

# The Contribution of Fear of Missing Out to Self-Regulation Among K-Pop Fans in Makassar

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## ABSTRACT

This study examines the contribution of fear of missing out on self-regulation among K-pop fans in Makassar. This study uses the quantitative correlational method. Data were analyzed using Pearson's correlation coefficient. The result of this study found that there is a significant negative correlation of fear of missing out on self-regulation among K-pop fans in Makassar. However, the correlation of fear of missing out to self-regulation has a low proportion. The conclusion of this study, there is a significant negative contribution of fear of missing out on self-regulation among K-pop fans in Makassar. The negative contribution between these two variables shows that the higher level of fear of missing out impacts the lower level of self-regulation among K-pop fans in Makassar and vice versa. However, fear of missing out has a middle contribution to self-regulation.

**Keywords:** *Fear of Missing Out, Self-Regulation, K-pop Fans*

## 1. INTRODUCTION

Korean culture has progressed rapidly globally since the last two decades, resulting in a phenomenon known as the Korean Wave. Indonesia ranks fourth as the country with the most K-pop fans, with most fans in the early adult age range. One of the most popular Korean Wave products is the pop music industry, known as K-pop [1-4].

The development of the popularity of K-pop music is supported by the concept offered by the K-pop industry, namely the closeness of K-pop idols to their fans through social media. This is also supported by the idea of social media, which is a facility that accommodates human activities to share information and experiences. This causes social media to become a tool that is most often used by K-pop fans to find the latest information about the idol. In addition, social media facilitates fans to interact with idols and fellow fans to share information about the idol. As a result, this creates a high curiosity among fans to keep abreast of news about K-pop idols through social media [3,5-7].

The rapid flow of information creates a fear of missing out on information about K-pop among fans. The fear of being left behind by certain news or

events is known as fear of missing out which is an expression of behavior in the form of a strong desire to continue to be connected with the activities being carried out by other individuals. As a result, people will do everything they can to stay connected by utilizing social media facilities [3,8-9].

Fear of missing out can be one of the negative impacts of the rapid flow of information. This impacts the emergence of maladaptive behavior in individuals in utilizing social media facilities because of the fear of losing information. This is also exacerbated by the existence of the K-pop music industry that offers idols closeness to their fans, which can make it easier for fans to find the latest information about the idol in question [3,7,10-11].

This is supported by previous research that fear of missing out tends to have a high relationship between individuals and social media. This is presumably from the emergence of negative thoughts repeatedly due to the fear of losing new things. Fear of missing out on new things about K-pop idols encourages K-pop fans to stay connected on social media to be the first to get information [12-13].

The fear of missing out that can be experienced by K-pop fans is feared to harm self-regulation

among K-pop fans. People who are indicated to experience fear of missing out tend to find it challenging to control responses to stay focused on activities carried out in real life because of a strong desire to continue to connect with other individuals in cyberspace. Self-regulation is a process of controlling the response used to achieve goals and standards in life that the individual has. These responses refer to thoughts, feelings, impulses, performance, and other forms of behavior. The standards contained in it are obtained from ideal thoughts, moral directions, social norms, and expectations of other people [14–16].

Self-regulation consists of five dimensions. Self-discipline refers to individual discipline in carrying out their activities following social standards and norms. Deliberate or non-impulsive refers to the individual's tendency to take action in the form of a well-thought-out response to the stimulus received. Healthy habits refer to healthy lifestyles that individuals live based on applicable health standards. Work ethics refers to self-regulation in the fulfillment of ethics when carrying out daily activities. Reliability refers to an individual's ability to fulfill a task [17].

The five dimensions are influenced by their relationship to the four structures in self-regulation. Standards refer to ideal thoughts, moral directions, social norms, and expectations of other individuals. Monitoring focuses on the feedback received by individuals on performance and actions taken. Self-regulatory strength refers to the resources owned by the individual. Motivation refers to the individual's efforts to control himself towards achieving the goals [18].

Self-regulation has a vital role in improving the well-being of individuals throughout their life span. Supporting the development of self-regulation in adolescence and early adulthood is an investment because high self-regulation predicts good outcomes for an individual. The development of self-regulation depends on social resources in the form of feedback received by individuals in carrying out their lives amid the environment with other individuals and the individual's way of sorting the feedback and stimulus received [19-20].

This study also involved K-pop fans in the early adulthood age range. In this age range, people are transitioning from adolescence to adulthood in the age range of 18 to 40 years. One of the developmental features of early adulthood is identity exploration. This also encourages K-pop fans in early adulthood to keep abreast of news about idols

through social media, such as the lifestyle of K-pop idols [7,21–23].

K-pop fans tend to be more likely to have behavioral and emotional control problems to connect with K-pop idols [24]. The previous research also supports this that K-pop fans tend to find it difficult to focus on their activities in real life because they are more concerned with information and events related to K-pop. Fans also tend to be less concerned about their safety when attending K-pop concerts until midnight [7].

The relationship between fear of missing out and self-regulation can be explained through self-determination theory. Fear of missing out can be an indication of the problem of fulfilling the individual's basic psychological needs which include competence which is the individual's capacity to act effectively in living life with the environment, the autonomy which is the individual's awareness that their actions come from the inner initiative, and relatedness which is the individual's ability to establish relationships with other individuals. Fear of missing out causes individuals to feel the need to be directly involved in an event and establish relationships with other individuals without exception and a strong sense of enthusiasm for the latest information from others through social media. As a result, individuals will experience a decrease in focus in sorting out responses to a stimulus and pay less attention to their actions and emotions [25].

Based on the background and literature review described, the formulation of the problem in this study can be obtained, namely, is there a contribution of fear of missing out on self-regulation among K-pop fans in Makassar? Through the formulation of this problem, the purpose of writing this research article is to identify the contribution of fear of missing out to the self-regulation of K-pop fans in Makassar.

## **2. METHOD**

This research is a quantitative correlational study that aims to reveal the strength of the relationship between the fear of missing out variable and the self-regulation variable based on the literature review described to connect the two variables studied. The population involved in this study is K-pop fans in Makassar aged 18-40 years using the purposive sampling technique. Purposive sampling is used based on certain considerations or unique selection [26]. The sample criteria in this study are as follows:

1. Between 18-40 years old;
2. Having at least one K-pop idol who is highly idolized;
3. Following the social media accounts of the K-pop idols in question
4. Domiciled in the Makassar area.

The number of opportunities for unknown population members, resulting in the magnitude of the error in estimating population characteristics cannot be calculated [27]. If the population is unknown, then sampling can be done using the Lemeshow formula [28]:

$$n = \frac{Z^2 \cdot P(1-P)}{d^2}$$

$$n = \frac{1,96^2 \cdot 0,5(1-0,5)}{0,05^2}$$

$$n = 384,16 \approx 384$$

Description:

- n = Number of samples
- Z = Z score at 95% confidence = 1.96
- P = Maximum estimate = 0.5
- D = Sampling error = 5%

Through calculations based on the Lemeshow formula, it is known that the minimum number of samples needed in this study is 384. The number of samples collected after data collection is 421 samples. According to Hajar (1996, in [29]), there is no definite provision for the number of samples to represent a population, but the larger the sample, the more likely it is to reflect the population because the mean and standard deviation obtained have a high probability of resembling the population mean and standard deviation.

Sampling was done online by distributing a questionnaire link in the form of a fear of missing out scale and a self-regulation scale through Google Form. The distribution is carried out on K-pop fans in the Makassar area. Sampling took three weeks from the beginning to the end of June 2021. Data collection was carried out using a Fear of Missing Out Scale (FoMOS) with 24 items and a Self-Control Scale (SCS) with 28 items.

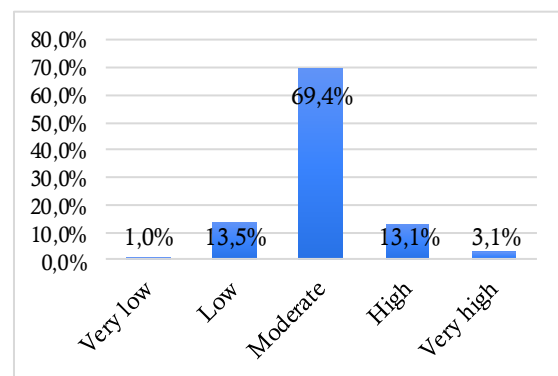
The data analysis technique used in this study is descriptive data analysis to describe the data that has been collected as it is according to what happened in the field [26]. Regarding hypothesis testing, researchers used the Bivariate Pearson correlation test

to identify the relationship and prove the hypothesis of the two variables studied [30]. There are three basic assumptions used when the Bivariate Pearson correlation test is performed: the distribution of variable values must be normally distributed or close to normal, both variables are rational or interval, and the relationship between the two variables to be correlated is linear.

### 3. RESULT

The number of respondents who participated in this study were 421 respondents. It is known that female respondents consist of 89% (374 respondents). Meanwhile, male respondents consist of 11% (47 respondents).

Determination of the fear of missing out category refers to the acquisition of the mean and standard deviation obtained from the results of the item scores listed in the fear of missing out measurement tool. The researcher used the help of the KATEG program version 1.0 to obtain the mean, standard deviation, and categorization of the level of fear of missing out [31]. Through the data processing results, the mean value is 68.79 and the standard deviation is 16.36. These two values were used to categorize respondents into five categories, namely very low, low, moderate, high, and very high.

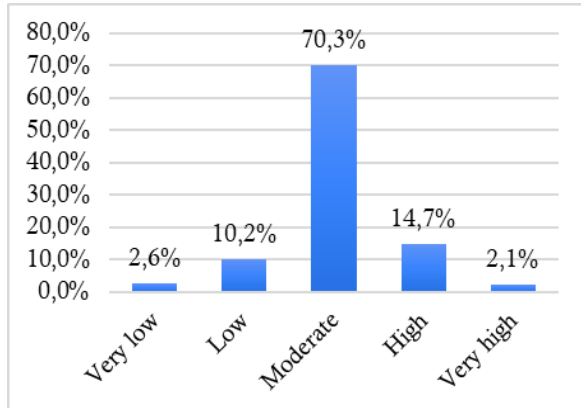


**Figure 1.** Respondent's profile based on fear of missing out variable

Based on the figure above, respondents who are included in the very low category are 4 respondents (1%), the low category is 57 respondents (13.5%), the moderate category is 292 respondents (69.4%), high category is 55 respondents. (13.1%), and very high category amounted to 13 respondents (3.1%). Based on the diagram, it can be seen that the level of fear of missing out experienced by K-pop fans in Makassar is in the moderate category.

The determination of the level of the self-regulation category refers to the acquisition of the

mean and standard deviation obtained from the results of the item scores listed in the self-regulation measuring instrument. The researcher used the KATEG program version 1.0 to get the mean, standard deviation, and categorization of self-regulation levels [31]. Through the data processing results, the mean value is 92.72 and the standard deviation is 15.08. These two values were used to categorize respondents into five categories, namely very low, low, medium, high, and very high.



**Figure 2.** Respondent profile based on Self-Regulation variable

Based on the diagram above, respondents included in the very low category were 11 respondents (2.6%), the low category was 43 respondents (10.2%), the moderate category was 296 respondents (70.3%), the high category was 62 respondents (14.7%), and the very high type amounted to 9 respondents (2.1%). Based on the diagram, it can be seen that the level of self-regulation of K-pop fans in Makassar is in the moderate category.

Hypothesis testing in this study used the Bivariate Pearson correlation test. The hypothesis test results were obtained by calculating the Pearson Bivariate correlation analysis using the IBM SPSS Statistics 26 program with the correlation values and significance values as follows.

**Table 1.** Hypothesis Test Result

Variable	N	Pearson Correlation	Sig. (2-tailed)
Fear of Missing Out Self-Regulation	421	-.269	.000

There are two variables studied in this study: fear of missing out as an independent variable and self-

regulation as the dependent variable. The number of samples that participated in this study was 421 samples. The correlation test results show the Pearson correlation value of -0.269 with a significance value of 0.000. The significance value of 0.000 is smaller than 0.05 ( $0.000 < 0.05$ ), so it can be seen that there is a significant relationship between the fear of missing out variable and the self-regulation variable.

#### 4. DISCUSSION

The Pearson correlation value obtained from the results of hypothesis testing is negative which indicates that the relationship between the two variables is negative. A negative relationship means that the higher the level of fear of missing out, the lower the self-regulation of K-pop fans. On the other hand, the lower the level of fear of missing out, the higher the level of self-regulation possessed by K-pop fans.

The results of hypothesis testing obtained by using the Bivariate Pearson correlation test showed a coefficient value of -0.269. This shows that the hypothesis of this study is accepted, namely that there is a relationship between fear of missing out and self-regulation on K-pop fans in Makassar. The negative relationship indicates that the higher the fear of missing out, the lower the self-regulation of the subjects in this study, and vice versa. In the table above, the correlation coefficient value which is getting closer to 1 indicates that the relationship between the two variables studied is close to perfect, while the relationship coefficient value which is getting closer to 0 means that there is no relationship between the variables. This shows that the strength of the relationship between the fear of missing out variable and the self-regulation variable is categorized as a weak relationship.

In this study, respondents were also given open-ended questions at the beginning of the research questionnaire before answering items on a scale that measured the fear of missing out variable and the self-regulation variable. Giving open questions aims to obtain supporting data that can strengthen the research results obtained. The questions given relate to the respondent's activities in social media to connect with K-pop idols. In addition, respondents were also asked questions regarding what to do if they received a warning from the closest person to stop or reduce the intensity of consuming entertainment in the form of K-pop videos.

The purpose of this study was to identify the contribution of fear of missing out to self-regulation

of K-pop fans in Makassar. Fear of missing out is defined as an expression of individual behavior to connect with other individuals because of a strong desire not to lose information about things done by other individuals without exception [9]. Meanwhile, self-regulation is defined as the ability that facilitates individuals in controlling or changing internal responses, as well as inhibiting maladaptive behavioral tendencies [17].

K-pop fans who have a high level of fear of missing out are predicted to have a low level of self-regulation, so this will cause individuals to tend to be more difficult to control their response when they find out that they are left behind on the latest information about K-pop idols. On the other hand, K-pop fans with a low level of fear of missing out are predicted to have a high level of self-regulation, so that individuals can control their response when they find out that they are missing the latest information about K-pop idols. Through the results of hypothesis testing obtained, it can be seen that the hypothesis of this study is accepted, which means that there is a significant relationship between fear of missing out and self-regulation on K-pop fans in Makassar. The relationship between the two variables studied is negative, so this shows that the higher the level of fear of missing out, the lower the self-regulation level of K-pop fans. Conversely, the lower the level of fear of missing out, the higher the level of self-regulation that K-pop fans have.

The relationship between fear of missing out in contributing to problems in self-regulation can be explained through self-determination theory. Fear of missing out can indicate problems fulfilling basic psychological needs which include competence, autonomy, and relatedness. This can cause individuals to feel the need to always be directly involved in the event that is considered fun and maintain relationships with other individuals without exception [25]. This will also slowly lead to a decreased focus on individuals in sorting out responses to a stimulus and tend to pay less attention to their actions and emotions [34-35].

Fear of missing out can indicate problems fulfilling psychological needs which include competence, autonomy, and relatedness. Competence includes the individual's ability to act effectively in his life with the surrounding environment, and this is shown by the respondent's desire to always follow the daily life of K-pop idols because they want to know firsthand or be the first to get information about K-pop idols. Autonomy is an individual's awareness that actions are taken based on self-initiative, this is also

shown through the individual's personal desire to know firsthand the latest information about K-pop idols. Relatedness is an individual's attachment to other individuals, this is shown through the respondent's statement that he can interact directly with K-pop idols through the direct message (DM) feature or comment column if following K-pop idol social media accounts [9,25].

Fear of missing out can cause individuals to feel the need to be directly involved in all events and maintain relationships with other individuals without exception. This is due to feelings of guilt, shame, and low self-esteem due to the non-fulfilment of the three basic psychological needs. In addition to the need to stay connected, individuals who experience fear of missing out have feelings of fear, anxiety, and worry about losing their way to engage in interactions with other individuals [9]. This was also found in the respondent's statement stating that he would feel left behind if someone else first found out the latest information about K-pop idols, so that respondents would feel sad, disappointed, and annoyed if someone else got the information first.

It was found that the strength of the relationship between the variable fear of missing out and the self-regulation variable was categorized as a weak relationship, with a contribution of only 7.2%, which means 92.8% was contributed by variables other than fear of missing out. Through this, it can be seen that the fear of missing out has a middle contribution to self-regulation because there are many contributions from other variables. The results of this study are also in line with the results of several previous studies that fear of missing out has a significant negative correlation with self-regulation but in a weak relationship [36-37].

This can happen because individuals have received social support through feedback from the surrounding environment and the ability of the individual himself [38]. Self-regulation can be increased through social support in the form of feedback from individuals from their environment to motivate individuals to observe themselves and compare them with applicable social standards and norms (18,20). Meanwhile, idolizing K-pop and having the desire to stay connected with K-pop idols is a natural thing and not a serious problem if it is not done excessively or obsessively [39].

The results of the correlation test obtained are supported by the results of data processing, which shows that the level of self-regulation of K-pop fans in Makassar is in the moderate category and the level of fear of missing out, which the majority is in the

moderate category. The moderate category indicates that the majority of respondents tend to experience fear of missing out, but at a level that is not excessive or severe. This also applies to self-regulation variables, most of which are in the moderate category, which means that respondents tend to have good levels of self-regulation and fear of missing out is has middle contribute to self-regulation.

Self-regulation consists of five dimensions, namely self-discipline, deliberate or non-impulsive, healthy habits, work ethics, and reliability [17]. In more detail, the data processing results show that respondents tend to develop the dimensions of self-discipline, deliberate or non-impulsive, healthy habits, work ethics, and reliability in the moderate category. Respondents' answers also support this through open-ended questions that although respondents always try to keep abreast of the latest news about their idol artists, they also understand things that need to be prioritized, such as education, work, family, and other personal obligations. Furthermore, respondents stated that this was due to an increasingly mature age which encouraged respondents to better understand what should be prioritized.

## 5. CONCLUSION

The conclusion that can be obtained from the results and discussion of this study is that there is a significant negative relationship between fear of missing out and self-regulation on K-pop fans in Makassar. The negative relationship between the two variables studied shows that the higher the level of fear of missing out, the lower the self-regulation level of K-pop fans, and vice versa. In addition, the strength of the relationship between fear of missing out and self-regulation is categorized as a weak relationship, so it can be seen that fear of missing out is has a middle contribution to the self-regulation of K-pop fans in Makassar.

## AUTHORS' CONTRIBUTIONS

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