a variety of purposes..

II. METHODS

This study employs a quantitative research method utilizing a correlational research design. The objective is to determine the strength and direction of the relationship between the measured variables: social media engagement, fear of missing out, and psychological well-being in emerging adulthood.

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A. Subject

The participants for this study included individuals in the emerging adulthood phase (ages 18-25) located in Surabaya. Given the uncertainty regarding the exact population size, the researchers chose to use estimates from the Surabaya City Central Statistics Agency for 2023, which indicated a population of around 678,937. The criteria for sampling were as follows: 1. Individuals aged 18-25 (emerging adults); 2. Individuals who actively use social media; 3. Individuals who are willing to take part in the research.

According to the calculations for the minimum sample size using G Power, a total of 37 samples were needed, with an effect size of 0.15, an alpha error probability of 0.05, and a power of 0.95, considering 2 predictors. The minimum required sample size for the research was 107 individuals. After the data collection process, 119 participants were obtained, and the researcher chose to include all of them in the study.

B. Measurement

The instrument used to measure psychological well-being consists of 41 items adapted from the scale created by Purba et al. (2021). Following three rounds of analysis, the reliability assessment revealed a Cronbach's Alpha coefficient of 0.962, indicating that 18 items were valid.

In measuring social media engagement, the instrument consists of 11 items sourced from the Social Media Engagement Scale for Adolescents (SMES-A) developed by Ni et al. (2020). This scale has been translated into Indonesian and validated psychometrically by Rahimmatussalisa et al. (2024). After a single round of analysis, the reliability test indicated a Cronbach's Alpha coefficient of 0.879, confirming the validity of all 11 items.

For the fear of missing out variable, a 36-item instrument was constructed by the researchers, based on the dimensions identified by Przybylski et al. (2013), focusing on relatedness and self. The reliability test, conducted over five rounds of analysis, yielded a Cronbach's Alpha coefficient of 0.969, with 18 items identified as valid.

III. RESULTS

This research is a correlational quantitative research whose data is analyzed using Multiple Regression Analysis techniques. This Multiple Regression Analysis produces several outputs, namely Simultaneous Regression to test the first hypothesis, Partial Regression to test the second and third hypotheses.

The research findings indicate that there were a total of 119 respondents. Among them, 89 were female, accounting for 74.8%, while 30 were male, making up 25.2%. The respondents were categorized into 8 age groups: 28 individuals aged 18 years (23.5%); 19 individuals aged 19 years (16%); 21 individuals aged 20 years (17.6%); 14 individuals aged 21 years (11.8%); 8 individuals aged 22 years (6.7%); 13 individuals aged 23 years (10.9%); 11 individuals aged 24 years (9.2%); and finally, 5 individuals aged 25 years (4.2%).

A. Social media engagement and Fear of missing out correlate with Psychological well-being (H_1)

The first hypothesis in this research is "Social media engagement and Fear of missing out have a relationship with psychological well-being". The test results indicate a significance value of 0.001 <0.05. This leads to the conclusion that H1 is accepted, suggesting a relationship between social media engagement, fear of missing out, and psychological well-being. Additionally, the R square value is 0.117, or 11.7%, indicating that the combined influence of variables X1 and X2 accounts for 11.7% of the variance in variable Y, with the remaining variance influenced by other factors.

F	P	R^2	Result
7,655	0,001	0,117	Significant correlation (p<0.05); The first hypothesis is accepted

B. Social media engagement has a relationship with psychological well-being (H_2)

The second hypothesis in this research is "Social media engagement has a negative relationship with psychological wellbeing". The hypothesis test results indicate a correlation value of 0.384 between social media engagement and psychological wellbeing, with a significance level of 0.001 (p<0.05), demonstrating a significant positive relationship. This positive value suggests that an increase in social media engagement corresponds to an increase in psychological well-being, while a decrease in social media engagement leads to a decrease in psychological well-being. These findings show that social media engagement is positively correlated with psychological well-being among emerging adults in Surabaya. Consequently, H2 is rejected.

Model	t	Coefficient	P	Result
Social media engagement	3,503	0,384	0,001	Significant positive correlation p<0.05; the second hypothesis is rejected

C. Fear of missing out has a relationship with psychological well-being (H_3)

The third hypothesis in this research is "Fear of missing out has a negative relationship with psychological well-being". The hypothesis test results reveal a correlation value of -0.384 between fear of missing out and psychological well-being, with a

significance level of 0.001 (p<0.05), indicating a significant negative relationship. The negative value suggests that an increase in fear of missing out is associated with a decrease in psychological well-being, and conversely, a decrease in fear of missing out correlates with an increase in psychological well-being. These findings demonstrate that fear of missing out is negatively associated with psychological well-being among emerging adults in Surabaya. Therefore, H3 is accepted

Model	t	Coefficient	P	Result
Fear of missing out	-3,506	-0,384	0,001	Significant negative correlation p<0.05; the third hypothesis is accepted

IV. DISCUSSION

The research findings indicate that the first hypothesis is accepted, confirming that social media engagement and fear of missing out have a relationship with psychological well-being simultaneously. These results suggest that individuals in the emerging adulthood stage who engage with social media and experience fear of missing out may contribute to the rise in psychological well-being issues.

Social media engagement and fear of missing out are two important factors that greatly influence psychological well-being. While engaging with social media can have both beneficial and detrimental effects, one of the positive aspects is its ability to enhance feelings of connectedness and social support (Cahyono, 2016). By using social media platforms, individuals can connect with friends, family, and a larger community, which may help mitigate feelings of loneliness and isolation. Conversely, this engagement can also lead to the phenomenon known as fear of missing out (FOMO). FOMO is characterized by anxiety stemming from the perception that others are enjoying experiences or opportunities that one is not, often triggered by content seen on social media. This anxiety can result in heightened dissatisfaction with life and a decline in psychological well-being. Savitri (2019) notes that FOMO can lead to increased anxiety and life dissatisfaction, negatively affecting psychological health. Furthermore, greater social media engagement can prompt individuals to compare themselves to others, which can foster feelings of low selfesteem and dissatisfaction. This self-comparison can ultimately lead to a decrease in psychological well-being. Research by Przybylski et al. (2013) suggests that individuals who engage in social comparisons more frequently tend to experience a decline in their psychological well-being.

Both of these phenomena have the potential to cause significant negative impacts on mental health. When individuals experience social media engagement and fear of missing out, they feel reluctant to interact both online and offline. This can cause a decrease in the quality of social interactions, as well as increase the risk of depression and anxiety. Fear of missing out can make things worse by creating feelings of anxiety and dissatisfaction, rooted in constant social comparison. When individuals constantly compare themselves to others, feelings of inadequacy and anxiety increase, which in turn can harm their psychological well-being.

The impact of this phenomenon can vary, depending on how the individual can manage the fear and anxiety that arises. If social media engagement and fear of missing out are not addressed, individuals may experience a significant reduction in their quality of life. They can feel increasingly isolated despite being connected virtually, and this can worsen their mental health. Conversely, if individuals are able to overcome these fears in an effective way, they have the potential to improve their psychological well-being.

Social media engagement can influence psychological well-being both positively and negatively, depending on how it fulfills or disrupts the needs for autonomy, certainty, and connectedness. Fear of Missing Out can worsen psychological well-being by disrupting autonomy and certainty and causing dissatisfaction in social connectedness. In emerging adulthood, which is a crucial period for exploration and identity formation, the fulfillment or dissatisfaction of basic psychological needs influenced by social media engagement and fear of missing out can have a significant impact on psychological well-being.

The findings indicate that the second hypothesis of this study is rejected, as social media engagement is found to have a negative correlation with psychological well-being. Conversely, the results reveal a positive relationship between social media engagement and psychological well-being. This suggests that individuals in the emerging adulthood phase who engage with social media can affect the decline in issues related to psychological well-being.

Wise use of social media allows individuals to stay connected with friends, get social support, and express themselves. This can increase their sense of social connectedness and emotional support, which contributes to their psychological well-being. When social media is used in a healthy way, such as sharing positive experiences or seeking useful information, it can increase selfesteem and life satisfaction. These findings align with research by Ostic et al. (2021), which indicates that individuals tend to use social media platforms to gain emotional support, enhance their ability to connect with others and develop social networks, fostering a sense of belonging. Additionally, this research suggests that social media platforms facilitate the establishment and maintenance of diverse social relationships.

Social media engagement plays an important role in social, psychological, and physical well-being. Socially, social media allows individuals to maintain relationships, share experiences, and receive emotional support, which reduces feelings of loneliness and increases a sense of connectedness. This social support is essential for psychological health and strengthens positive social networks.

Psychologically, connecting with other people via social media can increase self-esteem and emotional well-being (Muryokresnomurti & Swasti, 2022) but excessive exposure to negative content or social comparison can reduce mental health, such

as anxiety and depression. From a physical perspective, healthy social interactions can motivate physical activity, such as motivation to participate in physical activities with friends (such as exercising together) and provide support in terms of healthy life styles.

The social world is a space for individuals to build interpersonal relationships that influence the quality of their lives. Through social media engagement, individuals can maintain social relationships, share experiences, and receive emotional support. Strong social connections on social media can reduce feelings of loneliness and increase a sense of belonging, which is essential for psychological well-being (Rohmatillah et al., 2024).

Social media engagement in the emerging adulthood phase is a very important phenomenon. In the emerging adulthood phase, individuals tend to seek self-identity and form social relationships, so that their participation in social media can have an impact on their psychological well-being (Purnomo et al., 2023).

Based on the social media engagement aspect, Affective engagement refers to the emotional response that arises when individuals interact with content on social media. When someone feels positive emotions such as happiness, being entertained, or inspired by the content they view, this can improve their psychological well-being. Positive affective engagement often relates to emotional connectedness with communities on social media, which can create a strong sense of social support and identity.

The behavioral aspect of engagement includes real actions carried out by individuals, such as liking, commenting, or sharing content. These actions reflect an individual's active interactions and contributions in the world of social media. Active behavioral engagement can provide a sense of accomplishment and connectedness, which contributes positively to psychological well-being.

The cognitive engagement aspect involves the mental aspects of interactions on social media, including how individuals reflect on and analyze the content they see. Deep cognitive engagement can help individuals form a more positive worldview and increase their understanding of social issues. When someone is cognitively engaged, they are more likely to feel connected to the content, which can improve psychological well-being.

These three aspects of engagement are interconnected and can influence overall psychological well-being. Positive affective engagement can increase behavioral engagement, which in turn can deepen cognitive engagement. When individuals feel positive emotions, they are more likely to actively interact with and reflect on the content they consume.

Positive engagement, such as supportive and constructive interactions, can strengthen social networks and improve psychological well-being. Conversely, negative engagement, which involves adverse social comparisons, can have a negative impact on psychological well-being. The impact of social media engagement on psychological well-being depends on how individuals manage their engagement with social media.

The findings of this study indicate that the third hypothesis is accepted, revealing a negative correlation between fear of missing out and psychological well-being. Research by Purba et al. (2021) also demonstrates a significant negative correlation between the fear of missing out and the psychological well-being of teenagers using social media. This suggests that an increase in fear of missing out is linked to a decrease in the psychological well-being of these teenagers. Additionally, Elhai et al. (2016) found that fear of missing out can lead to sleep disturbances, adversely impacting overall psychological well-being.

Fear of missing out is a significant phenomenon in the emerging adulthood phase, in this phase individuals face pressure in forming an identity and building satisfying social relationships. Fear of missing out, which is often triggered by interactions on social media, can have a direct impact on psychological well-being.

Fear of Missing Out is triggered by interactions on social media, where individuals are constantly exposed to moments shared by friends or influencers. Research shows that fear of missing out can have a negative impact on psychological well-being, especially in the context of emerging adulthood, where individuals are very sensitive to social experiences (Twenge & Martin, 2020).

One of the main impacts of fear of missing out is increased levels of anxiety and depression. (Przybylski et al., 2013), individuals who experience fear of missing out tend to feel less satisfied with their lives, which can cause feelings of isolation and low self-esteem. When someone constantly compares themselves to others who seem happier or more active, this can lower their self-confidence and life satisfaction. Fear of missing out can also affect sleep patterns and physical health. When individuals feel pressured to stay connected to social media, they may neglect their sleep and health needs.

Based on the aspect of fear of missing out, Relatedness refers to an individual's need to feel connected and close to other people. When individuals feel connected to others emotionally, they tend to experience better psychological well-being. However, if these needs are not met, individuals can experience significant anxiety. This anxiety can appear in three forms: physical anxiety, which is characterized by feelings of restlessness; behavioral anxiety, which leads to clingy and dependent behavior towards others; and cognitive anxiety, which includes worry and fear about missing out on experiences or relationships. When individuals experience fear of missing out, they will feel pressured to always be involved in social interactions, which can cause stress and reduce their mental well-being.

Self, The second aspect of the fear of missing out is the psychological need for self, which is related to competence and autonomy. Individuals who feel less competent or autonomous in their lives tend to experience a higher fear of missing out, because they feel pressured to prove themselves through experiences shared on social media. Dissatisfaction with these needs can lead to feelings of helplessness and low self-esteem, which ultimately have a negative impact on psychological well-being. When individuals compare

themselves to others who appear more successful or happy on social media, these feelings of inadequacy can worsen their mental state.

Both aspects are interrelated, emotional connectedness creates a supportive social environment, increasing an individual's sense of self-confidence and competence. Strong relationships help build positive identity and autonomy, reducing anxiety associated with the fear of missing out. High quality social interactions encourage individuals to engage in meaningful activities, enrich experiences, and increase well-being. Social support serves as a buffer against stress, while social connectedness promotes learning and personal growth.

The research results show that the contribution of social media engagement and fear of missing out variables together to psychological well-being is 11.7%, and 88.3% is related to other variables.

CONCLUSIONS

This research is crucial for understanding the interplay between social media engagement and fear of missing out regarding psychological well-being in individuals aged 18-25, who are in the emerging adulthood phase. In today's digital age, it is particularly relevant to explore how social media engagement and the fear of being left behind impact the mental health of young people, given their high usage of these platforms.

The study aims to identify and analyze the relationship between social media engagement and fear of missing out with psychological well-being in this demographic. It focuses on how various aspects of social media involvement—such as usage frequency, duration, and interaction type—can positively or negatively affect psychological well-being. Additionally, the research examines how fear of missing out influences mental health, specifically regarding stress, anxiety, and depression.

Employing a quantitative method, the research targets individuals aged 18-25 living in Surabaya. The findings indicate that social media engagement and fear of missing out significantly relate to psychological well-being in this age group. While social media engagement can enhance social connections, it may also exacerbate feelings of fear of missing out, leading to increased anxiety and dissatisfaction with life. Together, these two factors account for 11.7% of psychological well-being issues, with the remaining 88.3% influenced by other variables.

SUGGESTION

Suggestions for the Community, to manage social media usage effectively, individuals should set time limits to prevent excessive engagement, which can lead to fear of missing out and negatively impact psychological well-being. It is essential to focus on cultivating positive interactions by prioritizing supportive relationships on social media. Connecting with people who offer emotional support can enhance feelings of belonging. Additionally, it's important to be aware of how social media influences emotions and overall well-being. If feelings of anxiety or dissatisfaction arise, consider reducing social media use or altering the nature of interactions. Finally, if you find yourself struggling with fear of missing out or experiencing negative effects from social media, do not hesitate to reach out for support from friends, family, or mental health professionals.

Suggestions for further researchers, future researchers should aim to conduct longitudinal studies to examine the long-term changes in the relationship between social media engagement, fear of missing out, and psychological well-being. It would also be beneficial to explore additional factors that might influence this relationship, such as social support, sleep quality, and overall mental health. Utilizing qualitative analysis could provide deeper insights into individual experiences related to social media engagement and fear of missing out, as well as their effects on psychological well-being. Furthermore, researchers should differentiate by age and demographics, taking into account variations in age, gender, and other demographic factors to develop a more comprehensive understanding of this phenomenon across various groups. Additionally, including questions about the specific social media platforms used by participants would allow for an analysis of how different types of social media impact psychological well-being, either positively or negatively.

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