



THE IMPACT OF FOMO ON ADOLESCENT SLEEP QUALITY

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Received: 04/08/2026 | Revised: 15/08/2026 | Accepted: 02/09/2026 | Published: 13/10/2026

ABSTRACT

The increasing phenomenon of social media use among teenagers has given rise to Fear of Missing Out (FoMO) behavior, which is the fear of missing out on other people's information or activities. This study aims to determine the relationship between FoMO and sleep patterns in adolescents. This research applies a descriptive qualitative approach with a simple literature study and observation approach. The results showed that FoMO had an effect on staying up late, using gadgets before bed, and decreased sleep quality. In conclusion, FoMO has a significant relationship with adolescent sleep pattern disorders, so it is necessary to control the use of social media.

Keywords: FoMO, sleep patterns, teens, social media

INTRODUCTION

Advances in digital technology have significantly influenced the way people live, especially teenagers. Social media now plays a significant role in everyday life, both for communicating with others and accessing information. However, excessive use can have negative impacts, one of which is the emergence of the FoMO phenomenon. FoMO causes teenagers to feel that they must always be connected to social media so as not to be left behind with information. This habit is often carried out late at night, thus interfering with rest time. In fact, adequate sleep is very important for the growth and health of adolescents. The increasing phenomenon of FoMO among adolescents is closely related to their high need for social acceptance and the desire to stay on trend. This psychological condition in the form of anxiety encourages adolescents to use social media excessively, such as the habit of constantly checking notifications even during the learning process. As a result, this strong urge to stay connected significantly reduces the time that adolescents should allocate for resting and studying. The reduction in rest time caused by FoMO can ultimately have a negative impact on students' academic performance at school. Students who feel they must always know the latest information on social media tend to prioritize online activities, leading to decreased sleep quality and impaired concentration. Therefore, it is important to further examine this anxiety phenomenon because uncontrolled use of social media can reduce the effectiveness of learning activities and potentially trigger procrastination behavior in adolescents.

THEORETICAL STUDIES

Fear of Missing Out (FoMO) is a psychological phenomenon that has become increasingly common among adolescents as digital technology and social media continue to develop rapidly. According to Przybylski, Murayama, DeHaan, and Gladwell (2013), FoMO is a feeling of anxiety or worry that others are having a more enjoyable experience without their presence, so individuals have a strong urge to stay connected and follow other people's activities through social media. In adolescence, the need for social acceptance and the desire to stay on trend make them more susceptible to FoMO. This condition can encourage excessive use of social media, such as frequently checking notifications, accessing social media during the learning process, and reducing rest and study time. Academic achievement, which is commonly reflected through students' grades, is one of the indicators used to measure their success in reaching learning objectives. Students' academic performance can be influenced by various internal and external factors. Internal factors

include motivation, discipline, learning interest, cognitive ability, and time-management skills, while external factors may involve family, school environment, peers, and the use of digital technology. When social media is used excessively and without proper control, it can negatively affect students' concentration, encourage procrastination, and reduce the effectiveness of their learning activities. These conditions may eventually influence their academic performance. The relationship between FoMO and academic value can be explained through the tendency of individuals to prioritize activities on social media over their academic obligations. Students who experience FoMO generally feel the need to always keep up with the latest information and the activities of their friends, so that attention to the learning process becomes reduced. As a result, study time is not used optimally, sleep quality decreases, concentration is disturbed, and academic achievement can decrease. On the other hand, students who are able to control the use of social media and manage time well tend to have a higher focus on learning so that they obtain more optimal learning outcomes. Therefore, Fear of Missing Out is seen as one of the psychological factors that can affect students' academic achievement at school and needs attention from teachers, parents, and students themselves so that the use of social media remains balanced with academic demands.

Although the findings indicate that the majority of respondents are in the non-FoMO category, the FoMO phenomenon experienced by 35.19% of respondents is proven to be related to the habit of using social media until late at night. The tendency to feel anxious when not opening social media directly impacts the behavior of staying up late and the habit of using gadgets before bed. Ultimately, this uncontrolled routine evidently causes a decrease in both the quantity and quality of adolescent sleep. Furthermore, the decrease in sleep quality caused by excessive use of social media has a significant potential to increase academic procrastination behavior. The lack of adequate rest triggers concentration disorders, which in turn can reduce students' learning achievement at school. This confirms that although only a portion of the respondents are affected by FoMO, this condition still requires special attention from students, teachers, and parents so that social media use can be controlled and remain balanced with students' academic demands.

RESEARCH METHODS

This study uses a survey method with a quantitative approach. Data was collected through the distribution of online surveys via Google Forms to students as respondents. The questionnaire contains questions about the level of Fear of Missing Out (FoMO), social media use, study habits, and students' academic grades. The respondents' answers were then collected and analyzed to find out whether FoMO had an effect on students' academic scores. The data obtained is presented in the form of tables and diagrams to make it easier to understand, then used to draw conclusions according to the purpose of the research.

RESULTS AND DISCUSSION

This research aimed to assess the level of Fear of Missing Out (FoMO) tendency among respondents in social media use. Data was obtained through a questionnaire filled out by 54 respondents. FoMO measurement is carried out based on two indicators, namely the fear of missing information on social media and the feeling of anxiety when not opening social media. Based on the results of data processing, respondents were then grouped into two categories, namely FoMO and non-FoMO. Respondents were categorized as FoMO if they obtained an average score of ≥ 3 , while respondents with an average score of < 3 were categorized as not FoMO.

Table 1. Respondents' FoMO Level Categories

Category	Number of Respondents	Percentage
FoMO	19	35,19%
No FoMO	35	64,81%
Total	54	100%

The results showed that out of 54 respondents, as many as 19 respondents (35.19%) were included in the FoMO category. Meanwhile, as many as 35 respondents (64.81%) were included in the non-FoMO category. Thus, the majority of respondents in this study did not show a tendency to FoMO based on the indicators used. The results of the study showed that the tendency of FoMO was still found in some respondents. As many as 35.19% of respondents were included in the FoMO category, which shows that more than a third of respondents have a tendency to feel afraid of missing out on information or feel anxious when not accessing social media. This tendency can be related to the characteristics of social media that allow users to obtain information quickly and continuously. When a person feels the need to know the

latest information or feels uncomfortable when not accessing social media, this condition can be one of the indications of a FoMO tendency.

However, the results of the study also showed that the majority of respondents, namely 64.81%, were in the non-FoMO category. This shows that most respondents do not show a strong tendency to feel afraid of being left behind or anxious when not opening social media. Consequently, the social media activity observed in most participants did not automatically signify any inclination toward FoMO based on the indicators used.

The differences between respondents who included FoMO and non-FoMO showed that individual responses to social media use may vary. Factors such as social media habits, intensity of use, need to obtain information, and the ability of individuals to control the use of social media can influence the emergence of FoMO tendencies. Overall, the study showed that 35.19% of respondents had a FoMO tendency, while the other 64.81% did not show a FoMO tendency. These results can be an illustration of the degree of FoMO predisposition in the respondents studied, although it cannot be generalized to the wider population without studies with a more diverse sample number and characteristics.

CONCLUSIONS AND SUGGESTIONS

The findings and discussion indicate that Fear of Missing Out (FoMO) remains present among some adolescents, with 35.19% (19 respondents) classified in the high FoMO category, while the majority of respondents (64.81% or 35 respondents) fall into the non-FoMO category. This FoMO phenomenon has been proven to be related to the habit of using social media until late at night which has a direct impact on the appearance of staying up late, using *gadgets* before bed, and a decrease in the quality and quantity of adolescent sleep. Decreased sleep quality and concentration disorders due to uncontrolled use of social media ultimately have the potential to increase academic procrastination behavior and reduce student learning achievement in school.

Referring to these findings, adolescents are expected to increase *self-awareness* and time management in using social media, such as limiting *screen time* and stopping the use of devices before bed to maintain the quality of rest. In addition, parents need to provide wise supervision and assistance regarding limiting the duration of using gadgets at home at night. Schools, especially Guidance and Counseling Teachers (BK), are also urged to provide education on the healthy use of social media, the psychological impact of FoMO, and the importance of regular sleep patterns to support academic performance. Finally, it is recommended for future researchers to expand the scope of the sample and apply more in-depth quantitative correlation analysis to measure the significance of the relationship between variables more comprehensively.

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