A study on social media usage and fear of missing out (FOMO) among youngsters

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Abstract
The rapid growth of social media platform has led to evolve communal distress regarding the way in teenagers and young adults have engaged themselves in the verge of destruction. To understand there rise in population getting engage in social media the social psychologist answers this problem with an affair called fear of missing out popularly known as FOMO. FOMO is an example of social psychological process which has been associated with excessive usage of social media platform. The present study is an attempt to highlight the understanding of social media usage and FOMO among youngsters (adolescents and young adults) a comparative analysis was attempted on social media usage and FOMO among youngsters. This was accomplished by finding the difference between youngsters on usage of social media and level of FOMO. Data was collected from 100 participants 50 of them were adolescents and other 50 were young adults. Quantitative method was used during the process of data collection and was analyzed using t-test method. The findings of this analysis determined the degree of FOMO and social media addiction among youngsters. The study also revealed that there is significant difference between youngsters on social media usage as well as on FOMO.

Keywords: social media addiction, adolescents, young adults, social media usage, youngsters and FOMO

Introduction

Any sought of Compulsive behavior is usually termed as 'addiction' which has its adverse effect on our physiological, psychological, emotional and social health. Usually, in the state of addiction person feel necessary to attempt any task or activity frequently without thinking about its harmful consequences which sooner or later disturbs our other important activities of life. For instance, relationships, studies, work and so on. In that context social media addict could be referred as an individual who excessively and compulsively uses any social media platform to an extent where that person gets aloof from the real world and this leads to ample amount of issues in his/her life. Moreover, it becomes difficult to diagnose that when a fondness for an activity turns into addiction for the same.

With this come some major drawbacks of social media for the society (Ahmad, 2016) cyber bullying or cybercrimes, hacking, addiction, fraud and scams, security issues, reputation, cheating and relationship issues, health issues, social media cause dying and glamourizing drugs and alcohol. However, Ahmad et al, (2016) also discusses the merits of using social media as it brings connectivity, promotes education, helps in information and updates, helps in promotion of noble cause, spreads awareness to public and assist government agencies to fight against crime and provide assistance in building communities.

Pros and cons of using internet also describe Internet addiction disorder, which means, if you are continuously and excessively playing games on internet, if you are compulsively shopping online, cannot resist from checking notifications from Facebook, Instagram or Whatsapp, and if your daily habit of excessively sitting in front of computer screen is deteriorating your health, relationships, work and studies. If any of the above-mentioned things are hampering with you then it's an indication that you might be undergoing through this addiction. FOMO is a psychological phenomenon (Classen, 2018) with a pristine mental health syndrome with a refreshing acronym 'FOMO'.

FOMO doesn't simply relate to a casual night party or that next hot igniter date. In economic science, and call theory, the scientific discipline behind FOMO is partly explained by loss aversion. FOMO can be described as when an individual feel augmented anxious or stressed from missing out on social events or not having been invited to attend within the 1st place. FOMO feelings are sometimes reinforced for frequent guests of social networking sites like Facebook, Instagram, Whatsapp, tinder, snapchat so on and so forth. Every time users see a continuous stream of pictures, video clips and reviews about celebrations, events, occasions, functions or alternative life activities in which due to some reasons they couldn't attend or were not asking to join.

As per the twenty first century FOMO frequently demonstrates, that both the young and mature adults have poor emotions stability and depression from FOMO and this may be amplified whilst the consistent and busy networks of social media content which displays a lot of people having (or look like keeping) interesting reviews or accomplishing milepost deeds, particularly if the individual seeing them feels not able to maintain up or grapple with their peers. In one article it was suggested that, FOMO has esteemed so gracefully that a few intellectual or mental health specialists have label it a deadly disease among teenagers and an endemic mental health syndrome for all age group. Blum (2016) gave confirmed evidence that the teens that cared too much about social media had low self-esteem, low sleep quality or even melancholy or depression.

McMullen (2012) claims that today's young generation has been marked as a "virtual generation" and "digital native" because they start using computers and internet since their childhood.

In another study, Reyes (2018) explored the bond between "FOMO and SMU and problematic internet usage among Filipinos. Overall one thousand and sixty Filipinos did an experiment composed of three tests for measuring FOMO scale, Social Networking Time Use Scale (SONTUS), and Internet Addiction Test (IAT) and result showed that social media usage and problematic internet usage both are particularly related to FOMO, and it is capable to previse both social media and problematic Internet abuse."

Jelenchick et.al., (2016) described FOMO & Social media use as "utilization of Internet is unsecure, imprudent, or hasty in the living world that escort to unfavorable life outcomes, mainly tangible, psychologically, civil or practical disability". However, Bozoglan et.al., (2013) found in one of their tests that solitude is the most significant fluid related with unrestricted usage of the Internet. On the other hand,
(Przybylski et.al., 2013) identified FOMO as a phenomenal mediating network in individual's social media and Internet usage. They theorized it as a "Prevalent understanding that people might be having satisfying experiences from which one is missing".

Kim (2013) gave an account of the one point six three percent million Korean youngsters, seventeen-point nine percent constitute those with smartphone craving explained that a few observers could be peculiar with the concept of "internet addiction" or "smartphone addiction". A study done by Ahn in year 2007 (Ahn, 2007) found that, there are 24% of children analyzed with internet craving were debilitated. To find the association between personality traits and technological addiction, if any, Hussain & Pontes (Hussain & Pontes, 2018) identified that "more the usage of technology addiction to technology will lead to explicit personality trait disorders, and characteristics as it is psychologically correlated with personality disorders".

The differences in person, each FOMO and PIU (problematic internet usage) have pessimistic impact on personalized welfare (Stead & Bibby, 2017). The Problematic Internet utilization (PIU) also referred as Internet addiction (IA) is termed as the delinquent utilization of the Internet, which is a cause to consequential psychosocial and functional wreckage and this pattern of avail is unaccounted for by a primary psychiatric disorder such as mania or psychological effect of a substance (Liu & Potenza, 2007).

FOMO is a socio-psychological syndrome which is at a great deal of vulnerability for Internet utilization and may lead to internet dependency (Naren et.al.,2016). FOMO according to Salimet.al., (2017) suggested that "FOMO is a consequential factor in effecting the self-introspection and self-regard of Instagram users." Abel et.al., (2016) argued that nowadays in society the usage of social media has become increasingly popular, the want to apprehend the connection between FOMO and social media usage continues.

Giagkou et.al., in year 2018 (Giagkou et.al., 2018) examined the tactics individuals apply to integrate friends or connection on Facebook and if their culls and drives change over period. In the year 2011-2012, data was accumulated from seven European countries, sanctioned to estimate that about 12.7% puerile Internet users are relegated as having symptoms of Internet addiction (Tsitsika et.al., 2014). FOMO shows incipient mechanisms of information exchange processes among teens or adolescents (Chotpitayasunondh & Douglas, 2016). "the social selection hypothesis suggests that problems related to low emotional stability negatively affect individuals' social media usage or factors associated with one's social media status, including stressful life events" (Hurst, 2007).

The most highly ranked preferences for smartphone-predicated applications were communication, social media, and information (Csibi et.al.,2017). The students with different personality and individual characteristics showed different calibers of addiction to Instagram." (Kircaburun & Griffiths, 2018).It was evident that 4 in 10 adults reported that they have experienced FOMO sometimes or often at some point of time in their life (Thompson, 2012).

The current study has a great significance as it will fill the gap of knowledge about any association between 'fears of missing out' and 'social media usage' and what impact does they have on adolescence and young adults which was not found in many other related studies. The findings may benefit the educators, parents, peers, students and to the public; to the educators: the study is of relevant use as it will aid them to understand the sensitivity of this topic to motivate their scholars to an extent that they won't suffer from its adverse consequences in later life.

To the parents & peers the study is significant because this study will provide them with the insight on how much time and energy, they really need to devote on social media usage and if exceeded can lead to the severe consequences of FOMO. To the students this study is equally beneficial as it will suggest the facts and figures that can impact their mental, emotional, social and physical health. In addition to the public in general it is profitable for them as it will reinforce them to have adequate knowledge and expertise about social media addiction and FOMO which will make them insightful of making the youth aware of emerging issues, so that awareness is not only limited to a city, state or nation but globally.

Research objectives

This study aims at investigating the impact of (SMU) social media usage and Fear of missing out (FOMO) among youngsters. In view of this, the objectives to achieve the above-mentioned aim are to assess the:

1. difference among youngsters (adolescents & young adults) in relation to the usage of social media and FOMO.
2. effect of social media usage among adolescents.
3. effect of social media usage among young adults.
4. effect of FOMO among adolescents.
5. effect of FOMO among young adults.

Hypotheses

Following are the hypothesis of this study:
H01: There will be a significant level of difference between youngsters on FOMO.
H02: There will be a significant level of difference between youngsters on usage of social media.
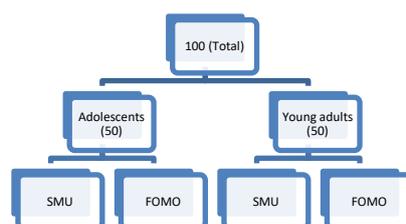
Methodology

Anything that has some quantity or quality which varies is known as a variable. In research experiment we have two variables namely 'Dependent variable' and 'Independent variable'. Dependent variable is

the one of those variables which gets tested and measured in any empirical study or scientific experiment. Independent variable is the variable that is changed or controlled in a scientific experiment to test the effects on the dependent variable. In the current study the three variables we have taken are: Social media, FOMO, and age group. Out of which the 2 Dependent variables are: FOMO (FOMO) and Social media usage. And the Independent variable is: age group of youngsters (age of adolescents and age of young adults.)

Independent Variable includes Age group adolescents (13 to 17 years) and young adults (18 to early 25 years) whereas the Dependent Variables are FOMO (FOMO) and Social Media Usage (SMU).

Research Design
To fulfil the objective of the study following design was used:

The above design was made to study the independent variable i.e. age group (i) adolescents (ii) young adults upon dependent variables i.e. (i) social media usage (SMU) and (ii) FOMO (FOMO). A total sample of 100 students from different period of age groups was taken such that 50 students of age group (13 to 17 years) and 50 students of age group (18 to 25 years). To study the difference in social media usage and FOMO on adolescents of age group (13 to 17 years) was taken in a sample of 50 school going students. To study the difference in social media usage and FOMO on young adults of age group (18 to 25 years) was taken in a sample of 50 college going students.

Sample
The sample of the study consisted of 100 people out of which 50 were adolescents or school going students and 50 were young adults or college going students which were collected for data collection. Adolescents were between the age range of 13-17 years and one phase of the study was conducted at school level on IX to XII standard students of Raja Ram Mohan Roy Academy school. Young adults were between the age range of 18-25 years and the other phase of the study was conducted at undergraduate and postgraduate level in Deemed to be University of Graphic Era. Both male and female subjects were selected through purposive sampling technique. All the participants were assisted using FOMO tool developed by Przybylski et.al., (2013) and social media usage was identified using two open ended questions which were i) Everyday time spent via web-based networking media locales (in hours) and ii) Day by day recurrence of visiting internet based life profiles (no of times). All the participants were from Dehradun, Uttarakhand, India.

Data Collection Tools
The following tools were used:
1. FOMO developed by Przybylski et.al., in year 2013 (Przybylski et.al., 2013).
2. Social Media Usage; two questions were used. The questions were as follows; i) Everyday time spent via web-based networking media locales (in hours) and ii) Day by day recurrence of visiting internet-based life profiles (no of times).

Description of the Tool
For this study tool used is FOMO scale: FOMOs Which has been developed by Przybylski et.al., (2013). This tool has 10 items, and they were scored on five-point Likert scale ranging from '(5) extremely true of me' to '(1) Not at all true of me'. Basic information of the participants such as name, age, gender, education qualification was asked to be filled in the FOMO questionnaire instructions were given to the participants in detail before making them fill the questionnaires. Individual raw scores were calculated

by averaging the participants responses of all ten items and reliability was found to be α=0.87 to 0.90. From the raw scores the degree of FOMO was interpreted. Further, 2 questions of social media usage were also added to identify the level of social media addiction among youngsters. The questions were as follows; i) Everyday time spent via web-based networking media locales (in hours) and ii) Day by day recurrence of visiting internet-based life profiles (times). At last strict care was taken while maintaining the confidentiality clause of all the participant responses.

Procedure
The nature of the current study is quantitative explanation and narration of the given data while focusing on the impact of social media usage and FOMO among youngsters. The study was therefore conducted at both school and university level. School selected was Raja Ram Mohan Roy Academy whereas university selected was Graphic Era Deemed to be University in Dehradun, Uttarakhand, India. The sample of the study consisted of 100 people out of which 50 were adolescents or school going students and 50 were young adults or college going students which were selected for data collection. Adolescents were between the age range of 13-17 years and one phase of the study was conducted at school level on IX to XII standard students of Raja Ram Mohan Roy Academy school.

Young adults were between the age range of 18-25 years and the other phase of the study was conducted at undergraduate and postgraduate level in Deemed to be University of Graphic Era. Both male and female subjects were selected through purposive sampling technique.

All the participants were selected using FOMO tool developed by Przybylski et.al., in the year 2013 (Przybylski et.al., 2013)., and social media usage was identified using two questions which were i) Everyday time spent via web-based networking media locales (in hours) and ii) Day by day recurrence of visiting internet based life profiles (times).

Few questions were also asked from the participants such as "Are you on more than two social networking sites?" on which they replied Yes, "Usually you use social media for professional, educational or business purpose?" on which more than 90% of the participants answered as No, "Which one is more satisfying either playing games online like PubG or preferring to play outdoor games?", More than 85% of the participants from both the age period answered that they spent hours and hours on playing games online like PubG, CS go, Freefire, clash of clans so on which they prefer more over any other outdoor game.

Data Analysis
Statistical techniques were employed to organize and interpret data. Mean, SDs & t-test were utilized to analyze the data obtained statistical values are presented in tables and graphs.

Results
The current study was an attempt to know about the effect of social media usage and FOMO among youngsters. A sample of 100 respondents was selected residing in Dehradun city. On this typical sample, a survey was carried out to find out the degree of FOMO and social media addiction faced by youngsters. Questionnaire and interview plan were used to collect data for the study. It comprised of 10 close ended questions related to FOMOs and 2 questions related to social media usage, few general questions related to both the variables were also asked for the interview schedule.

Age-wise distribution
The sample for the study was divided into two categories according to their age group. Table - 1 shows the percentage distribution for the same.

Table 1
Distribution of Sample according to their age.

Age (years)	n	%
Adolescents 13-17	50	100%
Young Adults 18-25	50	100%

The results obtained were put through statistical analysis and are presented below. For the better understanding the results were divided and presented under following two heads.
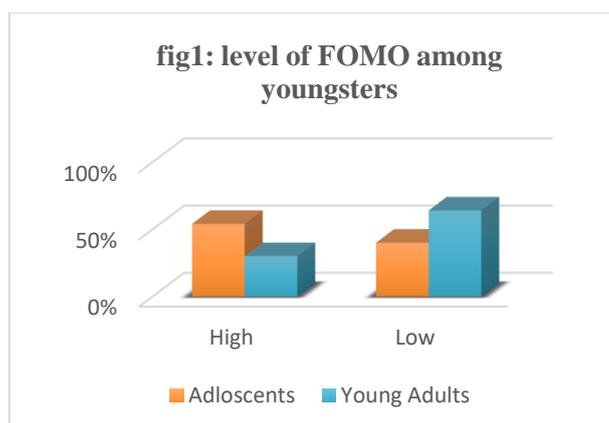
1. FOMO
2. Social Media usage

FOMO
Table 2
Level of FOMO among youngsters

Age Group	High level	Low level
Adolescents	54%	40%
Young Adults	30%	64%

Table no. 2 depicts the level of FOMO in both the sample groups. 54% of adolescents were found to experience high level of FOMO. 40% of adolescents were found to experience low level of FOMO. While 30% of young adults were found to experience high-level of FOMO whereas 64% of adolescents experienced low level of FOMO. Therefore, it was proved that there is high level of FOMO among adolescents as compare to young adults.

The fig 1 shows the results of FOMO which depict the sample of adolescents were found to have high degree of FOMO as compare to young adults. Possibly it could be due to the age period they are going through. The adolescence phase is quite challenging for the teenagers in terms of physical, mental, emotional and social health. Adolescents are immature to understand that if not being invited or not being present at any event or activity doesn't bother if you're happy in living in present. Failing to understand this aspect of life make them feel the FOMO more than young adults. For the first section, quantitative data was collected via FOMOs questionnaires consisting of ten items. The information collected in this section was scored and was further put to a statistical analysis of t-test. The results obtained are presented here in the form of table number 3.

Table 3
Mean, SD and t-value on the level of FOMO among youngsters

Groups	N	M	S.D.	S. ED	df	t
Adolescents	50	$M_1= 3.33$	$SD_1= 0.97$	0.0172	98	$p<01$
Young Adults	50	$M_2= 2.54$	$SD_2= 0.70$			$p<05$

Both the adolescents and young adult participants were equal in number i.e. 50, the total sample size selected for this study was therefore 100. M_1 =3.33 i.e. the mean of adolescent scores, M_2= 2.54 i.e. the of young adults scores. Standard deviation came out to be S. D_1=0.97, & S. D_2= 0.70 similarly standard error was to be S. ED=0.0172. Degree of freedom was equal to 98. At last t test was put and value of t came out to be 6.79. this value of "t" was found to be significant at both the level. From the results it was also found that adolescents scored high on FOMOs as compare to young adults. It can be clearly mapped from the table no. 2 mean scores of both the groups. Adolescents sample obtained a mean of 3.33 while young adults sample obtained a mean of 2.54. Therefore, a significant difference was found among youngsters on FOMO scale.

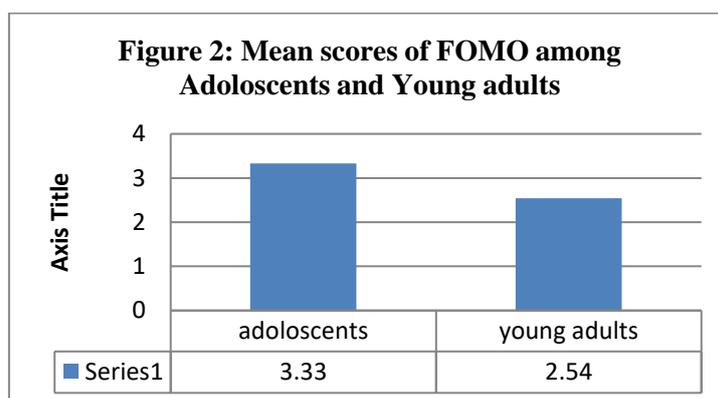**Figure 2: Mean scores of FOMO among Adoloscents and Young adults**

Fig no. 2 shows the difference in the mean scores on the level of FOMO among youngsters scores. Adolescents obtained a mean score of 3.33 and young adults obtained mean score of 2.54 on FOMO. Indicating that the adolescents scored high on the level of FOMO as compare to young adults.

Social Media Usage

For a detailed result of youngsters on social media usage table no. 4, was created the raw scores were converted into percentage form to get a clear picture of participants responses on everyday time spent via web-based networking media locales (in hours) and Day by day recurrence of visiting internet based life profiles (in times).

Table 4
Responses of the target group

Everyday time spent via web-based networking media locales (hours)	1-3hrs	4-6hrs	7hrs & more	Day by day recurrence of visiting internet based life profiles (in times).	1-3times	6-10times	11-20times
Adolescents (%)	32%	34%	34%	Adolescents (%)	26%	16%	58%
Young adults (%)	32%	60%	8%	Young adults (%)	36%	36%	28%

From table no.4, it was found that *everyday time spent via web-based networking media locales (in hours)*was different for adolescents from that of young adults. 32% adolescents spent daily 1-3hrs, 34% of them spent 4-6hrs and, again 34% of them spent 7hrs and more on social media sites on daily basis. Whereas 32% of the young adult participants responded the same for 1-3hrs, 60% for 4-6hrs and only 8% of them said that they spent more than 7hrs of their time on social media sites on daily basis. On

responding for the question *day by day recurrence of visiting internet based life profiles (in times)*; adolescents responded that 26% of them visit social media profiles for 3-5times per day, 16% for 6-10times and, 58% of them visit social media profiles for 11-20times a day. While young adult percentage differed from that of adolescents in terms of daily frequency of visiting social media profiles. As 36% of them responded that they visit their social media sites 3-5times a day, again 36% of them responded the same for 6-10times a day and, only 28% responded that they visit social media profiles 11-20times a day. This shows that adolescents are more dependent or addicted towards social media usage.
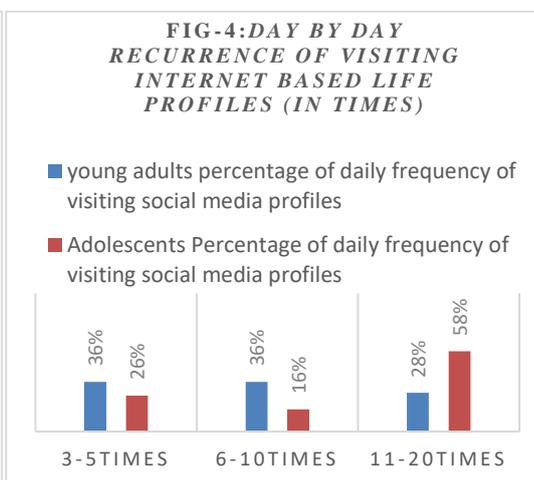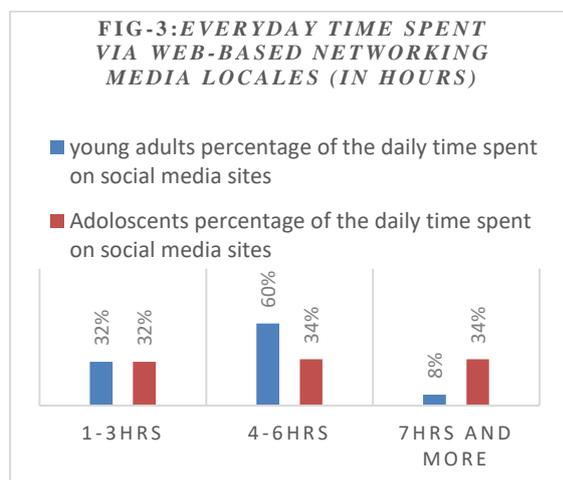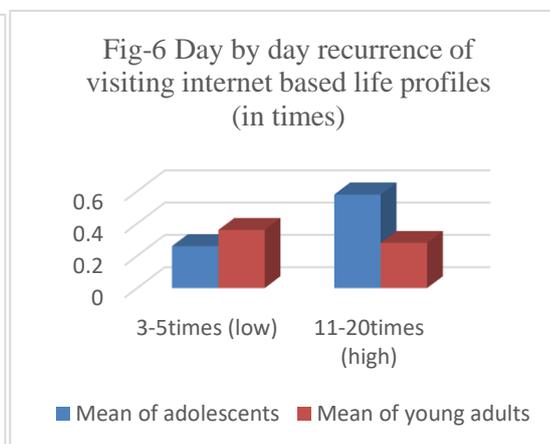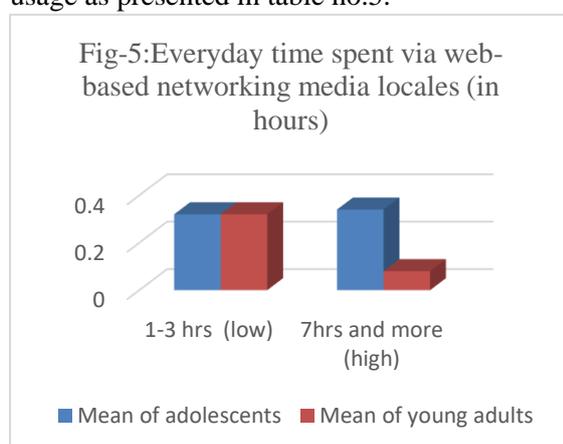

FIG-3:*EVERYDAY TIME SPENT VIA WEB-BASED NETWORKING MEDIA LOCALES (IN HOURS)*

FIG-4:*DAY BY DAY RECURRENCE OF VISITING INTERNET BASED LIFE PROFILES (IN TIMES)*

Table 5

Levels of Social Media Usage mean scores for youngsters

Everyday time spent via web-based networking media locales (in hours)	1-3hrs (Low)	7hrs and more (High)	Day by day recurrence of visiting internet based life profiles (in times)	3-5times (Low)	11-20times (High)
Mean of adolescents	0.32	0.34	Mean of adolescents	0.26	0.58
Mean of young adults	0.32	0.08	Mean of young adults	0.36	0.28

Mean scores were also obtained for the same group of participants in the form levels of social media usage as presented in table no.5.

Fig-5:Everyday time spent via web-based networking media locales (in hours)

Fig-6 Day by day recurrence of visiting internet based life profiles (in times)

The results for everyday time spent via web-based networking media locales (in hours) range i.e. 1-3 hours stating low degree of level to 7 hours and more stating high degree of level. For day by day recurrence of visiting internet-based life profiles (in times) ranging from 3-5 times depicting low level to 11-20times depicting high level. This shows that adolescents are more dependent or addicted towards social media usage. From table no.5, it is clearly visible that mean of adolescents (0.34) is more than the mean of young adults (0.08) for the range 7hrs and more and this is for daily time spent on social media sites. While mean of adolescents (0.58) is again higher than the mean of young adults (0.28) for the range 11-20times for daily frequency of visiting social media profiles. The same distribution is represented in fig no.5 and 6. Therefore, it has been proved that there is a high level of social media usage among adolescents as compare to young adults.

To find out the social media dependency between the two sample groups of youngsters two questions were used i) everyday time spent via web-based networking media locales (in hours) & ii) For day by day recurrence of visiting internet based life profiles (in times). The information collected in this section was scored and was further put to a statistical analysis of t-test. The results obtained are presented here in the form of table number 6.

Table 6
Mean, SD and t-value on social media use among youngsters.

Groups	N	M	S.D.	S. ED	df	t
Adolescents	50	$M_1 = 0.33$	$S.D_1 = 0.1931$	0.00394	98	2.53
Young Adults	50	$M_2 = 0.32$	$S.D_2 = 0.1939$			$p < .05$

Both the adolescents and young adult participants were equally divided in the ratio of 50-50, the total sample size selected for this study was therefore 100. $M_1 = 0.33$ i.e. the mean of adolescent scores, $M_2 = 0.32$ i.e. the of young adults score. Standard deviation came out to be $S.D_1 = 0.1931$, $S.D_2 = 0.1939$. Similarly standard error was to be S. ED=0.00394. Degree of freedom was equal to 98. At last to test was put and value of t came out to be 2.53. this value of "t" was found to be significant at 0.05 level of significance. From the results it was also found that adolescents scored high on Social Media Usage as compare to young adults. It can be clearly mapped from the table no. 4 mean scores of both the groups. Adolescents sample obtained a mean of 0.33 while young adults sample obtained a mean of 0.32. Therefore, a significant difference was found among youngsters on social media usage.

Discussion

The first hypothesis of the study was *"There will be significant level of difference between FOMO of youngsters".* To test the above hypothesis, mean, SDs and t value were calculated for the level of FOMO of youngsters. The obtained t-value for youngsters was found to be significant at 0.01 and 0.05 level of significance (t-value), indicating that youngsters differ significantly on the level of FOMO. This shows that both the groups possess significantly different scores on the level of FOMO. Observation on mean values on the level of FOMO, shown in (Table no. 3) mean value of adolescents was found to be higher than the mean value of young adults and this difference in mean values emerged to be statistically significant. Therefore, it can be said that the difference in mean values is not a matter of chance and both the groups have significantly different levels of FOMO. This difference on the levels of FOMO between youngsters is also shown graphically in fig no. 1 based on above findings, the proposed hypothesis "there will be significant level of difference between FOMO of youngsters" is accepted and it can be inferred that age has significant impact on the level of FOMO.

The obtained finding stands in support of the findings of relevant review of literature: Gordon (2018) suggested that advent of social media, FOMO has turn out to be more problematic topic for youngsters, who always want to remain engaged and updated for which they've been seen way too much online. Therefore, when teens and young adults miss a family gathering, reunion with pals, or do not attend any school or university event, they feel disturbed from those who were present at that moment and posted photos, videos online. Meanwhile it has also been suggested that adolescents who experiences FOMO are more likely to value social media whereas young adults who experiences FOMO are less likely to adhere the norms and value social media. Andrew Przybylski and his colleagues

suggested that, "adolescents seem to grapple with high level of FOMO that the general population, majorly teenage males, and those who struggle with higher degree of FOMO are more likely to experience depression and anxiety" Przybylski et. al(2013).

The second hypothesis of the study was *"There will be a significant difference between youngsters on usage of social media".* To test the above hypothesis**,** mean, SDs and t value were calculated for the level of social media usage and its addiction among youngsters. The obtained t-value for youngsters was found to be significant at 0.05 level of significance (t-value), indicating that youngsters differ significantly on the level of social media usage. This shows that both the groups possess significantly different scores on the level of social media usage. Observation on mean values on the level of social media usage, shown in (Table no. 6) mean value of adolescents was found to be higher than the mean value of young adults and this difference in mean values emerged to be statistically significant. Therefore, it can be said that the difference in mean values is not a matter of chance and both the groups have significantly different levels of social media usage. This difference on the levels of social media usage between youngsters is also shown graphically in fig no. 5 and 6. Based on above findings, the proposed hypothesis "there will be significant difference between youngsters on social media usage" is accepted and it can be inferred that age has significant impact on the level of FOMO.

The obtained finding stands in support of the findings of relevant review of literature Anderson & Jiang (2018) suggested that "YouTube, Instagram and snapchat are the most popular online platforms among youngsters. 95% of them have access to a smartphone, and 45% are constantly online". Another study conducted in Iran by Ghasemi (2017) suggested that "90.3%youngsters have internet equipped smartphones connected to internet through wireless networks like Wi-Fi, MTNL, SIM cards. The average daily usage of the internet is 30 mins in each connection. Only, when the use of internet is less than 19 hours per week, then only they say that a person has normally used it". Raja (2019) determined that adolescents are found to be more addicted to social media usage as compare to young adults may be because of the feeling of being submerged, alienated, bored, peculiar, stressed, depressed or anxious regarding something which triggers them to surf online anything and everything to kill time and energy. Thus, all the hypotheses were tested and were found significant also the results were discussed and stated here in this section.

Conclusion

The initially stated objective of this study was to identify social media usage SMU and FOMOFOMO among youngsters. Accepting the limitations of our study, we believe we have achieved this to quite an extent. Hypotheses were developed and tested results of the findings were stated and proved explicitly. This study identifies the significant relationship between the two variables; social media usage and FOMO and how they both effect on life of youngsters. It also identifies which group of variables is more prone to get victimized of 'social media usage' and 'FOMO'. The outcomes of the study in future will lead to improve the quality of research in the field of social media usage and FOMO that works particularly for two different age groups. Not only this, but researchers, education planners, teachers, parents, peers, students and public in general will also be benefitted from this study as they can gain knowledge about the effect of FOMO in today's generation and how this can turn to be harmful for an individual health, career, relationships and life. Further to this, it has also been evident that FOMO predicts issues related to the usage of social networking sites which has been linked with social media addiction. On the other hand, young adults are more mature and sensible enough to differentiate between pros and cons. Their results gave evidence that even if they are using social media for any purpose they aren't addicted to it and understand the fact that too much of anything is good for nothing, which is why their scores on FOMOs also came out to be lesser than that of adolescents. At last this study concludes by proving that there is a significant difference between youngsters on social media usage as well as on FOMO.

Limitations

• Sample size- the sample size for this study was small consisting of only 100 participants. Thus, it was little difficult to find significant relationships from the data. Larger sample size had been collected than better outcomes would have been achieved.

• Measure used to collect the data- gender specific data was mistakenly excluded, and this was found after the completion and interpretation of the findings. Inclusion of gender specific data during the survey in retrospect, could have resolved issues that emerged later in the study, also could have made the study heavier and more influential.

• Lack of prior research studies on the topic- limited research studies were found while citing references and forming the basis of literature review.

• Indifferences in the age range- For this we selected adolescents from school between age range 13 to 17 years and for young adult sample students from university were selected between the age range of 18 to 25 years. We recognize that in selecting sample from both the age group we missed to stretch our adolescent sample from 13-17 which ideally should have been 10 to 19 years and for young adults it should have been ranged between 18 to early 30s; in principle we would have like to include the ideal age range for our study.

• Restricted zone of area- We did this study only on a small portion of Dehradun, study could have been more influential if we would have collected sample from various state population which is why our study is also lacking in cultural variations.

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