The Effect of Mental Wellbeing and Competitive Attitude on Fear of Missing Out (FOMO) Behavior in Generation Z LinkedIn Users

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Abstract. In the digital age, the phenomenon of *Fear of Missing Out* (FOMO) is of particular concern among college students, especially Generation Z. Mental well-being plays an important role in managing stress and anxiety, while competitive attitudes can be motivational but also have the potential to increase social pressure. This study aims to analyze the influence of mental well-being and competitive attitudes on FOMO behavior in LinkedIn users among Generation Z, especially students in Tasikmalaya. This study used a quantitative approach with a survey method involving 100 student respondents who actively use LinkedIn. Data were collected through questionnaires, and analyzed using multiple linear regression to test the effect of mental well-being and competitive attitudes simultaneously and partially on FOMO. The results of this study highlight the importance of understanding the internal factors that influence FOMO, and provide a foundation for developing more effective intervention strategies to reduce its negative impact. The findings are expected to help improve college students' mental well-being and manage competitive attitudes healthily in the digital era.

Keywords: Fear of Missing Out, LinkedIn, Mental Wellbeing, Competitive Attitude.

Introduction

In today's digital era, the phenomenon of Fear of Missing Out (FOMO) has become a topic that attracts attention, especially among students who actively use professional social networking platforms such as LinkedIn. FOMO is defined as the fear of missing out on information or experiences felt by others, which is often triggered by repeated exposure to social media activities (Nasution, 2023). This phenomenon is relevant to Sustainable Development Goals (SDGs) 3, which focuses on health and well-being, including efforts to reduce stress and improve mental well-being. One of the indicators of SDGs 3 is to "reduce premature mortality from non-communicable diseases by one third through prevention and treatment and promote mental health and well-being by 2030". For example, providing mental health services for university students is one of the concrete steps to support the achievement of this indicator (Yusrani et al., 2023).

Among students, especially Generation Z, FOMO often arises in the context of using LinkedIn as a platform for networking and career development. FOMO on this platform can be triggered by exposure to the professional achievements of others, which often evokes feelings of lack of confidence or stress (Lumbantobing, 2022). In the context of student mental health, data from the 2018 Basic Health Research (Riskesdas) shows that around 9% of Indonesian students experience mental health disorders, such as excessive stress and anxiety. This figure indicates the need for special attention to the mental well-being of university students, which can be affected by their online activities.

In general, FOMO is a psychological phenomenon often experienced by Generation Z, a generation that grew up amid the rapid development of social media (Perdana et al., 2024). This generation is characterized by high connectedness with technology and a tendency to compare themselves with others through content viewed online (Hayran & Anik, 2021). In the context of FOMO, Generation Z often feels pressured to keep up with the latest information or demonstrate certain achievements in order to remain relevant in their social

environment. This is in line with findings that social media exposure can affect mental well-being, which includes life satisfaction, psychological resilience and quality of social relationships (Lim, 2023).

In addition, Generation Z students often exhibit a highly competitive attitude, both in terms of academics and career. Competitive attitudes are views related to feelings of competing with the achievements of others. This attitude affects how individuals interact with others and how they handle success or failure in competitive situations (Ridwan, 2022). Three indicators of a competitive attitude include having an open mindset, forward-thinking attitude, and high enthusiasm (Salasiah, 2022). This attitude encourages them to be active on platforms such as LinkedIn, but can increase the risk of FOMO when they feel they must always perform better than their peers (Raza et al., 2022). This competitive attitude, while positive in some contexts, can be an added pressure that contributes to the emergence of anxiety or self-contentment.

This study aims to fill the knowledge gap regarding how mental well-being and competitive attitudes influence FOMO among Generation Z students, particularly those who use LinkedIn in Tasikmalaya. By understanding the factors that influence FOMO, it is hoped that effective strategies can be developed to reduce its negative impact, thereby improving students' overall mental well-being.

Methods

This study used a quantitative approach with a survey method, which was chosen to statistically measure the relationship between the variables under study (Creswell, 2014). Quantitative methods allow researchers to collect large amounts of data and analyze it with statistical techniques to find patterns and relationships between variables.

The population that is the focus of the research is Generation Z students who live in Tasikmalaya and are active users of LinkedIn. The sample selection was conducted using purposive sampling technique, where respondents were selected based on certain criteria, namely students who actively use LinkedIn in Tasikmalaya. Through this technique, the research managed to get 100 respondents who met these criteria. This sample size was determined to ensure that the data collected was representative and relevant to the research objectives (Sugiyono, 2016).

The data used was primary data obtained directly from respondents through questionnaires distributed online. The instrument used is a questionnaire with a five-point Likert scale to measure the respondent's level of agreement with a number of statements (Sekaran & Bougie, 2016). The questionnaire was designed to identify factors that influence FOMO behavior among college students who use LinkedIn.

After the data was collected, the analysis was conducted using multiple linear regression method to determine the extent to which the independent variables affect the dependent variable (Aryani, 2020). Data processing was done with the help of SPSS version 26 software, which includes the stages of validity test, normality test, multicollinearity, autocorrelation, and heteroscedasticity. In addition, hypothesis testing was used to evaluate the influence of mental well-being and competitive attitudes on students' FOMO behavior.

Result and Discussion
Validity Test

Table 1. Validity Test

No	Variabel	Indicators	Korelasi	R Tabel	Keterangan
1	Mental Wellbeing (X1)	X1.1	0,570	0,1966	Valid
		X1.2	0,582	0,1966	Valid
		X1.3	0,582	0,1966	Valid
2	Sikap Kompetitif (X2)	X2.1	0,725	0,1966	Valid
		X2.2	0,636	0,1966	Valid
		X2.3	0,612	0,1966	Valid
3	Fear of Missing Out (Y)	Y1	0,662	0,1966	Valid
		Y2	0,500	0,1966	Valid
		Y3	0,558	0,1966	Valid

Based on table 1 shows, the number of respondents was 100, resulting in an r table value of 0.1966 at a 5% (0.05) significance level with a degree of freedom (df = N-2 = 100-2 = 98). All items on the variables Mental

Wellbeing (X1), Competitive Attitude (X2), and Fear of Missing Out (Y) had correlation values greater than the r table, indicating that all items are valid and suitable for use in the data collection process.

Realiability Test

Table 2 Reliability Test

Variable	Cronbach Alpha	R table	Description
FOMO (Y)	0.805	0.60	Reliabel
Competitive Attitude (X1)	0.775	0.60	Reliabel
Mental Wellbeing (X2)	0.805	0.60	Reliabel

Based on table 2 shows, the reliability test results show that the three variables tested, namely FOMO (Y), Mental Wellbeing (X2), and Competitive Attitude, all have Cronbach Alpha values higher than the R table (0.60), which indicates that the instruments used are reliable. FOMO (Y) and Mental Wellbeing (X2) each have a Cronbach Alpha value of 0.805, while Competitive Attitude has a value of 0.775. Thus, these three instruments show good internal consistency and are reliable for use in further research.

Classical Assumption Test
  1. **Normality Test**

Table 3 Normality Test
One-Sample Kolmogorov-Smirnov Test

|		Unstandardized Residual
N		100
Normal Parameters[a,b]	Mean	.0000000
	Std. Deviation	3.65527150
Most Extreme Differences	Absolute	.123
	Positive	.123
	Negative	-.052
Test Statistic		.123
Asymp. Sig. (2-tailed)		.067[c]

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

Based on table 3 shows, the results of the normality test using the One-Sample Kolmogorov-Smirnov Test show that the residual data tested can be considered normally distributed. In this test, the number of samples used is 100, with a mean residual value of 0 and a standard deviation of 3.655. The largest difference between the data distribution and the expected normal distribution is 0.123, both in positive and negative differences. The test statistic value obtained is 0.123, and the p value (Asymp. Sig.) is 0.067. Since the p value is greater than the 0.05 significance level, the null hypothesis stating that the data follows a normal distribution cannot be rejected. Thus, it can be concluded that this residual data follows a normal distribution at the 5% significance level.

2. **Heteroscedasticity Test**
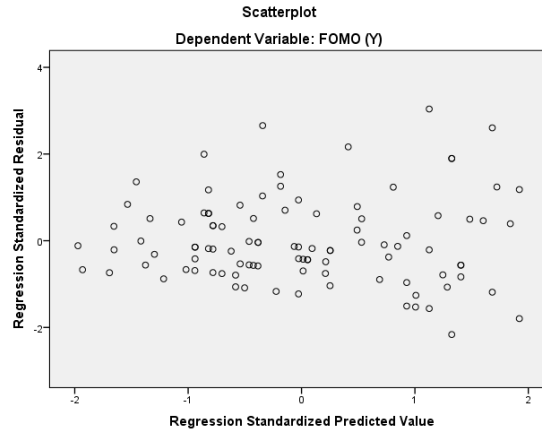
Figure 1 Heteroscedasticity Test

Based on figure 1 shows, the data results do not show any signs of heteroscedasticity, according to the results of the heteroscedasticity test displayed in the image above, showing the distribution of points on the *scatterplot* image does not form a clear pattern, and the points spread above and below the number 0 on the Y axis.

3. **Multicollinearity Test**

Table 4 Multicollinearity Test
Coefficientsª

Model	Unstandardized Coefficients		Standardized Coefficients			Collinearity Statistics	
	B	Std. Error	Beta	t	Sig.	Tolerance	VIF
1(Constant)	20.186	3.927		5.141	.000		
Sikap Kompetitif (X1)	.215	.122	.212	1.755	.082	.649	1.541
Mental Wellbeing (X2)	.086	.103	.101	.835	.406	.649	1.541

a. Dependent Variable: FOMO (Y)

Based on table 4 shows, in the multicollinearity analysis section, the results show that the Tolerance value for the Competitive Attitude (X1) and Mental Wellbeing (X2) variables is 0.649, which is greater than the commonly used threshold of 0.1. This indicates that there is no significant multicollinearity problem between the two independent variables. In addition, the Variance Inflation Factor (VIF) value for both variables is 1.541, which is much smaller than the commonly used threshold value of 10. This low VIF value indicates that there is no high information redundancy between the independent variables in this regression model. Thus, it can be concluded that there is no multicollinearity problem that would affect the stability and interpretation of the regression model.

Hypothesis Test

Table 5 Hypothesis Test

Model Summary

Model	R	R. Square	Adjusted R square	Std. Error of the Estimate
1	0.712	0.507	0.470	1.099

a. Predictors: (Constant), X2, X1

Based on table 5 shows, hypothesis testing shows that the adjusted R-squared value is 0.470, which means that 47.0% of Fear of Missing Out Behavior can be explained by Mental Wellbeing and Competitive Attitude which are independent variables in the model. Meanwhile, the other 53.0% is influenced by other factors that are not in this study. So, this indicates that although mental wellbeing and competitive attitude have a significant role in explaining variations in fear of missing out behavior, there are still other factors that need to be researched to fully understand the factors that influence fear of missing out behavior in university students in Tasikmalaya.

1. **T test (Partial)**

Table 6 T Test (Partial)

Coefficients					
Model	Unstandardized B	Coefficients Std. Error	Standardized Coefficients Beta	t	Sig
1 (Constant)	18.507	2.143		8.636	0.000
X1	0.150	0.068	0.366	2.197	0.037
X2	0.116	0.045	0.432	2.590	0.015

a. Dependent Variable: Y

Based on table 6 shows, it can be seen that the partial test significance result of X1 on Y is 0.037 smaller than 0.05 and the calculated t value of X1 on Y is 2.197, greater than the t table with a value of 2.04841. This shows that X1 (mental wellbeing) has a significant influence on Y (fear of missing out behavior). In addition, the partial test significance result of X2 on Y shows a value of 0.015 smaller than 0.05 and the calculated t value of X2 on Y is 2.590, greater than the t table with a value of 2.04841. Thus, X2 (competitive attitude) also has a significant influence on Y (fear of missing out behavior).

2. **F Test (Simultaneous)**

Table 7 F Test (Simultaneous)

ANOVA					
Model	Sum of Squares	df	Mean Square	F	Sig
1 Regression	33.482	2	16.741	13.863	0.000
Residual	32.607	27	1.208		
Total	66.089	29			

a. Dependent Variable: Y
a. Predictors: (Constant), X2, X1

Based on table 7 shows, the purpose of the simultaneous f test is to see the extent to which the two variables jointly affect the dependent variable. Based on the results contained in the table above, the two models

together show a significance of less than 0.05. That means that X1 and X2 together have a significant influence on Y.

H1 : The Effect of Mental *Well-being* (X1) on *Fear of Missing Out* (Y)

The partial t-test findings in Table 8 show that Mental Wellbeing (X1) has a significant value of 0.037 <0.05. Therefore, it can be said that Fear of Missing Out (Y) is positively and significantly influenced by Mental Wellbeing (X1). The results of this test are consistent with research (Djafarova & Rushworth, 2017), which shows that Research by Reer et al. (2019) found that individuals who experience Fear of Missing Out (FoMO) and have a strong attachment to social media tend to have low levels of psychological well-being. This has been supported by other studies such as those conducted by Dhir (2018) and Burnell et al. (2019). The fear of missing out and the tendency to compare oneself with others encourage individuals to spend excessive time on social media, which in turn can lead to social media fatigue and lower levels of psychological well-being.

H2 : The Effect of Competitive Attitude (X2) on Fear of Missing Out (Y)

Based on table 8, the results obtained from the partial t test show that the significance value for competitive attitude (X2) is 0.015 <0.05. Thus it can be concluded that the effect of competitive attitude (X2) has a positive and significant effect on Fear of Missing Out (Y). The results of this test support research conducted by Octaviani's research (2022) that there is a correlation between competitive attitudes and Fear Of Missing Out (FOMO). The results showed that $F = 21.8$ ($p < 0.001$) and $R^2 = 19.1$ ($p < 0.001$), which means that FOMO behavior can be predicted by self-esteem and competitive attitudes.

H3 : The Effect of Mental Wellbeing (X1) and Competitive Attitude (X2) on Fear of Missing Out (Y)

Based on table 9, the results of hypothesis testing (H3) display the significance value for the simultaneous influence of the Mental Wellbeing (X1) and Competitive Attitude (X2) variables on the Fear of Missing Out (Y) variable, the two models together show a significance of less than 0.05. The results of this test support research conducted by Hikmah (2021), which concluded that there is a correlation between fear of missing out and psychological well-being in college students, and fear of missing out plays a role in influencing psychological well-being.

Conclusion

Overall, the results of this study emphasize the importance of managing mental wellbeing and competitive attitudes to reduce FOMO. Interventions that focus on improving mental wellbeing through mindfulness, counseling, or physical activity, as well as developing a more balanced and healthy competitive attitude, may help reduce the risk of FOMO. Education on the wise use of social media and effective coping strategies are also needed to create a more supportive environment and reduce the stress experienced by university students.

Nevertheless, it should be noted that the coefficient of determination obtained in this study is still below 50%, 47% to be precise. This indicates that most of the variability in FOMO behavior cannot be fully explained by the independent variables that have been considered in this study, namely mental wellbeing and competitive attitude. Therefore, it is necessary to add other variables in the analysis to broaden the scope of factors that influence FOMO behavior. By adding additional variables, it is expected that unidentified factors that influence FOMO behavior can be identified more comprehensively.

The results of this study not only provide insight into the relationship between mental wellbeing, competitive attitude, and FOMO behavior, but also highlight the importance of considering other factors that may have a significant impact on FOMO behavior. Therefore, recommendations are suggested for stakeholders, especially educational institutions and mental health service providers, to consider the results of this study as a cornerstone in their efforts to better reduce FOMO behavior. By taking into account unidentified factors that may influence FOMO behavior, more effective interventions can be developed to help individuals manage their mental well-being and competitive attitudes.

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