

# Fear of Missing Out (FoMO) in Analysis of Cognitive Behavior Therapy (CBT)

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**Abstract:** The phenomenon that appears at this time is every time we have a mobile phone and have a social media application, there will be many positive and negative impacts. Especially from the negative effects of both mental health, many of us are directly experiencing the disorder but we have not been aware of it. The purpose of this study is to analyze how the fear of missing out is analyzed through the cognitive behavioral therapy counseling model. The method used in this research is literature study. The result of this study is the concept of a flow of personal conditions that experience fomitus, which can be continued in more complex studies. The conclusion of this research is to facilitate in the process of categorizing the process of developing symptoms of (FoMO) disorders in each individual in general through cognitive behavioral therapy (CBT) counseling models.

**Keywords:** fear of missing out, cognitive behavior therapy

## 1. INTRODUCTION

New a days we wake up with the condition most of us are looking for a rectangular object the size of a hand grip that has the power to spread light [1]. All facilities already contained in his body, first when we want to order plane tickets, trains, cars and even ships must leave the house to the available place but now by using that object we can easily for the process-booking or changing the schedule [2]. A few years ago when we wanted to eat something we had to go out and buy food at the place of production, now with the ease and positive impact of the progress of technology we can order food when we are at home, sometime later the food will arrive at the door of the house [3]. Many needs that we must meet and go to the Mall to buy all the good equipment clothes [4], electronic [5], books [6], and everyday equipment and in the last decade one can order using the same thing, only takes a few minutes to order [7]. We are facilitated by technological advances when we want to transfer unnecessary money to the bank [8]. How the world has been simplified and opened by God and this is only a small positive impact of technological developments.

More felt in the communication sector and communication media that are growing very rapidly now, technology allows us to connect with one another, supported by social media that are developing at this time such as Instagram, Twitter, Facebook, YouTube, Whatsapp, and Kaskus may not be able to count. [9]. The Digital report states that the number of social media users in the world exceeds three billion people [10]. In line with the development of social media massively along with it

will have positive and negative impacts of its use, we will focus on things that become negative impacts as follows: (1) Social media risks creating addictive nature for individuals who tend to be addicted so that their main daily activities are forgotten, (2) Use unscheduled social media and learn bad things that can harm others, (3) There are children who use it to play: Facebook, Instagram, and YouTube rather than to support the learning process, (4) Easy for individuals to access pornographic content on social media, and (5) It is easy for individuals to access violent content on social media that has a negative impact on one's psychological development [11], [12].

The use of social media can unwittingly change daily habits. All changes are caused by negative effects, and are difficult to detect plus our dependence on smartphones is increasing day by day, resulting in a phenomenon that is currently a concern of health experts with regard to a new type of dependency / addiction that is "fear of missing out." lost / missed on social media) " [10]. As for FoMO, a kind of social anxiety is caused by pervasive concerns that other people have more perfect lives than themselves. "Understanding others has more valuable experiences and desires to always want to continue to connect with social media and other people's activities, and feel uneasy when seeing friends do something better than him". [10], [13]–[19].

Many of the individuals who are unaware of the negative effects of each bad behavior or habit they live in, including this discussion are related to the adverse effects caused by fear of missing out (FoMO) as follows: (1) Someone who has a higher FoMO level is assumed to be

more likely to know the activities of other people through social media [16], (2) Research links FoMO with indicators of mobile addiction [18], (3) Research states that people who have FoMO disorders have a low psychological well-being, see things from one perspective, have a low relationship realization that can cause sufferers to experience stress disorders physically and psychologically [13], (4) Disconnect of non-virtual relationships between individuals and surrounding communities, increasing the frequency of connection and interest in smart phones, low levels of satisfaction and welfare [19], and (5) Individuals care more about the virtual world than the real world [17].

FoMO syndrome is also influenced by various factors as follows; (1) Information disclosure on social media [20], (2) Aga [19], [20], (3) Gander [20], (4) Topics spread through hashtags [20], (5) Relative deprivation conditions [20], (6) The amount of stimulus to find out information [19], [20], and (7) Communication between parent and child [20]. The above factors make us understand that the FoMO syndrome has encouraging behavior and may have other more influential factors that need to be analyzed and taken into consideration for the future.

Broadly speaking, FoMO can affect daily healthy life in terms of physical and psychological, making this must be immediately detected and reduced the possibility of development. Based on research relating to cognitive behavior therapy counseling models as follows: (1) Research with the Cognitive Restructuring technique of UIN Sunan Ampel students was categorized as successful on the problem of Online Game Addiction, the results of counselee attitudes and behaviors that began to show toward more positive directions such as: no longer motivated by hobbies, reducing and moving hours of play, and more serious in lectures [21]; and (2) Cognitive Behavior Therapy Research on students who are addicted to gadgets / gadgets through prayer and reading the Quran is quite successful, results using prayer as self-control and reading the Quran to change irrational thought patterns into rational [22], and research on the application of self-management strategies to reduce social media addiction in successful students, the results there are differences in scores between pre-test and post-test social media addiction [23].

Many optional ones can be used to detect FoMO and one of them is by using cognitive behavior therapy counseling models. The concept of cognitive behavior therapy focuses on emotions and must focus on issues related to emotions in the individual [24]. As much as cognitive behavioral therapy tactics are when those with the cognitive component are explicitly compared to non-cognitive treatments, the results are not significant. It can be concluded that the overall findings show that children and adolescents with depressive disorders respond similarly to different “active” psychosocial interventions [25]. Behavioral cognitive counseling model framework a form of counseling that combines the principles and

procedures of cognitive counseling and behavioral counseling in an effort to help counsees achieve the expected changes [26].

**2. METHODS**

The type of research chosen by this author is library research, because the source of the data used is entirely from the library or documentative, namely reviewing data sources consisting of literature relating to the theme of counseling model: fear of missing out (FoMO) in analysis of cognitive behavior therapy (CBT) [26]. Furthermore, data processing in this study uses descriptive-analytical methods, a research model that seeks to describe, record, analyze and interpret existing conditions so that it is expected to provide a special picture of the condition of the phenomenon of fear of missing out (FoMO) in the analysis of cognitive behavior therapy (CBT).

**3. RESULT AND DISCUSSION**

In a paradigm the cognitive behavior therapy counseling model has a domain that is in accordance with the symptoms of FoMO, will be explained with a cognitive behavioral therapy framework table in the presence of an indication that the counselee has a fear of missing out (FoMO) disorder as follows (Table 1).

TABLE I. SELF HELP

No	Information	
	Stage	Symptom Substance
1	Core beliefs	Counsees feel when not connected to social media and do not see the latest information developments. Then he will (restless, worried, confused, afraid to be left behind, and sometimes brutal) and think himself must always be connected with other people. In order to get better information.
2	Imedier beliefs	Counsees think while learning and communicating (gathering) with my friends can be separated from social media connections.
3	Assumption	Positive: sometimes I also have a better life than them both financially and happily for the soul. Negative: the counselee thinks that my life is not as interesting as my friend's and my life becomes lower.
4	Situation	Counsees always think and feel they must always see all the activities of others and do not want to be left behind with the latest news developing on social media platforms.
5	Automatic thought	When the counselee sees an interesting phenomenon in others on social media, he will feel that other people have a pleasant and more valuable life than himself. The counselee will look for ways to always be connected to other social media or platforms. The counselee thinks that he has missed a lot of information.
6	Emotion	Self-indignation, disappointment, and sadness.
7	Behavior	Alone, wherever always holding a smartphone; easily offended; easy to break through events that do not affect him; and become a heater (haters).

The stages of the CBT counseling model above can explain that the development of FoMO disorders is not just present in an individual, but rather has stages that can be disconnected and corrected from any conditions experienced. So that the disruption to the complaint can be reduced and stopped the negative impact. The process of mapping the stage of problem development with the paradigm of the CBT counseling model only illustrates that in general it has not yet entered the intervention stage for the process of healing or educating.

There are several technical options that can be used for the intervention process including self-management [27], coping skill [28], and cognitive restructuring [29]. The stages for intervention and determining the techniques must be understood together and require a more in-depth study of data and conclusions to be drawn from the symptoms that arise from the disorder, so that the intervention process runs effectively because each technique has characteristics for different disorders. The carefulness of the counselor to take action is a benchmark for the process of healing well. The conditions described by the author are based on the analysis of several individuals who are around the author. Allows different symptoms from each individual because it is influenced by the environment, knowledge, beliefs, and information that is developing at that time.

#### 4. CONCLUSION

In general, it can be drawn regarding the conclusions of the research as follows: (1) in concept and analysis, the phenomena and symptoms of fear of missing out can be reduced and prevented through cognitive behavior therapy counseling models; and (2) the techniques that can be used in the intervention process are as follows; self-management [27], coping skill [28], and cognitive restructuring [29].

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