FEAR OF MISSING EVENTS (FOMO) AND ITS RELATIONSHIP WITH FAMILY RELATIONSHIP QUALITY AND PERSONAL RESPONSIBILITY AMONG SOCIAL MEDIA USERS"

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ABSTRACT

The study aimed to identify (FOMO) and its relationship to the quality of family relations, and personal responsibility among users of social networking applications, the study sample consisted of (501) users of social networking applications, males and females within the age group between (19-40) years, in the Riyadh region, selected using the sample Stratified randomness. Was used Scale (FOMO) Prepared Who is it (Przybylski & Weinstein, 2017) And the measure of the quality of family relations prepared by (Carlota & Chá, 2014)) ، and the scale of personal responsibility (Ren et al., 2023)The results of the study indicated that The levels of (FOMO), the quality of family relationships, and the personal responsibility of users of social networking applications. And the existence of a statistically significant negative correlation between the fear of missing events and both the quality of family relationships and personal responsibility, That is, the higher the level of(FOMO) , decreased the quality of family relationships and personal responsibility.as The results of the regression analysis showed that the quality of family relationships and personal responsibility can be predicted by the degree of (FOMO), as the results showed that (FOMO) Is a good predictive indicator. There are no statistically significant differences in (FOMO), the quality of family relationships Differ genre, age, And the educational level, and the duration of use of social networking applications, and significant differences were found in personal responsibility only, as it was higher among males in the age group of 36 to 40 years.

Keywords: fear of missing events, (FOMO) quality of family relationships, personal responsibility.

INTRODUCTION

Recent studies have examined the correlation between fear of missing out (FoMO), family dynamics, and problematic social media usage. Family structure and parenting style significantly influence the emergence of FoMO, while dysfunctional families and strong parent-child relationships serve as protective factors. Furthermore, family functioning is directly associated with FoMO, mediated by self-control and addiction to social networking platforms (Chen & Chen, 2022) The structural equation model showed that families that work together and are flexible are less likely to get addicted to social media, whereas families that are apart are more likely to get addicted. (Topino et al., 2023) When parents and teens don't get along, it can make FoMO worse, which can lead to bad Internet use. (Koca & Saatçı, 2022) Because of what he is seeing the globe today Who is it? This technological breakthrough, unprecedented in history, has profoundly transformed the lives of individuals and communities across all spheres. Digital media has become a big part of people's lives since the start of the third millennium, especially in the last 20 years. This shift is because of the rise of the Internet, the growth of smartphones, and the many social media sites that are available (Twenge et al., 2019) This digital revolution has not only made it easier to obtain information, but it has also changed how people communicate, how social relationships form, how people build their own and others' identities, and helped break down barriers of

time and space, which made people more dependent on each other digitally at the expense of real-life interactions (Kuss & Griffiths, 2017), Having an online presence and using social applications every day has become a normal part of life. In people of different ages, in this case, statistics show that there are now (5.07) billion Internet users around the world, which is (63.5%) of the total. Who is it population, while (95%) From owners of cellphones the Internet in a fashion daily (Meltwater, 2024) The youth demographic exhibits the highest level of engagement with social media platforms. As a result of these growing numbers, there is a growing demand for an understanding of the effects that this continual connection with digital technology has on the psychological, social, and behavioral elements of the individual, In spite of the fact that these technologies present potential for communication, learning, and enjoyment, scholars in the fields of psychology, sociology, and education are becoming increasingly concerned about the excessive use of these technologies. This is because various issues have surfaced in these areas. It is because of this excessive use that the following are some of the most notable examples: Anxiety caused by digital technology, distraction, social isolation, and a decline in the quality of actual lives(Montag et al., 2021)

Amidst all of these difficulties, dread of missing out on events This is one of the most prominent manifestations of digital addiction, as the individual is concerned that he will miss a social or entertainment event in which other people participate. This causes him to feel compelled to remain permanently connected to digital networks, even if it means sacrificing psychological comfort, interaction with family, and responsibilities. One's character (Przybylski & Weinstein, 2017) A study of the Center(Rzepa et al., 2024) 58% of social media users feel some amount of anxiety related to FOMO, which is linked to lower levels of self-satisfaction, less integration into genuine social interactions, and a lack of responsibility. As noted by 42% of the study participants, their continued use of these means negatively affected the quality of their real-life communication, while 38% struggled in fulfilling their daily responsibilities as a result of the constant preoccupation with digital content. Because of this, the most important areas that are hurt by these digital developments are family relationship quality, The family A vital part of bringing people together and improving their mental health It is the first social institution that teaches values, shapes identity, and improves communication and social skills. However, people's, especially children's, obsession with digital technologies has caused family relationships to suffer and emotional interactions between family members to drop (Grevenstein et al., 2019; Whitbeck et al., 1993)According to the results of a recent report issued by the Center (Dezuanni & Osman, 2024) It has been mentioned that sixty-eight percent of parents are concerned that cellphones have decreased the quality of communication within the family, and fifty-five percent of couples are concerned that their partner spends a lot of time on social networks at the expense of family time.

Another significant aspect that has undergone a similar transformation is the personality of duty. This indicates that an individual is capable of making autonomous judgments and managing the consequences of their actions, be they personal or societal. Digital immersion complicates the comprehension of concepts such as personal responsibility, self-control, behavioral discipline, and ethical awareness, all of which are interconnected (Baumeister, 2023) , An excessive amount of time spent on social media can hinder an individual's ability to concentrate and decrease their commitment to everyday work. This can result in a lack of dedication to responsibilities such as those pertaining to the family or the school. Expertise in that (Rosen, 2010) ,Whereas, (55%) of participants in in Poll (Rzepa et al., 2024) They see that taking responsibility is the key to personal and social success, and these manifestations are linked together in a complex circular relationship; the busier the individual is with digital content, and the more he feels afraid of missing events, the less his involvement in real relationships, especially family, decreases, and accordingly his ability to assume his personal and social responsibilities decreases. Ό A study has demonstrated that (Schemer et al., 2021) There is a correlation between excessive use of technology and decreased quality of family interaction, increased emotions of stress and isolation, and poor behavioral commitment.

Studies show that (FOMO) It is an influential psychological factor directly related to the excessive use of digital technology, with negative effects on mental and social health. He explained (Groenestein et al., 2024)Through an extensive systematic review that research on FOMO Lacks conceptual standardization, calling for more causal studies to understand its effects on psychological well-being. A meta-analysis study by (Zeky & Mustafa, 2018)The existence of a strong correlation between FOMO Use social media, especially Instagram, with a recommendation for longitudinal research to uncover dynamic relationships between the two variables. Studies such as(Benzi et al., 2024; Elhai et al., 2016) On the role of FOMO as a predictor of excessive use of the Internet, where this influence is mediated by cognitive factors such as the tendency to accept information uncritically and poor trust. A study found (Hertlein & Ancheta,

2014) Moderate positive relationship between FOMO and Internet addiction, with the effect of time spent browsing as a reinforcer of the phenomenon.

With regard to the quality of family relations, studies have revealed (Groenestein et al., 2024; Topino et al., 2023) that the intensive use of social media weakens family cohesion and negatively affects the quality of interaction between family members, while moderate use may enhance family bonding, as shown by a study(Singh & Tyagi, 2023) As for personal responsibility, she explained(Trufanova, 2020) that the digital environment has contributed to the decline of self-awareness and awareness of responsibility as a result of the erosion of privacy and fragmentation of identity. (LaRose et al., 2008) noted that promoting self-efficacy and tailored educational interventions can contribute to the development of responsible behavior and protect individuals from cyber risks.. The theoretical framework is presented in detail below:

1.   **Fear of missing events** (FOMO), defined as a psychological condition of constant anxiety about missing out on social experiences or opportunities that others may participate in, and includes two main dimensions:: Cognitive related to mental rumination about what an individual may miss, and my behavior manifests itself in compulsive use of social media (Elhai et al., 2016). Its causes are due to excessive interaction with digital media, low self-esteem, an unsatisfied need for belonging, and frequent social comparison.(Batenburg & Das, 2015) The condition is associated with negative psychological, social and behavioral effects, such as anxiety, rumination, depression, erosion of the quality of real-life relationships, and deterioration of family ties.(Yuan et al., 2021)؛ As explained by the theory of the need to belong(Baumeister, 2023) and the theory of self-determination (Ryan & Deci, 2000), where reflects FOMO Failure to satisfy the needs of belonging, independence, and competence.

2.   **Quality of family relationships**, they reflect the degree of bonding and emotional support between family members, and are influenced by factors such as family size, parents' educational level, and family cohesion and are explained by learning theories that highlight the role of early relationships in shaping patterns of family interaction, and boundary theory that illustrates the effect of balance between different life roles on the quality of relationships; (Johnson, 2019; Kossek & Lautsch, 2012)

3.   Personal responsibility is the ability of an individual to make informed decisions and bear their consequences, and is influenced by socialization, personality traits, and demographic factors.(Morris & Smith, 2022)؛ The theories of choice and social perception provide an explanation for the evolution of this trait, highlighting the role of self-efficacy and self-regulation in building a strong sense of responsibility.(Glaser, 1980) These three themes highlight a complex loop of influence: immersion in the digital world and its attendant FOMO to undermine the quality of family relationships and personal responsibility, while the weakness of these two variables constitutes a fertile environment for fostering pathological attachment to technology, which calls for conscious interventions at the individual, family and community levels..

Despite the growing research interest in the phenomenon of (FOMO) In recent years, especially in the context of their impact on mental health and digital use behaviors, the majority of studies have focused on strange cultural and societal environments. (Elhai et al., 2016; Gabriel & Matthews, 2011; Glaser, 1980) (Benzi et al., 2024)Or treated the phenomenon within limited age groups such as university students. The tools and methodologies used to measure FOMO and its implications, which showed the need to standardize conceptual and methodological frameworks as noted by (Groenestein et al., 2024) Furthermore, some studies have examined the relationship between FOMO Internet addiction or problematic use of social media, but few have touched on the profound social impacts, particularly on the quality of family relationships and personal responsibility of users..

The study highlights the limited number of studies that have been conducted on fear of missing out (FOMO) in the Arab context, taking into account the cultural and sociological aspects of the region. Additionally, the research highlights the limitations of the integrated approach that integrates FOMO, the quality of family ties, and personal responsibility within a single interpretive model. There is also still a clear gap in understanding the mediating or modifying role of demographic factors such as gender and age in these relationships, which has not been addressed in depth in the previous literature, and accordingly, the current study seeks to bridge this gap by exploring the relationship between the fear of missing events and the quality of family relationships and personal responsibility among users of social media applications in Saudi society, focusing on demographic differences as potential influencing factors, thus contributing to a more comprehensive model for the purpose of comprehending this phenomenon inside a distinct cultural community.

MATERIALS AND METHODS

RESEARCH DESIGN

A descriptive analytical technique was chosen for the research project because it was deemed to be the most suitable method for investigating the connection between fear of missing out (FOMO), the quality of family relationships, and the personal responsibility of those who use social media applications. This method makes it possible to provide a description of the event in question, to conduct a study of the correlations between it and other phenomena, and to investigate the disparities that exist between various demographic groups.

PARTICIPANTS

All users of social media applications in the Riyadh region, including males and females, who fall within the age range of 19 to 40 and who make regular use of these programs, make up the population of the study. According to the stratified random sample method, the study sample consisted of 501 participants who were selected from among the users of social networking applications in the Riyadh region. The study aimed to represent the community's various demographic groups. For the purpose of ensuring that the results are both extensive and accurate, the sample was stratified according to demographic factors such as gender, age group, educational level, and the pattern of making use of social media applications. This was done in order to ensure that the results were accurate and complete. A set of criteria was established for the selection of the sample in order to guarantee that the participants would be suitable for the subject of the study. These criteria included the requirement that the participant must be within the age range of the target population, which was between 19 and 40 years old, and must be a permanent resident of the Riyadh region during the time that the data was being collected. Additionally, the participant is required to be an active user of social media programs on a consistent basis, with a minimum of one hour of usage each day over the course of the previous six months. Those individuals who did not have active accounts or who only used these programs on a casual basis were not included in the study. Additionally, those individuals who were unable to read or independently respond to the questionnaire's content were not included. In order to ensure that there was a gender balance and to cover all three age groups, the selection process was carried out by means of the distribution of electronic forms to various groups and groups of society. The age categories that were covered were as follows: 19-25 years, 26-32 years, and 33-40 years. In addition, the participants' compliance with the research requirements was checked through the use of introduction questions contained inside the electronic questionnaire. This was done to guarantee that the data collected for statistical analysis was correct and representative of the population. There was a notable variation in the sample's demographic characteristics, as evidenced by the fact that there were 176 male participants (35.1% of the total), while there were 334 female participants (64.9% of the total). The sample consisted of approximately forty percent of people who were between the ages of twenty-five and thirty-five, approximately thirty-five percent of those who were between the ages of twenty-six and thirty-two, and approximately twenty-five percent of those who were between the ages of thirty-three and forty. The sample was divided into three categories: those with a secondary education (15%), those with a university education (55%), and those with postgraduate studies (30%). The sample data also revealed that the duration of daily use of social media applications varied from less than two hours (20%) to 2–4 hours per day (45%) to more than four hours per day (35%). It was also observed that the applications that were utilized the most frequently by the participants were Instagram, Snapchat, Twitter, and TikTok, although the proportions of individuals who used these applications varied.
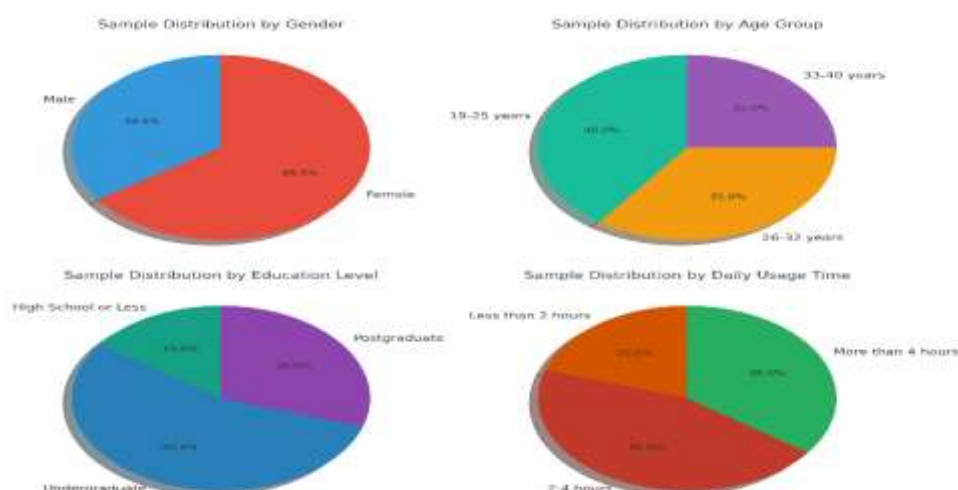
Figure1: Demographic Characteristics of the Study Sample

INSTRUMENTS

1.   Missed Event Fear Scale (FOMO)

The Missed Event Fear Scale prepared by (Przybylski & Weinstein, 2017))، The scale has been translated into Arabic, considering cultural adaptation to ensure its appropriateness for the study context. The scale comprises ten items that assess individual answers using a five-point Likert scale (1 = strongly disagree to 5 = strongly agree). The validation of seeming honesty and content was conducted by submitting the scale to a commission of eight arbitrators specializing in psychology and sociology, achieving a consensus rate of 95% about the suitability of the items and the integrity of their cultural design. A confirmatory factor analysis (CFA) was conducted to assess the validity of the structure. The results from the study sample aligned with the theoretical model of the scale (CFI = 0.94, RMSEA = 0.05), indicating the soundness of the factorial structure. The internal consistency demonstrated an average correlation of 0.68 among the paragraphs, indicating acceptable homogeneity among the scale's elements, while the Cronbach alpha coefficient for the overall scale was 0.94 across the entire sample, reflecting a very high degree of stability. Retest outcomes also indicated (test-retest) Two weeks following a subsample of 50 participants, the stability coefficient attained 0.88, signifying robust tool stability over time.

2.   Family relationship quality scale

The study relied on the scale of the quality of family relations, which Developed (Carlota & Chá, 2014) It has been translated and culturally adapted to ensure alignment with local social traits. The scale comprises sixteen items categorized into three dimensions: coherence, expression, and conflict. Individuals are evaluated on a three-tier scale (not applicable, somewhat applicable, very applicable), with the inverse of negative statements regarding the conflict dimension considered prior to grade collection. The total score of the scale signifies the quality of familial ties, with elevated values denoting superior quality in these relationships.

The veracity and substance were validated by a panel of seven professional arbitrators, achieving a consensus rate of 92% among their assessments. The exploratory factor analysis (EFA) revealed that three factors, aligned with the theoretical framework, account for 64% of the total variance in the instrument. The internal consistency demonstrated a robust mean dimensional correlation of 0.71. The total Cronbach's alpha coefficient was 0.91, with sub-dimensional coefficients ranging from 0.87 to 0.92, indicating strong reliability. Retesting the data on a subsample two weeks later revealed a stability value of 0.85, signifying adequate temporal stability for the instrument.

3.   Personal Responsibility Scale

The personal responsibility scale prepared by him was used (Ren et al., 2023) The scale has undergone translation and cultural adaptation to confirm its validity. The scale comprises thirteen items categorized into three dimensions: perception of responsibility, sense of responsibility, and behavioral tendencies related to responsibility. Paragraphs are evaluated using the Likert hexagonal scale (1 = strongly disagree to 6 = entirely agree), with elevated scores indicating a greater degree of responsibility in personality. The authenticity and content of the Verified Virtual Scale were validated by a committee of nine

arbitrators, achieving a consensus rate of 96% for the paragraphs presented. Confirmatory factor analysis (CFA) validated the model's suitability for the current sample (CFI = 0.92, RMSEA = 0.06), hence supporting the theoretical framework of the scale. The Integrity of Internal Consistency The average correlation between paragraphs is 0.74, indicating a satisfactory level of vertebral uniformity. The Cronbach alpha coefficient for the entire sample is 0.89, although the stability coefficients for the sub-dimensions range from 0.85 to 0.90. The retest results after two weeks on a subsample yielded a stability coefficient of 0.83, indicating substantial temporal stability of the results.

RESULTS

1. Arithmetic averages and standard deviations of the (FOMO) scale, the quality of family relationships scale, and the personal responsibility scale

The study's findings indicated that the mean responses of the sample participants on the Fear of Missing Events (FOMO) scale were 3.00, with a standard deviation of 0.46 and a relative weight of 60%, signifying an average level of FOMO among the participants. The quality of family life scale yielded an average score of 1.99, with a standard deviation of 0.20 and a relative weight of 66%, indicating a moderate level that is inclined to improve in the quality of familial relationships among the sample. In contrast, the personal responsibility scale recorded an arithmetic mean of 3.51, a standard deviation of 0.47, and a relative weight of 59%. The results show that participants have average scores on the three measures, with a slight preference for the quality of family interactions, which means we need to look more closely at how digital and psychological factors affect these areas.

Table 1: Means, Standard Deviations, Application Levels, and Relative Weights of the Study Scales

Scale	Mean	Standard Deviation	Application Level
(FOMO)	3.00	0.46	Medium
Quality of Family Life Scale	1.99	0.20	Medium
Personal Responsibility Scale	3.51	0.47	Medium

2. The relationship between (FOMO), the quality of family relationships, and the personal responsibility of users of social media applications
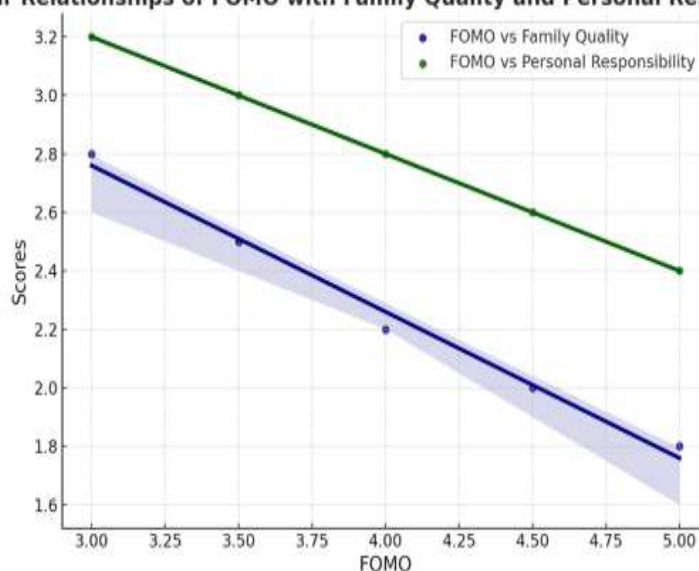

Figure2: "FOMO and Its Linear Relationship with Family and Responsibility"

The illustration depicts an inverse correlation between FOMO and the quality of familial life as well as personal accountability. The findings indicated a significant negative correlation between FOMO and the quality of familial relationships (r = -0.625, p = 0.002), as well as a more pronounced negative association

with personal responsibility (r = -0.712, p = 0.010). This result indicates that an increase in FOMO correlates with diminished family togetherness and a decline in self-responsibility.

3.   Predicting the quality of family relationships and personal responsibility of social media users based on the level of (FOMO)

The regression analysis results indicated that FOMO is a statistically significant predictor of family connection quality. The results showed a negative relationship between FOMO and family connection quality (R = -0.36), meaning that FOMO explains about 39% of the differences in how good family relationships are (R^2 = 0.39). Additionally, the analysis of variance (ANOVA) showed that the overall model is important (F(1, 500) = 5.466, p = 0.003), which confirms that the regression equation is statistically significant. The non-standard regression coefficient (β = -0.30, SE = 0.12) showed that as FOMO increases by one unit, the expected score for the quality of family connections decreases by 0.30. The computed t-value was statistically significant (t = 2.49, p = 0.003), so reinforcing the reliability of the independent variable's effect on the dependent variable.
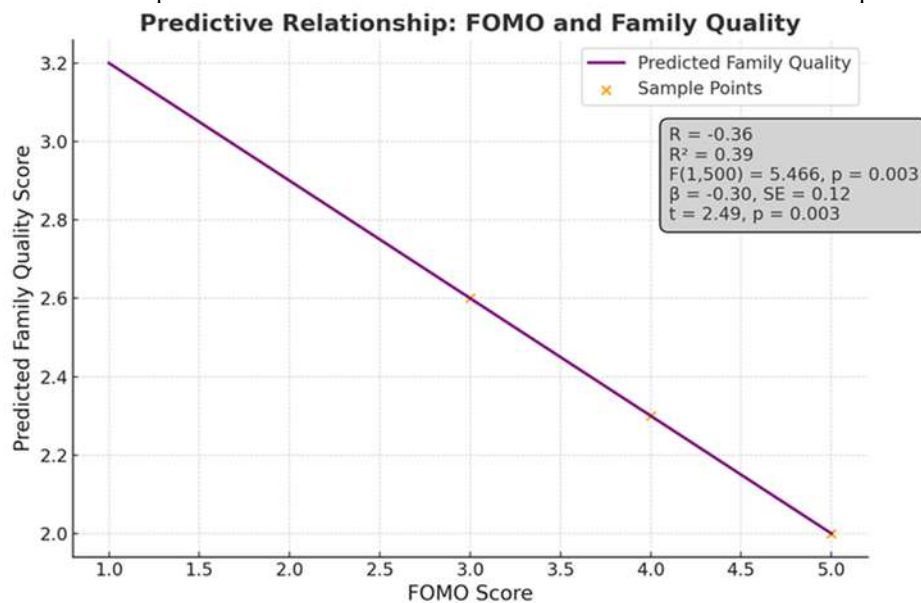

Figure3: "FOMO as a Predictor of Family Quality"

4.   Predicting personal responsibility among users of social media applications based on the level of FOMO.
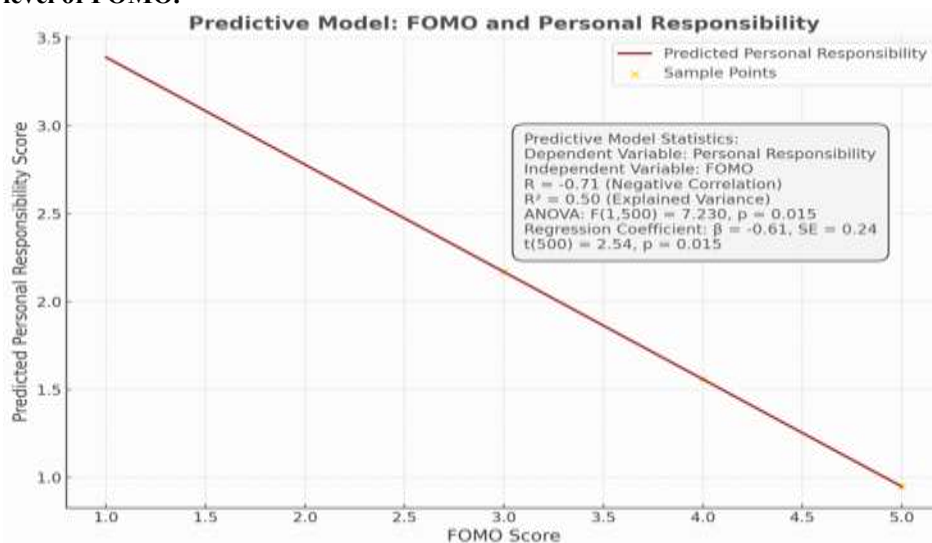

Figure4: "FOMO as a Predictor of Personal Responsibility"

The regression model indicates that FOMO is a significant predictor of personal responsibility, accounting for 50% of the variance in the dependent variable (R^2 = 0.50). The analysis of variance results

indicated the overall significance of the model (F(1,500) = 7.230, p = 0.015). The regression coefficient (β = -0.61) demonstrated a statistically significant negative trend (t(500) = 2.54, p = 0.015), suggesting that for each unit increase in FOMO, a decrease of 0.61 units in personal liability is anticipated.

5. Differences in FOMO levels, quality of family relationships, and personal responsibility among social media users according to demographic variables

Demographic Variable	Measures	Groups	Mean Scores	Sig.
Gender	FOMO	Male Female	2.99 – 3.00	0.767
	Family Relationship Quality	Mali – Female	1.97 – 2.00	0.089
	Personal Responsibility	Mali – Female	3.58 – 3.48	0.020
Age	Personal Responsibility	19–25 – 36–40	3.57 – 3.63	0.013
Educational Level	All Measures	All groups	2.95 – 3.06	>0.05
Daily Usage Duration	All Measures	All groups	1.92 – 3.11	>0.05

Table (8) indicates significant variations in personal responsibility depending on gender (p = 0.020) and age (p = 0.013), with males and those aged 36–40 exhibiting higher scores. No substantial variations were observed in FOMO or family relationship quality based on gender, age, educational attainment, or daily usage length. The educational level and length of consumption exhibited no significant effects on any of the study parameters (p > 0.05).

DISCUSSION

The current study showed a statistically significant negative correlation between the fear of missing events (FOMO) And the quality of family relationships and personal responsibility among users of social networking applications. This finding is consistent with what he pointed out (Groenestein et al., 2024) until FOMO It arises primarily from the need for belonging and social pressures, not necessarily as a result of compulsive or addictive use of applications. It also supported (Abel et al., 2021) This finding by emphasizing the role of continuous social comparison across digital platforms in promoting feelings FOMO, while (Benzi et al., 2024) until FOMO Leads to changes in digital behavior patterns and increased dependence on the Internet at the expense of real-life relationships. On the other hand, these results differ with the (Hertlein & Ancheta, 2014) that links FOMO to excessive engagement in the digital realm, taking into account the distress related to FOMO Primarily arising from the characteristics of the digital content consumed. This gap can be attributed to varying cultural and social circumstances among research, wherein psychological and contextual elements significantly influence the experience. Fear of Missing Out Within Individuals.

With regard to the quality of family relationships, the results showed that poor family cohesion and support may push individuals to seek digital alternatives, which supports the results of (Alwuqaysi et al., 2024; Topino et al., 2023) which revealed that FOMO mediates the relationship between impaired family functions and social media addiction. In contrast, a study showed(Singh & Tyagi, 2023) Impact Positive for social communication when used as a means of strengthening family ties, suggesting that the nature and context of use may be a key determinant of its effects on family relationships, As for personal responsibility, the current study showed that the uncontrolled use of digital applications is associated with a decline in the sense of self-responsibility, which is consistent with what he pointed out (Trufanova, 2020) that digital transformations have fragmented identity and weakened the sense of individual responsibility, as well as addressing the ethical impact of the digital environment on responsible behaviors., and the results of this study differ with the findings of the study(Nippert-Eng, 2008) Which did not find a significant relationship between the use of means of communication and personal responsibility among adolescents, which may be due to the different age groups and variables studied, as the current study focused on FOMO As a specific psychological variable.

In terms of demographic differences, the results did not show significant gender differences in the level of FOMO and the quality of family relationships, which is consistent with , but that differs from what he referred to (Elhai et al., 2016) who found higher levels of FOMO in females, which may be due to cultural

differences between research environments. As for personal responsibility, with regard to age, the results showed significant differences in favor of the age group. (36–40 year), followed by young people (19–25 year), which is consistent with Ericsson's theory of psychosocial development, which suggests that advanced age is associated with increased responsibility. The study also supported (Ren et al., 2023) As for the educational level and the duration of use of means of communication, the study did not find significant differences, which is consistent with(Groenestein et al., 2024) who saw psychological and contextual variables as more influential than demographic characteristics. However, this result is different.(Hertlein & Ancheta, 2014; Zhu et al., 2023) A study that found a correlation between the length of time spent using applications and the severity of fear of missing out (FOMO) can be explained by the fact that the type of use and the motivation behind it are more influential than the amount of time spent using applications alone. These findings also reflect a complex interaction between psychological, social, and digital factors, where a lack of support from family and internal stress lead to the search for digital alternatives, which in turn increases the severity of FOMO. It makes it more difficult for people to exercise self-control and accept responsibility for their actions. The disagreement with some earlier studies may possibly be related to the fact that various age groups, cultural contexts, and assessment procedures were used. The findings bring to light the necessity of preventive interventions and awareness programs in order to achieve a healthy use of technology and create digital balance in order to support the mental and social health of Individuals

LIMITATIONS, RECOMMENDATIONS, STRENGTHS

Consider the study's limitations when evaluating the results. One of the principal drawbacks is the study's Riyadh-only sample, which may limit its applicability to other cultures and societies. Descriptive methods and self-measurement tools may also introduce self-response biases. The study also did not examine personality factors or social support, which may mediate the relationship between FOMO and family bonds and personal responsibility. The study suggests awareness and educational initiatives, especially for the young, to warn about FOMO's detrimental impacts on mental health and social interactions. It also suggests integrating training programs into educational and social institutions to improve planning, organization, and self-control and limit social media use. Through training and workshops that promote effective communication and screen-free time, family support programs should improve family ties. We can also advocate developing special programs to support groups that the study found differences between, such as programs to build female personal responsibility, taking individual and age differences into account. Finally, the study supports longitudinal and experimental research to better understand causal links and examine additional variables that may affect them.

CONCLUSION

The study confirmed a negative and statistically significant correlation between fear of missing events (FOMO) and family relationships and personal responsibility among social networking app users, with higher FOMO levels resulting in lower family relationships and personal responsibility. FOMO could also predict family relationships and personal responsibility, while demographic variables (gender, age, educational level, duration of use) did not show statistically significant differences except for personal responsibility, which was higher in males. These findings highlight the growing importance of understanding the psychosocial effects of intense digital application use and the urgent need for preventative and reinforcing actions to protect individuals.

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