The Correlation between Fear of Missing Out (FoMO) with Quality of Life (Qol) in K-pop Fans

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ABSTRACT

In this era of sophisticated technology, there is a phenomenon of K-pop fans surfing on social media 1- 6 hours per day to find out and/or see K-pop idol activities. Previous studies of a K-pop fan have a good quality of life. However, a theory called Fear of Missing Out (FoMO) negatively correlates with quality of life. FoMO is a person's feeling of worry when they don't see what other people are going through. The purpose of this study was to determine the correlation between FoMO and quality of life in K-pop fans. This study involved 143 adult participants aged 18-27 years who are K-pop fans and use social media. This research is a quantitative study using purposive technique and snowball sampling to retrieve data. The measuring instruments this study use are WHOQOL-BREF which was adapted in Indonesian by Purba (2016) and the Fear of Missing Out Scale (FoMOS) by Przybylski et al. (2013) which has been adapted into Indonesian and in K-pop context. The results of this study indicate that FoMO does not have a correlation with the quality of life of K-pop fans.
Keywords: FoMO (fear of missing out), QoL (quality of life), fans K-pop

1. INTRODUCTION

K-pop (Korean Pop) is pop music from South Korea that combines various musical styles that are often used to refer to music performed by young idol singers [1]. According to Leung [2], K-pop is a South Korean music genre that combines various styles from pop to electronic music. K-pop culture first entered Indonesia around 2011-2012, starting with a Super Junior concert (K-pop group) entitled Super Show 4 in April 2012 [3]. According to a survey by Kumparan [4], the majority of K-pop fans in Indonesia are teenagers and early adults. Of the 100 K-pop fans, 57% are 12-20 years old (teenagers and early adults), 42% are 21-30 years old, and 1% are over 30 years old. In Minews news, Indonesia ranks fourth after the United States, Japan and South Korea as the country with the highest number of K-pop fans on Twitter [5].

The word fan (derived from Latin: fanaticus; means very inspired) is an individual who is enthusiastically loyal to and/or likes something, such as a celebrity, artist, or athlete [6]. Fans with a large scale are called fandom or fanbase [7]. Safithri et al., [7] looked at the phenomenon of positive and negative impacts of K-pop, thus examining the Quality of life (QoL) of adolescent K-pop fans. The result is 640 adolescent participants (aged 11-20 years) have a good QoL of 4 dimensions of QoL (physical health, psychological health, social relations, environment). QoL is an individual's perception of his life in the context of culture and beliefs and is related to goals, expectations, standards and their interests [8]. QoL has attracted the attention of experts, individuals, communities and governments to seek and maintain ways to improve the quality of life over time [9].

A survey by Fandia, M [10] published by Jakpat in 2016 about Kpop Idol fandom in Indonesia, shows that 793 respondents (15-30 years old; 48.13% aged 20-25 years) are K-pop fans who use smartphones. Social media has become a means to carry out K-pop fan activities [11, 12, 13]. The Jakpat survey [10] above shows that 67.21% (533 of 793 respondents) follow their idol's personal account on social media. 53.90% (475 of 793 respondents) of respondents have uploaded status about Kpop on social media (facebook, instagram, twitter). 58.76% (466 out of 793 respondents) have shared news/articles about Kpop on their social media (facebook, twitter, line) and 21.44% (170 out of 793 respondents) have a special social media account or blog for fangirling/fanboying activities with the alias (facebook, twitter, instagram). Social media is a bridge to build relationships between idols and fans. Frequent live streaming interactions with fans such as through live Instagram or VLive (a South Korean video service) can reduce the social distance between idols and fans so that a sense of attachment between them is built quickly. [14]. Usually social media is also used to make idols a trending topic and/or create digital content to promote the prowess of their idols and win nominations at several award shows [15]. From the explanation above, social media is very much used by K-pop fans to interact and gather information with their fellow fans and idols. The previous Jakpat survey [10] also showed that out of 793 respondents, 35.44% access media related to Kpop every day with 64.06% of them spending 1-6 hours. As many as 56% of K-pop fans spend 1-5 hours surfing on social media to find out all the

information about their idol. As many as 28% of fans even spend more than 6 hours in cyberspace to see various idol activities [4].

Social media allows many people to express opinions, share information, and connect with others for personal needs [16] across language barriers, geographic boundaries and physical distances [13]. Many people interact online, especially young people [13, 17]. However, research [18], says young people who spend more than two hours a day on social networking sites (SNS) are more likely to report poor mental health. FoMO has a relationship with the use of social media [19, 20, 21]. FoMO is the fear of being left out of information about other people's daily activities and always wanting to be connected continuously [19]. FoMO tends to be experienced by young people compared to other age groups [19]. Previous studies have shown that FoMO is negatively correlated with QoL [22]. For example, FoMO shows a low inverse relationship with life satisfaction [19, 23], and a moderate inverse relationship with psychological need satisfaction [19], well-being [24], and mindful attentional awareness [25]. This attracted the attention of researchers, because research by Safithri et al., [7] previously stated that K-pop fans have a good QoL. In fact, according to a survey, most K-pop fans use social media for quite a long time per day. So the researcher wants to examine how the relationship between FoMO and the QoL of K-pop fans is.

2. BACKGROUND

2.1. Quality of Life (QoL)

Quality of life refers to a person's view of their status in life in the context of the culture and value system in which they live, and related to their goals, expectations, standards and concerns. It is a broad concept, influenced by the complex ways of physical health, mental state, personal beliefs, social relationships, and the relationship between the individual and the salient features of the environment [26, 27]. The purpose of this conception is to reduce poverty, improve meaningful living standards (quality of life), meet basic individual needs, stimulate economic growth and political development, avoid damage to natural resources [28].

2.1.1. Dimensions of QoL

Based on research on the WHOQOL-BREF measuring instrument by the World Health Organization [29], there are four dimensions, namely; physical, psychological, social, and environmental health. There are aspects in each dimension. The physical health dimension consists of seven aspects, namely daily activities, dependence on drugs, mobility, energy and fatigue, pain and inconveniences, sleep and rest, and work capacity. The psychological dimension consists of six aspects, namely body image and

appearance, negative feelings, positive feelings, self-esteem, spirituality/religion/personal beliefs and thoughts, learning, memory, and concentration. The dimension of social relations has three aspects, namely personal relationships, social support, and sexual activity. Finally, the fourth dimension, the environment, has eight different aspects, including financial resources, freedom, physical safety and security, accessibility and quality of health and social care, home environment, opportunities to acquire new information and skills, participation and opportunities to relax. , physical environment, and transportation.

2.2. Fear of Missing Out (FoMO)

FoMO was first introduced to the media around 2010-2011 [30, 31]. FoMO is the fear of being left behind with information about other people's daily activities that are valued by individuals, FoMO is characterized by a desire to be connected continuously [19]. The desire to stay connected can involve digital media as a moderator [32]. FoMO is most often associated with frequent checking of SNS and messaging services to maintain social contact and avoid missing out on valuable experiences [19]. Individuals with high FoMO tend to use smartphones and social media excessively to fulfill the need to stay connected [19, 20].

2.2.1 FoMO Impacts

FoMO can have a negative impact on the physical, psychological, and social relationships of individuals who experience it [33]. Individuals with more FoMO reported more physical symptoms (headache, shortness of breath, chest pain and dry throat) and higher depression and less attention [25]. FOMO has a negative relationship with students' daily lives, among others, increasing negative effects, fatigue, stress, physical symptoms (eg headache, dry throat), and decreased sleep quality [34]. FoMO can lead to problematic smartphone use behavior, so that when separated from a smartphone, individuals feel anxiety as well as physical symptoms such as increased blood pressure and palpitations [35]. Social media use more than two hours before bedtime tends to be late to sleep, contributing to poor sleep quality and disturbed sleep [36].

FoMo is negatively correlated with psychosocial well-being, individuals with FoMO tend to have low life satisfaction and are at higher risk of experiencing depression [19]. FoMO can reduce concentration due to the use of social media during the teaching and learning process [20]. Students with high FoMO tend to use Facebook applications during lessons [19]. Students have the potential to experience greater FoMO when doing academic assignments [34]. Young people who spend more than two hours a day on social networking sites are more likely to report mental health problems, psychological distress, suicidal ideation, or unmet mental health support needs. [18]. FoMO is associated with impaired pedestrian focus due to excessive smartphone use [37], as well as impairment

in daily activities due to receiving smartphone's notification [38]. FoMO showed positive associations with depression [22, 25, 36, 39, 40], anxiety [22, 36, 39, 40, 41] including social anxiety [42], as well as feelings and bad moods [19, 34]. FoMO is also positively correlated with environmental aloofness. Individuals will focus on cell phones so they don't care about other people and the surrounding environment which results in damage to social relationships [43].

2.3. Fans K-pop

Fans are individuals who are enthusiastically loyal and/or passionate about something, such as celebrities, artists, or athletes [6]. Fanbase/fandom as a community of fan groups based on shared interests and interests in books, comics, television shows and series, and music using networks. Cyber fandom emerged after 2000, where the fanbase used the internet optimally in every activity, thus forming a more solid fanbase foundation and being able to communicate without being hindered by regional boundaries [44].
K-pop is a South Korean music genre that combines various styles such as pop, hip-hop, rap, rock, R&B and electronic music [2]. Fuhr in Elfving-Hwang [45] describes K-pop as a product of hybridization, where there is a unique blend of music, visuals, lyrics, dance and fashion, a postmodern product of parody, a celebration of difference, a sparkling world of escape, and a very participatory nature in cultural practices carried out through digital media. In K-pop, prospective idols are formed, distributed, and designed into idols and idol groups according to a specific target market of fans [45]. The popularity of K-pop idols is highly dependent on the parasocial relationships and participation of the K-pop fandom. Interactions in parasocial relationships between fans and idols are not only intimate but also have familial characteristics, which allow the formation of lasting loyalty from fans to idols [45].
There are 10 types of K-pop fan activities in Indonesia [46] fansite, fan-gathering, fan-project, fan-fiction, fan camera, and fan video, fanchant, fan art, cover song and cover dance, and role play.

3. RESEARCH METHOD

Research participants are K-pop fans who are in the early adult age range (18-30 years), own and use social media. The measuring instrument used in this study is the Fear of Missing Out Scale (FoMOs) [19] which has been adapted into Indonesian and in the context of K-pop. There are 10 statement items with a scale score of 1-5. The FoMO measuring instrument in this study has a cronbach alpha value of 0.900. Another measuring tool is the World Health Organization Quality of Life-BREF (WHOQOL-BREF) Indonesian adaptation which has been revised by Purba [47] to measure QoL. WHOQOL-BREF has a total of 26 items, 2 items to measure individual QoL and another 24 items to measure four dimensions of QoL: physical health (N= 7), psychological (N= 6), social relationships (N= 3), and environment. (N= 8). Each item has a response score of 1-5 and then converted to a linear scale from 0 to 100. The WHOQOL-BREF measuring instrument in this study has a Cronbach alpha value of 0.649 – 0.781 in each domain..

4. DATA ANALYSIS

Before testing the hypothesis, the researcher tested the classical assumption using the normality test, on the variable fear of missing out as well as quality of life. Based on the results of statistical analysis conducted using the One Sample Kolmogrov-Smirnov Test, it was found that the FoMO and QoL variables were not statistically normally distributed, because not all significance values were above 0.05. The significance value in the mean domain 1 is .046, domain 2 is .031, and domain 3 is .043 ($p < 0.05$). Then, the hypothesis was tested using the Spearman correlation analysis technique because the two data variables were not normally distributed. After the Spearman correlation test, FoMO did not correlate with QoL. Judging from the significance value of domain 1 is .134, psychological domain is .184, social relations domain is .442, and environmental domain is .594 ($p>0.05$). So in this study it was found that there was no correlation between FoMO and QoL. This can be seen in Table 1 below.

Table 1 Sensor network experimental results

Correlations

			Mean_domain1	Mean_domain2	Mean_domain3	Mean_domain4
Spearman's rho	Mean_Fomo	Correlation Coefficient	-.126	-.112	.065	-.045
		Sig. (2-tailed)	.134	.184	.442	.594
		N	143	143	143	143

5. CONCLUSION, DISCUSSION, AND SUGGESTIONS

5.1 Conclusion

Based on the results of data processing, it was found that there was no correlation between FoMO and QoL for K-pop fans. So the research hypothesis which states that FoMO is negatively correlated with the QoL of K-pop fans is rejected.

5.2. Discussion

This study examines the correlation between fear of missing out (FoMO) and quality of life (QoL) on K-pop fans. Based on the results of the analysis, both measuring instruments are valid and reliable and also normally distributed. However, after being tested using Pearson correlation, it was found that FoMO did not correlate with the QoL of K-pop fans, so the hypothesis made by the researcher was rejected. This result is different from the theory from previous research. The higher the FoMO of K-pop fans, the lower the QoL and vice versa, the lower the FoMO of K-pop fans, the higher the QoL [22]. Correlation test results obtained, can be caused by developmental factors. The task of psychosocial development explains that at the young adult stage, the main focus is to integrate one's own identity with the identity of others without fear of losing one's identity so that intimate relationships are formed [48]. In contrast to the adolescent stage, the main task of development is to find identity. Identity is a self-concept consisting of goals, values, and beliefs that make a person's commitment [49]. The sources of self-identity formation according to Erikson [50] namely, the social environment, where adolescents grow and develop such as family, neighbors and groups of friends. same age. Second, reference groups, namely groups that are formed in adolescents, for example religious groups or groups that have the same interests through which teenagers can acquire values and roles that can be a reference for themselves. Third, an idol figure, which is someone who means a lot such as a friend, teacher, sister, or someone they admire.

The sophistication of today's technology makes it easier for teenagers to get information about their idols [51].

QoL can be influenced by personality factors [52, 53]. Big five OCEAN (openness, conscientiousness, extraversion, agreebelness, neuroticism), have several relationships related to aspects of health and well-being [49], stating that individuals with high neuroticism are more likely to experience anxiety and depression; Individuals with low extraversion are prone to agrophobia (fear of open spaces) and social phobia. Conscientiousness is associated with health-related behaviors that contribute to a long life [49]. Differences in personality can also affect social media use [24]. Extroverted individual use social media to expand and enhance social values. While introverted individuals use social media as social compensation for lack of friends in their real word community [24]. Research found, neuroticism, extroversion, and openness to be associated with duration of social media use [24]. FOMO is related to the use of social media [19, 20, 21].

The limitations of the researchers in this study were, firstly, data collection was carried out by means of an online self-report via a link so that the researcher could not directly observe the situation and the seriousness of the participants in filling out the questionnaire. Then, participant data responses that can be used for this study are limited, due to the lack of participant control when first distributing the questionnaire. Then the researcher again distributed the questionnaire containing control data to the participants who had answered the first questionnaire before. However, due to time constraints, the researcher could not make a detailed control data questionnaire and could not distribute the second questionnaire to all participants who had participated previously

5.3 Suggestion

Suggestions that can be given regarding the theoretical benefits are, it is expected to examine the difference in FoMO between teenage K-pop fans and young adults, because most K-pop fans are in the age range of teenagers to early adults. In future research, it is expected to balance the gender of the participants. Because in this study the number of female participants was much more than male participants. Then add related variables that can affect QoL such as well being. Another suggestion is to use qualitative

research methods in future research. Quantitative research conducted by researchers does not provide complete and in-depth data. Plus FoMO is a new concept that needs further research. By using qualitative methods such as in-depth, structured interviews and observation, it is hoped that the data to be obtained will be explored in more detail and depth because it can directly see individual behavior from various stimulus conditions and the time available. Researchers have suggestions that are expected to be implemented in the real world. For agencies engaged in education such as campuses to include FoMO and QoL into learning materials. So that students can get to know, learn and explore the concept of FoMO and its impact as well as pay attention to QoL and how to develop QoL. It would be even better if campuses or organizations from both private and government institutions cooperate in conducting campaigns, seminars or activities on FoMO and QoL. So that the wider community also knows about FoMO and its impact and the importance of paying attention to and improving QoL. For family members, loved ones, and especially for individuals experiencing FoMO or FoMO traits, to do activities together that don't involve using social media or doing mindfulness exercises. Mindfulness is the practice of focusing and paying attention to what is happening in the environment around the individual and what the individual is doing at that moment.

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