

Testing the Psychometric Properties of the *Fear of Missing Out (FOMO)* Instrument on Tiktok Users

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Abstract: This study aims to develop a measuring instrument for Fear of missing out (FOMO) behavior based on four dimensions, namely, the need to belong, the need for popularity, anxiety, and addiction. This research is descriptive quantitative research. The characteristics (criteria) of 200 participants in this study consisted of gender, age, and duration of access to TikTok per day. This scale was prepared through concept construction, item writing, item review, and validity and reliability tests. The construct-based validity test uses confirmatory factor analysis, and the reliability test uses internal consistency using Cronbach alpha and omega coefficients. This research produced a 12-item Fear of missing out (FOMO) behavioral scale with adequate psychometric properties in each behavioral dimension. This scale is expected to be a valid and reliable instrument to measure the level of FOMO in individual TikTok users. So, the scale can be used as a basis for developing intervention programs to overcome FOMO problems, especially for TikTok users. Even so, further research needs to be done with a more diverse sample to generalize the results of this study.

Keywords: *Measurement tools; Fear of Missing Out (FOMO); TikTok Users*

1 INTRODUCTION

The growing digital era has made the use of social media an integral part of everyday life. One platform that is currently very popular is TikTok, which is an application for sharing short-form videos and has attracted millions of users around the world. According to Databoks (2024), the number of TikTok users worldwide reached 1.67 billion in the first quarter of 2024, while in Indonesia alone the number of TikTok users reached 126.86 million users (Kemp, 2024). This number also shows that the TikTok application requires its attention considering that its existence as an information and communication platform has the potential to bring several impacts to its users.

The results of Malimbe et al.'s research (2021) show that the use of TikTok can increase users' interest in learning, because they can access knowledge widely, including lecture materials. In addition, educational content that is interesting and easy to understand can also increase their learning motivation (Bujuri et al., 2023). Increased motivation and interest in learning in TikTok users will certainly correlate positively with their knowledge and creativity (Agustyn & Suprayitno, 2022). However, excessive addiction to TikTok can make them indifferent to their surroundings, especially when they are too focused on viewing content.

Furthermore, the use of TikTok also has several impacts on the daily lives of its users. Research conducted by Fauzan et al. (2021) shows that TikTok has become a medium for spreading hoaxes, bullying, and sarcasm. In addition, TikTok has also become a medium for many teenagers to follow a style of content that emphasizes differences in social and economic life, which triggers social jealousy. In another context, social jealousy can also take the form of an obsession to look beautiful like other women they see on TikTok (Azizah et al., 2023). The existence of TikTok not only brings changes in the way individuals interact and live their daily lives but also raises psychological phenomena that need attention, one of which is the fear of missing out (FOMO).

FOMO is a condition in which one worries that others may have valuable experiences that one does not have and is usually characterized by a desire to stay connected to what others are doing (Przybylski et al., 2013). FOMO can cause a person to become addicted to social media to stay connected to something that makes them FOMO (Sette et al., 2019), such as news of friends, family, and so on. The easy access to connect with others makes FOMO a phenomenon that social media users rarely realize. However, Turkle (in Przybylski et al., 2013) argues that digital technology can increase the risks posed by FOMO feelings, for example when someone uses a cellphone while riding a motorcycle.

Research findings show several social impacts of FOMO, including social complaints such as interpersonal relationship problems, feelings of loneliness, decreased academic performance, and decreased communication skills when viewing and thinking about peers' social media activities (Maghfiroh et al., 2023). FOMO also has a significant influence on impulsive buying behavior in college students (Muharam et al., 2023). Other impacts that can result from

FOMO include a sense of gratitude for what is currently owned, being always updated with the latest information, the emergence of a sense of wanting to be lazy and being negligent with obligations (Aisafitri & Yusriyah, 2021).

Various studies have attempted to identify the factors that cause the emergence of FOMO in individuals. One of them is research conducted by Rozgonjuk et al., (2020) which seeks to find the relationship between age, gender, and Big Five personalities with individual FOMO levels. The results show that young individuals tend to have high levels of FOMO and are independent of gender. In addition, FOMO was also positively correlated with individuals' neuroticism personality. On the other hand, research conducted by Mutib (2023) shows that the intensity of TikTok use has a linear relationship with individual FOMO levels. In response to this, it is necessary to pay special attention to the phenomenon of FOMO in TikTok users in Indonesia.

FOMO in TikTok users has become a popular research theme in Indonesia in recent years. However, research on FOMO in TikTok users more often discusses the impact (Kusaini et al., 2024; Agustin & Nurfadillah, 2024; Fuadiyah et al., 2023) and causal factors (Aresti et al., 2023; Oktavia & Hanifah, 2024; Muhzar, 2024). Very few studies have discussed FOMO instruments, especially FOMO instruments that can be used on TikTok users in Indonesia. Recent research on FOMO instruments has been conducted by Kurniawan & Utami, (2022) which resulted in 20 items that have been tested valid. However, the study did not discuss in detail the psychometric properties of the FOMO measuring instrument. Therefore, the researcher intends to develop a short scale that can measure the level of FOMO in TikTok users in Indonesia. This scale will be compiled by adapting ON-FOMO developed by Sette et al., (2019), and will discuss in detail the psychometric properties of the scale adaptation.

Psychometric properties that include the validity and reliability of the measuring instrument will determine how well the instrument measures the intended construct and how consistent the measurement results are. Testing the psychometric properties of this measuring instrument is important, especially in research that aims to develop measuring instruments, namely to ensure that the instrument developed can measure a variable accurately. For example, research conducted by Hutajulu et al. (2021) on the Beck Hopelessness Scale showed that this measurement tool has high reliability ($\alpha = 0.918$) and good validity, so constructs that were originally in English and likely to trigger bias become reliable for measuring constructs in non-clinical populations in Indonesia. Thus, it is important to conduct an in-depth analysis of the psychometric properties of the FOMO measure to be developed in this study to ensure that the resulting items can be used to measure an individual's level of FOMO.

This study aims to test the psychometric properties of the development of the Fear of missing out (FOMO) measurement tool in TikTok users. Through the development of this scale, it is hoped that a measurement tool with fewer items can be obtained, but still reliable to identify and understand the level of FOMO among TikTok users in Indonesia. This will not only contribute to the academic literature on FOMO and social media users, but can also provide practical insights for psychologists, researchers, and practitioners in developing effective interventions to address the negative impact of FOMO, especially for TikTok users.

2. MATERIALS AND METHODS.

Research Design

This research is descriptive quantitative research because it aims to determine the psychometric characteristics of measuring instruments. The measuring instrument formed is the Fear of missing out (FOMO) Scale. The preparation of the Fear of missing out (FOMO) scale is carried out with a series of stages. In general, the preparation of this scale is carried out through the concept construction stage, item writing, item review, validity test, and reliability test. The validity test uses construct-based validity using CFA. The reliability test looks for Alpha Cronbach and omega internal consistency reliability values. Item-total correlation analysis was used before the construct validity test to obtain items that have high differentiating power. After obtaining valid and reliable items, the final stage is preparing the overall items for the final scale.

Concept Determination

The initial stage of preparing the scale is concept construction by determining the dimensions to be used based on the dimensions proposed by Sette et al., (2019), namely the Need to belong, the Need for popularity, Anxiety, and Addiction. The Fear of missing out (FOMO) behavior measurement tool was tested for psychometric feasibility in validity and reliability. Fear of missing out (FOMO) is a psychological state that shows anxiety in individuals when they miss the happiness or activities carried out by other individuals through social media. This can be measured by several aspects, which include the need to belong, the need for popularity, anxiety, and addiction. The Fear of missing out (FOMO) Scale lattice is presented in the following table

Table 1

Fear of missing out on scale grid

No	Dimensions	Indicator	Item Total	Weight (%)
1	<i>Need to Belong</i>	Experience fear of abandonment and encouragement to be part of the community	3	25
2	<i>Need for to Popularity</i>	The desire to increase fame	3	25
3	<i>Anxiety</i>	Anxiety arises when unable to access social media and when comparing oneself with other individuals	3	25
4	<i>Addiction</i>	Excessive use of social media	3	25

Table 2
 Example of fear of missing out on scale items

No	Dimensions	Statement
1	<i>Need to Belong</i>	Item 1: I feel motivated to create quality content high on TikTok so as not to miss the latest trends Item 2: I feel more connected with my friends when using TikTok Item 3: I feel good when I can engage in the latest TikTok trends and challenges because it helps me feel connected to the community.
2	<i>Need for to Popularity</i>	Item 4: I want people to like and “comment” on my posts on TikTok. Item 5: I feel anxious when my TikTok videos do not get many likes or comments. Item 6: I often check how many followers and likes I get every day on TikTok.
3	<i>Anxiety</i>	Item 7: I fret when I cannot access TikTok Item 8: I feel depressed because I often compare myself with other TikTok users. Item 9: I compare myself to other TikTok users with more followers, which makes me feel inadequate.
4	<i>Addiction</i>	Item 10: I find it difficult to stop using TikTok even though there are tasks to be completed Item 11: I like to think, "If that were me," when I see happy people on TikTok. Item 12: My family and friends complain that I spend much time looking at TikTok.

Research Participants

The characteristics of participants used in this study are men and women who are TikTok social media users. Sampling in this study used G*Power 3.1.9.7, which aims to estimate the number of respondents needed based on the type of analysis conducted in a study (Apriliawati, 2022). (Ding, Velicer, & Harlow, 1995) suggest that 150 participants is a satisfactory minimum sample size when performing structural equation modeling. (Bentler & Chou, 1987) suggested that a ratio of five participants per variable would be sufficient to demonstrate data normality when latent variables have multiple indicators. 200 participants in this study met the minimum participant size for factor analysis and structural equation modeling. The participants' sociodemographics consisted of gender, age, and duration of accessing TikTok per day. Primary data was collected through research instruments distributed online using the online survey platform. The characteristics of the research participants are presented in Table 3.

Table 3. Characteristics of Research Participants (N = 200)

Characteristics	N	Percentage
Gender		
Male	46	23%
Female	154	77%
Age (Years)		
12-17	69	34,5%
18-24	131	65,5%
Duration of accessing TikTok per day		
<3 hours per day	94	47%
>3 hours per day	106	53%

Data Collection Technique

One scale was used in the study, namely the Fear of missing out (FOMO) Behavior Scale, which the researcher developed. This scale has 12 items and consists of 4 dimensions/subscales: need to belong, need for popularity, anxiety, and addiction. This item is arranged using a Likert scaling format with 4 answer options, namely Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). The score is obtained by adding up all favorable items. The maximum score of 72 on this scale indicates that individuals have a high Fear of missing out (FOMO). Data Analysis Techniques Data analysis to determine the reliability and validity of items in the instrument using a statistical data processing tool, namely Jamovi

2.3.28. Construct validity is measured using confirmatory factor analysis to determine the accuracy of the measurement model in each dimension. Construct validity is carried out through confirmatory factor analysis with the help of the CFA data processing program. The following factor analysis parameters used in detail are shown in Table 4.

Table 4. CFA and SEM Model Fit Parameters (Hooper et al., 2008)

Parameter	Threshold	
Chi-square/df (χ^2/df) CFI		< 3 good; < 5 sometimes permitted
SRMR	< .09 good	> .90 good
RMSEA	< .08 good	

Furthermore, reliability analysis was tested for each measuring instrument using internal consistency through Cronbach's alpha coefficient and omega. Item-total correlation analysis is carried out to obtain items with high differentiating power. The purpose of the total item correlation analysis is to determine the extent of the accuracy of an item in distinguishing low-ability participants and high-ability participants. Item differentiation is considered ideal when it is close to 1.00. The differential power will generally be fulfilled if it is above 0.30 (Azwar, 2012). Acceptable reliability estimates are when Cronbach's alpha estimate is above 0.7.

3 RESULTS

Construct Validity with Confirmatory Factor Analysis (CFA)

Factor analysis to test construct validity was conducted on 200 participants. Confirmatory factor analysis was conducted by SEM with the help of data processing tools. Confirmatory factor analysis was conducted to see the model's fit with the constructs. The theory has shown a measure of fit by the research data. Maximum Likelihood is used as a model analysis method.

The first confirmatory factor analysis obtained a model that did not meet the fit criteria. Then, based on the modification recommendations indicate to get a model with suitable criteria, namely residuals covariate of several indicators on the same dimension. Residuals covariate is done because of a relationship between the 2 covaried items. After making modifications, a model with suitable criteria is obtained (RMSEA = 0.0697; CFI = 0.961; SRMR = 0.0463; $\chi^2 / df = 1.972$). The confirmatory factor analysis results show 12 Fear of missing out (FOMO) scale items meet the criteria for construct validity. Thus, it can be confirmed that the structural equations on the four dimensions are accepted as factors that measure the behavior of Fear of missing out (FOMO), and the designed model is appropriate.

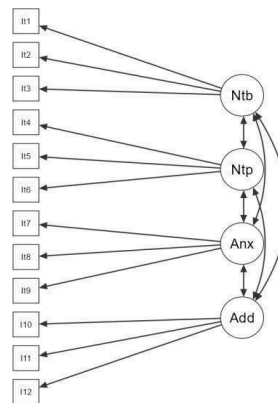


Figure 1. Model Plot

Reliability

Reliability and discriminant power analysis (item-total correlation) was carried out on each dimension of the Fear of missing out (FOMO) scale, namely the need to belong, need to popularity, anxiety, and addiction, with 200 participants. Determination of the minimum score of item-total correlation in this study is 0.30 (Azwar, 2012). The reliability coefficient value set in this study is ≥ 0.70 .

The Fear of missing out (FOMO) scale has psychometric properties that meet the adequacy value (standard) and are acceptable. All four dimensions have an Alpha reliability coefficient above 0.70, including the dimensions of need to belong ($\alpha = 0.700$), need to popularity ($\alpha = 0.774$), anxiety ($\alpha = 0.795$), and addiction ($\alpha = 0.764$). The results of the discrimination power analysis showed that all items had item-total correlation values above 0.30. A more detailed description is presented in the following table

Table 6. Coefficient Reliability

Dimension	Loading range factor	Item-rest correlation	Alpha Cronbach(α)	Gamma Mc Donald(ω)
Need to Belong	0,473-0,642	0,458-0,594	0,700	0,707
Need to Popularity	0,458-0,845	0,493-0,668	0,774	0,784

Anxiety	0,705-0,780	0,549-0,688	0,795	0,803
Addiction	0,577-0,806	0,549-0,680	0,764	0,775

4 DISCUSSIONS

The results of data analysis show that as many as 12 items of the Fear of missing out (FOMO) Behavior Scale have met the criteria of reliability and validity. Construct validity obtained through confirmatory factor analysis supports the suitability of the model with research data. Thus, the four dimensions accepted in this model measure Fear of missing out (FOMO) behavior validly and reliably. The results of this study show similarities and differences with those conducted by (Sette, 2019).

The need to belong dimension is characterized by the urge to adjust to being part of a group where the majority of individuals are social media users. This urge is reflected in behavior to build and maintain meaningful and secure interpersonal bonds. The need to belong dimension is represented by 3 statement items. Empirical data shows that some participants tend to follow the trend on TikTok so these results show conformity with the construct under study. The need to belong dimension shows a positive correlation with Fear of missing out (FOMO), meaning that the higher the level of need to belong, the higher the level of Fear of missing out (FOMO). Similar to the research results from Shodiq et al., (2020) and Putri and Utami, (2023) which show that there is a significant positive relationship between the need to belong and the Fear of missing out (FOMO).

The need for popularity dimension is described through 3 statement items. This dimension refers to the individual's need to be accepted and recognized by others. Individuals who have a high need for popularity tend to use social media constantly to increase their fame and confidence. FOMO in this dimension results from feelings of fear of being left behind and low self-esteem if they feel they are not getting enough attention. All three items in the need for popularity dimension are significantly correlated with Fear of missing out (FOMO), thus all items in this dimension are by the conceptual definition consistently used in this study. Individuals with a high need for popularity have a strong desire to be recognized and liked by others. In line with research (Sette et al, 2019) need for popularity shows a positive relationship with the fear of missing out.

The anxiety dimension is represented by 3 statement items relating to unpleasant emotional states such as fear and tension that individuals feel when not using social media. Individuals who have high FOMO tendencies in this dimension often feel worried and afraid of loss if they are not connected to the internet. High levels of anxiety can exacerbate FOMO, as individuals feel a constant need to monitor others' social activity to ensure they are not left behind. Anxiety shows a positive and significant relationship with Fear of missing out (FOMO) by the findings in previous research conducted by (Desai, 2023).

The respective addiction dimension is described by 3 statement items that interrelate with the individual's dependence on excessive social media use, which causes functional impairment in daily life. Individuals who have FOMO tendencies on this dimension often use social media compulsively, even though this interferes with other activities or reduces their overall well-being. individuals with high addiction scores are more prone to problematic smartphone use, such as addiction, compulsive use, and nomophobia. This is because they use smartphones to find information and entertainment, connect with others, and avoid feeling left behind. These results are supported by research conducted by Azizah and Fahyuni, (2021) explaining a significant positive relationship between Addiction to the use of social media and Fear of missing out (FOMO).

This study has produced a 12-item Fear of missing out (FOMO) scale, with behavioral indicators that are appropriate for Indonesian society and specified on the use of TikTok social media. By knowing which behavioral dimensions show low or high levels, interventions in the form of preventive measures or behavioral improvements can be made to avoid negative conditions. In general, the Fear of missing out (FOMO) scale has good psychometric property standards. The alpha and omega reliability of the four dimensions of 0.700-0.795 has met the standard reliability coefficient set which is above 0.7. The findings of this study also strengthen the findings of Sette et al. (2019) that Fear of missing out (FOMO) has four behavioral dimensions that are correlated with each other.

The behavioral dimensions in this study have been defined and reduced to statement items that are appropriate to the focus and context. The high correlation between the behavioral dimensions in this study indicates that the concept of fear of missing out has fulfilled its purpose of maintaining and to some extent enhancing desired relationship characteristics.

The advantage of this research is that people can use the FOMO instrument because the items have been adapted to Indonesian society, have been proven to be valid, and the number of items is smaller but still covers the four dimensions of FOMO behavior. Some limitations of this study are that the first sample is relatively small and non-clinical. The characteristics of participants in this study are using the entire sample who have TikTok social media accounts and users, ages 12-24 years. The overall sample of TikTok social media users cannot be known so the hope for future research can

expand and increase the number of samples in fear of missing out on research on TikTok social media users. Both of these studies were conducted online which allows for dishonesty when filling out questionnaires via online surveys for what each individual feels. It is hoped that future research will rethink when conducting online research.

5 CONCLUSIONS

This study produced a Fear of missing out (FOMO) behavioral scale that has satisfactory standards of psychometric properties. Satisfactory reliability and validity were obtained on each behavioral dimension. A total of 12 items of the Fear of missing out (FOMO) behavior scale have met the suitability of the construct validity model. Further research can focus on other types of relationships, such as age, gender, and other social media users. This certainly has different relationship characteristics from those examined in this study. Future research can be conducted on other relationship characteristics, such as life satisfaction, self-control, and social connections. Future research can also be developed on participants with age or gender backgrounds that have not been done in this study. The fear of missing out in participants aged 12-24 certainly differs between early and late adolescent participants with only male or female characteristics. The differences in previous research provide opportunities for further research with comparative and or correlational objectives regarding differences in age, gender, and social media use.

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