

AM I IN OR OUT?: FEAR OF MISSING OUT (FOMO) TENDENCIES ON SOCIAL MEDIA AMONG WORKING YOUNG ADULTS

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Abstract

The goal of this study was to determine what abilities and approaches young working adults require to manage FOMO on social media. This study adopted a qualitative research design which described the participants' experiences, views, and perspectives on using social networking sites (SNS). This employed purposive sampling design. Ten (10) participants who had FOMO tendencies were selected and participated in an individual semi-structured interview via the online platform. The interviews were audio-recorded, transcribed verbatim, and data were analyzed using steps thematic analysis established by Braun and Clark (2006). Findings revealed that working young adults' motivation to stay online was based on their needs in communication, livelihood, information, and leisure and entertainment. However, the problems that young adults encountered were about negative social comparison (FOMO), no mobile phone phobia (Nomophobia), excessive screen time, unproductivity and sleep disturbance. This study can serve as a foundation for creating a counseling program that helps this generation be aware of and combat FOMO. It can also be used to develop and put into practice psychosocial and mental health services, specifically for youths experiencing the adverse effects of FOMO like anxiety and depression and, likewise, for authorities to adopt social media policies to regulate the use of these sites to address this current emerging issue.

Keywords: *Fear of Missing Out (FOMO), Social Media, Social Networking Sites, Psychological Distress, Mental Health*

INTRODUCTION

Humans have an innate drive to belong, a yearning for human connection. Social media can feed the inherent need for kinship and interest in what others are doing. It frequently catalyzes social capital by offering various information and services and providing people with abundant opportunities to connect, keep up with social events, and satiate their needs for social integration. Social media and technology nowadays are unceasingly essential aspects of people's daily lives. Social media addresses humans' gratification to belong presently (in varying degrees) among people of all ages (Beyens, Frison, & Eggermont, 2016; Nadkarni & Hofmann, 2012). In a generation characterized by a desire to be constantly connected, social media allows users to relentlessly monitor their social media

platforms. As noted by Przybylski, Murayama, DeHaan, and Gladwell (2013), social media has a dual nature – it can open multiple avenues for interaction and may expose users to a vast array of opportunities that are too numerous to pursue. People of various ages from all walks of life constantly use the internet. Young adults' use of the internet has become an issue. Social media also gives users a platform where idealized versions of themselves are frequently and selectively portrayed, providing many opportunities for social comparison and resulting in anxiety, loneliness, depression, sensitivity to social alienation, and generally poor well-being (Alabri, 2022). The phenomenon called FOMO may play a significant role in their internet and social media involvement.

Fear of Missing Out (FOMO) is described as the inability to disengage from the virtual world with the thought that they will likely miss details about the people with whom they want to connect. As a result, users may spend more time online and on social media. Some empirical studies share commonalities about their findings as to why individuals misuse or overuse social media. The main factor in their research includes intrinsic and extrinsic motivation (Griffiths & Kuss, 2019). They presumed that the highest form of gratification in this period is mobile convenience that involves entertainment, information-seeking, and social interaction. To understand the underlying motivations of young adults on problematic internet use, several scholars and researchers explained this phenomenon relating to Self-Determination Theory by Deci and Ryan (2012). Based on it, internet usage and social media engagement stemmed from unmet psychological needs. It was a means for individuals to relieve themselves of the stressors encountered in everyday life. As such, individuals must meet these needs of relatedness, competence, and autonomy, for them to be satisfied.

Wong et al. (2015) suggested that relatedness referred to a desirable attachment to others involving love and care, competence denoted satisfying a sense of mastery, and autonomy referred to gaining satisfaction from one's own choices and decisions and their enactment in a way that was coherent with one's integrated sense of self. This gave a deeper interpretation and understanding of internet usage for individuals.

In some way, as Facebook has been the most popular social media application at this time, it gratified peoples' need for "relatedness" and "autonomy" by enabling them to connect with and reach out to different people in many places of the world, simultaneously. They also have had the power to control, choose, and select people with whom they can share their profiles or their own personal space online. It is worth noting that participating in games online tended to satisfy all three types of psychological needs via an intense interaction with other players (relatedness) to completing quests and achieving levels (competence), all through one's own choices and decisions (autonomy). These may be the reasons why

young adults had driven themselves to engage online. They may find enjoyment, preferences, and changes in well-being from pre to post-gaming.

Young adults ages 18 to 29 are reportedly heavy users of social media. According to some studies, 88% of them are the most common social media users compared to the lower ranges of 78% to 37% from older age groups. They spend most of their time averaging over three (3) hours daily on social networking sites (Hruska & Maresova, 2020).

These generations have been very much exposed to modern gadgets and therefore prone to using them as this era is the beginning and launching of the latest inventions in the century. Dinc (2015) expressed that these young adults struggled in using smartphones responsibly because they were born digital natives, the population who grew up in an environment surrounded by modern technologies, and, for whom computers and internet use were natural components of their lives.

Based on a survey, these groups of people, ages 18-34, were reportedly anxious, stressed, and depressed (Bais & Reyes, n.d). These may be due to school and work-related stress and these may have driven them to use social media for fun and entertainment, finding solutions to their problems (personal, school, work), expanding social and professional networks, looking for a sense of belonging, etc. For these reasons, they may have turned to excessive social media use, addictive-like behaviors, resulting in restlessness and panicky feelings when offline.

In the Philippines, according to a recent survey in mid-August by an organization, Global Web Index, Filipinos spent most of their time on social networks for about 4 hours and 5 minutes daily (PhilStar; Adel, 2019). Based on Sanchez (2020), Facebook and YouTube were the most popular social media platforms in the Philippines in the third quarter of 2019. On average, Filipinos use these applications four hours a day. Filipinos relied on social media applications as a primary source of news and a platform for product placement. It has become a bridge to connect with distant family members and friends even as it has also allowed promotional marketing through online advertisements. Its functionality and practicality have also made it more popular among the masses.

Based on the recent trends on social media, the Philippines has been regarded as the leading country worldwide in the use of social networking (Adel, 2019). Filipinos have been on the list of top social media users across Southeast Asian countries. Filipinos ranked first as the topmost social media users globally. As cited, the Philippines has been also known as the Social Media Capital in the World (Mateo, 2018).

The use of these social media platforms by young individuals served as their communication tool for both personal and professional activities related to their jobs,

to attenuate their boredom, for fun and entertainment, or to balance out the time spent working. Usage was reportedly on a day-to-day basis, over the weekends and even holidays. Social networking sites (SNSs) filled the gap to also reach out and connect with people regardless of the geographical location set up. It was low cost and accessible for some, probably the reason why in most instances, individuals opted to use social media far more.

Furthermore, according to studies and past researches, FOMO was associated with feelings of irritability, anxiety, and inadequacy, with these feelings tending to worsen when an individual logged on to social media websites (Wortham, 2011). This had to do with Festinger's (1957) Theory of Social Comparison, which stated that when people see representations of other people on some medium, such as social media, they were inclined to compare and evaluate similarity, as well as the potential of their validation.

The theory explained that people judged themselves based on these comparisons (Festinger, 1954). The visual nature of social media made it easy for individuals to quickly compare themselves with people they knew as well as with strangers, and FOMO could very well have triggered this and caused the person to feel inadequate or less of a person than the one with whom they compared themselves.

Again, as suggested in the theory of Self-Determination, individuals must address the needs for autonomy, relatedness, and competence. At some point, when they do not meet these necessities and expectations, they may feel dissatisfied, incompetent, worthless, and socially awkward with themselves.

In some way, Fear of Missing out (FOMO) also meant fear of being "left behind" and fear of missing out on "better opportunities". Thus, when someone thought and felt that way, they tended to have negative cognitions, feel inferior and incompetent. Because of that, they were likely to feel anxious and easily irritated. In line with this, multiple studies have shown that social media use, specifically Facebook, was associated with a range of negative feelings such as envy, jealousy, and social comparison (Rozgonjuk et al., 2019).

These negative feelings were also responsible for the overuse of social media and may trigger FOMO. Humans are social beings, having said earlier that they want to have a sense of belongingness with their social circle. They want to be included in their groups. Hence, they always try to give a good impression and tend to compare themselves to others.

With the younger generations' constant connection to their friends' social media updates, it would be almost impossible not to know what others did and said at times. This may pressure the individual to want to become acceptable and try to

“fit in” within the purview of their spectators as they want to feel or need to belong in the social, virtual world.

In circumstances like this, people may change what they typically do because of social pressures, comparison, and fear of being excluded. In the study of Modzelewski (2020), he found out that FOMO correlates with low self-esteem, feelings of sadness, jealousy, depressive symptoms, anxiety, concentration, and memory, which can have negative consequences for educational and behavioral problems as well.

In turn, individuals tended to ruminate about things they might be missing. Thus, this could lead to negative feelings that affect their patterns of thought and cognitions. These patterns of irrational thinking of “fear of missing out” could promote more frequent SNS use and may become a reinforcement mechanism to develop addiction-like symptoms (Müller et al., 2020).

In general, FOMO is defined as a negative opinion that everyone else might be having meaningful experiences while one is missing out. (Przybylski et al., 2013). Individuals may have been stressed and anxious when they were not in the scene and missed the significant event/s of someone close or one's social circle. FOMO involved two primary components: the first one was being absent from a pleasing event, while the latter involved maladaptive behavior aimed at relieving anxiety (e.g., frequent checking of one's social media and other social networking sites (Elhai et al., 2020).

Social networking sites (SNSs) are virtual social communities where users can create individual public profiles, interact with real-life friends, and meet others based on collective interest (Griffiths, 2014).

Social media has become a platform in which people access internet communication networks to exchange data, build relationships, and create content. (Aksoy, 2018).

Social media today is the new social milieu, especially for young people, as it provides numerous opportunities and ways for diverse interaction (Kuss & Griffiths, 2017). It has become a part of people's daily routines, an essential way to communicate with long time distant friends. It is also a venue where people can buy and sell things, make a profit by doing online jobs, be updated with the local and global news, be entertained through online games, create vlogs, watch the latest movies, discover new and a lot of other things.

Nowadays, the daily lives of people from all walks of life almost revolve around “social media”. It seems that all things that a person can imagine can be done in just a click because of social media. This changes the course of

communicating with and reaching out to people because it is very convenient and cost-effective. Undeniably, it has made life much easier, more comfortable, with many things accessible, anything possible, and within reach.

Kellogg (2020) stated that these are the top seven (7) social media sites used by people nowadays: Facebook (2.45 billion users), Youtube (2 billion users), WhatsApp (1.6 billion users), WeChat (1.1 billion users), and Instagram (1 billion users); additionally, there is Twitter (330 million users) and then Snapchat with approximately 314 million active users.

In 2020, there are a reported 4.54 billion active social media users in the world. There has been an increase of 7 percent (298 million new users) compared to January 2019 (Dubras & Lin, 2020). Social networking sites (SNS) like Facebook, Instagram, Twitter, YouTube, TikTok, and Snapchat have been used by many young adults, primarily to communicate with the people they are close to, to keep them updated with the current trends, and for fun and entertainment.

On the other hand, the study of Aksoy et al. (2018), revealed the explanations of why people use, and a few, even “overuse” social media. Here are some reasons: first, the lack of friends, so that people tend to search out acquaintances within the virtual world; second, social media may be a necessity; third, it is also a way to experience fulfillment; fourth, following the current events, staying in the craze, and knowing the present issue is vital; and lastly, intertwining social media and existence.

In literature, historically, Filipinos have been known to be hospitable, friendly, and have close ties with their family and friends. In Reyes et al. (2018) cited by Pertierra (2006), 50% of Filipinos aged 14 to 23 years old used the internet and mobile phones to expand their circle of relationships by engaging in online group chats, forums, and other uses of social networking sites. Without a doubt, they used social media platforms mainly to establish and reinforce their relationship with others. This practice was also related to Filipino culture and values represented by the term *pakikisama*, which in Filipino Psychology referred to the need to form harmonious relationships with their fellows or *kapwa*.

Another Filipino concept is the *Bayanihan* spirit involving Filipinos’ use of social media as a platform for risk management and emergency response in times of crisis. Social networking sites, specifically Facebook, served as a utility for local government units (LGUs) to ensure immediate social presence, increased support as well as strengthened heroism (Cayubit et al., 2018; Congjuico, 2014).

In line with this, the increasing number of social media users, locally and globally, caused awareness about a relatively new phenomenon termed Fear of Missing Out (FOMO). It appeared to be a popular experience these days,

particularly among young adults, and has been frequently mentioned in social media pop culture. FOMO has become part of the language of most young adults.

The advances, changes, continuous improvements in technology and the rise and popularity of social media have led to FOMO. With the appearance of different social networking sites, many have come to experience FOMO, the Fear of Missing Out, on social media. Although historians and researchers are not sure where FOMO originated, they agree that it coincided with the start of social media, especially Facebook, way back in 2004.

As cited by Reagle (2014), within the same year, Patrick McGinnis, a Harvard graduate school student, wrote a light-hearted story for his school paper in which he noted that the scholars suffered from an array of conditions. McGinnis coined the word FOMO as supported in his own experience as a Harvard student.

He mentioned FOMO as a state which led to an over-commitment within which people jammed one evening with nearly a dozen events, from tasting cocktails, dinners, parties, and night after-parties, with the night culminating in a drunken email at three in the morning to a jilted friend: "Sorry I missed your 80's theme party at Felt—you know that you simply are just totally in my top 15."

However, having once been burned by missing an occasion, one was likely to become hesitant about committing to any happenings, resulting in FOBO: the Fear of Better Options. Both of those conditions then resulted in yet one more deleterious situation — interestingly, without any mention of Facebook.

In 2013, FOMO was given attention and emphasis by Przybylskia et al. (2013), when they stated that FOMO has characterized the desire to "stay continually connected with what others are doing." Likewise, they saw that the emotion-regulation level of an individual might play a role in the FOMO experience of the person and tended to change their behavior characteristics.

This behavior of staying "continually connected" was related to Oxford's source of anxiety: "aroused by posts seen on a social media website." Also, this stemmed from the belief that other people were living more active and fulfilling lives than they themselves did. Similarly, the current discussion of FOMO arouses multiple, often tangled, references to varied emotions relating to anxiety and compulsive behaviors like constantly checking phones and social networking sites (SNS).

As stated by Abel et al. (2016), viewing social media may cause people to relate their own lives to what they saw or read, leading to feelings that they were somehow missing out. They suggested that FOMO may influence higher cognitive processes and their behavior, generally. FOMO on social media may have an

impact on why people tended to have an increased level of stress, loneliness, depression as their time spent on these sites increased. Individuals who also used social media frequently may have low levels of confidence and self-esteem.

With the younger generations' constant connection to their friends' social media updates, it would be almost impossible not to know what others did and said at times. This may pressure the individual to want to become acceptable and try to "fit in" within the purview of their spectators as they want and need to belong in the social, virtual world.

Again, as suggested in the theory of Self-Determination, individuals must address the needs for autonomy, relatedness, and competence. At some point, when they do not meet these necessities and expectations, they may feel dissatisfied, incompetent, worthless, and socially awkward with themselves.

In connection with this, it was found that individuals with high levels of unmet needs in relatedness were prone to experience FOMO. People with FOMO engaged themselves in social networking technology to stay and connect with their social networks and also for them to gratify their psychological needs in that domain (Ryan & Deci, 2017).

In some way, Fear of Missing out (FOMO) also meant fear of being "left behind" and fear of missing out on "better opportunities". Thus, when someone thought and felt that way, they tended to have negative cognitions, to feel inferior and incompetent. Because of that, they were likely to feel anxious and easily irritated. In line with this, multiple studies have shown that social media use, specifically Facebook, was associated with a range of negative feelings such as envy, jealousy, and social comparison (Rozgonjuk et al., 2019).

These negative feelings were also responsible for the overuse of social media and may trigger FOMO. Humans are social beings, having said earlier that they want to have a sense of belongingness with their social circle. They want to be included in their groups. Hence, they always try to give a good impression to others and tend to compare themselves to others. In circumstances like this, people may change what they typically do because of social pressures, comparison, and fear of being excluded. In the study of Modzelewski (2020), he found out that FOMO correlates with low self-esteem, feelings of sadness, jealousy, depressive symptoms, anxiety, concentration, and memory, which can have negative consequences for educational and behavioral problems as well.

Social envy, jealousy, comparison, and the like take place when individuals have thoughts regarding having missed out on something meaningful or not having chosen the best possible option. As expressed by Milyavskaya et al. (2018), FOMO was related to a multitude of choices, especially social activities; by choosing one

event over another, the person tended to experience anxiety or regret in missing the latter one.

In turn, individuals tended to ruminate about things they might be missing. Thus, this could lead to negative feelings that affect their patterns of thought and cognitions. These patterns of irrational thinking of "fear of missing out" could promote more frequent SNS use and may become a reinforcement mechanism to develop addiction-like symptoms (Müller et al., 2020).

Everyone has had a FOMO experience, even though they may not have been conscious and aware of it: going to an alumni homecoming party even though they did not want to, but because of the thought that everybody else might be coming, that put pressure on individuals and forced them to get out of bed, dress-up, and mingle with people at the party. In another instance, some co-workers suddenly wanted to grab a drink and eat outside after working hours, but some employees wanted to go home and to rest after a long day. It would tend to leave them without a choice but to join their colleagues because if they did not go, they might miss the rewarding experience of having good conversation and opportunities to build relationships with their co-workers. People desire to be in sync and to connect with others. They likely want to be always in-the-know and be on the trend.

It was cited in Anwar et al. (2020) that 83% of respondents stated they felt their lives were in overdrive, that there was too much to do, to the point that it has become overwhelming. Despite those thoughts, feelings, and information overload, people continued to absorb data as much as possible. Too much information from others may change the person's perspective and behavior because of what they may have learned, seen, and come to know about others.

Experiencing FOMO was associated with social media use. FOMO, termed as a new type of "addiction," caused individuals to spend extended hours on social networks. In such cases, people with FOMO tended to be afraid of missing-out on the developments and therefore found ways to be informed in the evolution and use of different social networking sites. Social media users that consumed their time for longer than seven hours during the day had higher FOMO levels. A study about the pre-service teachers using Twitter, Instagram, Swarm, and Snapchat applications for several periods tended to have higher FOMO levels (Estrada et al., 2019).

Bais et al. (2020) predicted Facebook addiction behavior tendencies brought about by several factors such as FOMO, depression, self-esteem, social comparison, and neuroticism. The results revealed that FOMO and depression were positively correlated. It meant that the more depressed individuals were, the more likely they used Facebook to alleviate their negative feelings and emotions. Facebook has become a "venting-out machine" for pent up emotions. In that case,

Facebook addiction behavior tendencies might develop. Besides, the higher the level of FOMO, the more likely they developed the addiction.

Also, per studies, the higher the share, and exposure to social media platforms, the higher the risk to have FOMO and social media addiction. FOMO can be a strong predictor of social media addiction (Kuss & Griffiths, 2017).

Other accounts stated that because of the lengthy period spent online and FOMO experience, this phenomenon may affect one's well-being and social relationships (Kirschner & Karpinsk, 2010).

Tandon et al. (2020) affirmed the associations between FOMO, psychological well-being, and sleep hygiene (habits that promote/inhibit sleep) to address the problematic sleep patterns of students and employees that may affect their lives both academically and professionally. As suggested, psychological well-being influenced compulsive social media use simultaneously with sleep habits.

Moreover, Budnick et al. (2020) stated that workplace FOMO predicted burnout. Compulsive social media use (CSMU) may lead to social media fatigue (SMF), which later might develop into anxiety and depression. FOMO predicted social media fatigue through the mediation of compulsive social media use (Dhir et al., 2020). FOMO and SNS mediated the link between psychopathology. Individuals appeared to suffer psychological consequences when using social media tremendously (Oberst et al., 2017).

Additionally, Baker et al. (2016) stated that FOMO was related to mindfulness. Individuals experiencing FOMO seemed to be obsessed with what they may be missing and tended to be distracted in a way that decreased their ability to be mindfully attentive to their environment.

In some literature, being mindful was also positively correlated with psychological well-being and wellness. Generally, FOMO appeared to be relevant to the organizational context and predicted both employee well-being and behavior outcomes.

Feeling excluded from one's social network may lead to threatening the psychological well-being of the person (Bevan et al., 2012). In terms of FOMO, Przybylski et al. (2013) stated that higher levels of FOMO indicated lower levels of life satisfaction and general mood.

On this basis, therefore, it might be inferred that suffering from FOMO had the potential to negatively impact any psychological benefits from using social networking sites (SNS).

In reality, heavy users of social media had less connection to peers, low self-esteem levels (Barker, 2009), and a higher risk of anxiety and depressive symptoms (Elhai et al., 2016). FOMO involved the subjective perception of missing out on the rewarding experiences of others, accompanied by the perceived need to stay constantly connected with one's circle especially with a person's loved ones and significant others. FOMO was correlated with negative affect, typically anxiety symptoms (Elhai et al., 2016, Przybylski et al., 2013). As previously mentioned, experiencing the anxiety of losing direct connection and communication raised indicators of depression-related symptoms, sleep problems, negative emotional stability, stress, eating disorders, and the like. (Rodríguez-García et al., 2020).

On that note, social media has had something to do with the fear of missing out (FOMO). Again, FOMO was an intense feeling of someone about others; people tended to feel anxious or worried based on what they saw online. Online-people saw only the edited version of someone else's life as highly polarized and skewed toward the positive (Reagle, 2015). Thus, by comparing the lives of others on social media as having exciting, fulfilling, and better lives than them, they may feel such negative emotions as envy, jealousy, and loneliness.

Individuals with high FOMO may often experience low self-esteem, inadequacy, poor anxiety attachment, and boredom proneness that may also lead to severe depression (Holte & Ferraro, 2020; Przybylski et al., 2013).

Besides, based on studies, people with depressive symptoms tended to be vulnerable to the FOMO phenomenon. They might feel that they were missing or losing the competition for attention, care, acceptance from others, and social support. Individuals who experienced FOMO were trying to avoid mistakes and striving hard to be "in-the-know" in the "here and now." They did not want to miss any happenings in the new social world, social media. Having thoughts that others have better opportunities and a better life made the person feel let down and lonely. Therefore, depression was said to be associated with FOMO (Baker et al., 2016).

Likewise, compulsive behavior like constantly checking social media accounts and overuse of mobile phones may lead to maladaptive and addictive behavior and lack of attention, and less interpersonal trust in conversation. In turn, people tended to lose "real" human connections in the actual world.

Riordan et al. (2015), individuals with higher levels of FOMO may check their social media and SNSs. FOMO was strongly associated with compulsive social media use among working adults because most working professionals tended to have limited time and little opportunities for face-to-face social interactions because of their busy schedules at work (Tandon et al., 2020).

As cited by Conlin et al. (2016), experiencing FOMO has been made possible by the current social media tools like smartphones, tablets, laptops, etc. These tools provided the opportunity to influence what others were missing. These gadgets allowed more frequent social interaction in the social world. When individuals kept gadgets like mobile phones, tablets, laptops near them during bedtime, it increased their tendencies to always check their devices for updates, caused them to be preoccupied.

This phenomenon is called Nomophobia, said to be related to smartphone addiction (Buctot et al., 2020). It was described as discomfort or anxiety caused by the non-availability of a mobile phone, personal computer, or any other virtual communication tool that individuals habitually used (King et al., 2013). Nomophobia, therefore, was also the fear of feeling disconnected from the digital world. It was related to FOMO, cited in the literature as a type of anxiety that stemmed from negative thinking that individuals were missing pleasurable experiences from the new social environment, the virtual world, when offline. Thus, when their gadgets had been out of reach, they tended to feel anxious and restless.

Most research about FOMO merely focused on college students in non-work settings. Thus, this particular undertaking by the researcher explored the working young adults' FOMO on social media.

In some studies, the industry claimed that FOMO may also affect the employee's performance, motivation, health, and psychological well-being because of what they called the "Fear of Missing Out" (FOMO) on work-related opportunities. Workplace FOMO deserved further investigation among employees in the organizational context because it has also been predominantly happening in this milieu.

Therefore, this study aimed to investigate the uses, underlying motivations, and values ascribed to screen time and using different social networking sites (SNS) among working young adults. This research sought to explore the essential skills and ways of overcoming the Fear of Missing Out (FOMO) tendencies of young working adults on social media. In investigating this phenomenon, the researcher sought to (1) describe the participant's experiences and perspectives on the FOMO phenomenon; (2) based on their narration: (2.1) determine the issues and challenges of the participants with FOMO tendencies; (2.2) discuss the different coping strategies of the participants with FOMO tendencies; (2.3) identify the insights and realizations of the participants with FOMO tendencies. The study would serve as a measure in planning and implementing a strategic program for working young adults. It can be of help in facing the daily changes and challenges brought on by the digital age. The government may plan and make policies to embed research concerning motivation in the prevention or intervention initiatives limiting excessive social media engagement.

It would aid in strengthening their essential skills and competencies against adversities, especially in their professional career.

The Guidance Counselors may help in addressing the problem by building their students' self-esteem and self-worth. They may also assist the students in developing a positive outlook, improving a healthy lifestyle, nourishing their actual relationships rather than virtually. Establishing a guidance program on social media use and researching unknown factors that influence FOMO tendencies on young adults would support and guide them better in overcoming the FOMO phenomenon and in formulating different coping strategies.

For the HR Personnels who may gain a deeper understanding of the FOMO phenomenon, they may provide a conducive workplace for their employees, develop their skills and competencies while at work rather than investing most of their time on social media because of the work-related FOMO phenomenon. They may facilitate training and seminars improving one's motivation, attention skills, job performance, mental health, and well-being at work and ways of overcoming FOMO, for their employees to be more effective, efficient, and productive in their professional career.

For Mental Health Practitioners, through this study, they may gain insights and knowledge about the emerging problem of this time. They may help the working young adults in addressing their maladaptive behavior of SNS use and lessen their FOMO anxiety and compulsive behaviors like constantly checking mobile phones that may lead to "smartphone addiction" and other types of emerging problems in this time.

For Future Researchers, this study will hopefully serve as a basis for future exploration of further studies related to the work FOMO phenomenon.

This study provides a glimpse of the social phenomenon FOMO which has been neglected by researchers. Based on some literature, FOMO had negative consequences on the individual's psychological well-being. It is important to explore the FOMO phenomenon as it was shown to be associated with social media addiction. Studies in the literature indicated that FOMO should be addressed in studies on social media usage and social media addiction (Blackwell et al., 2017). Future researchers may utilize the findings of this study as reference material for their research, as well as yield new insights that can be applied to and integrated with research studies in other fields such as counseling, education, and others. This study may also be used as a guide to educate the public by being aware that excessive social media usage has detrimental effects and might cause Fear of Missing-Out (FOMO). Thus, the government and public authorities may formulate policies and develop psychological support interventions and programs. Furthermore, the findings may be helpful to counselors and mental health

practitioners who give guidance, psychotherapy, and support to social media users, youths, and all who are experiencing the Fear of Missing-Out (FOMO) phenomenon.

METHOD

Considering the nature of this study, the **qualitative design** was employed to describe the participants' experiences, views, and perspectives on using social networking sites (SNS). The objective of this research was to give a deeper understanding of and identify the underlying attitudes and motivations that drive their use of the SNS. As mentioned by Creswell (2017), the qualitative design is used to answer questions about experience, meaning, and perspective, most often from the standpoint of the participant.

Case study approach was used to look into the depth of the topic of interest, "Fear of Missing Out" (FOMO) phenomenon on social media. It has proven to be an effective strategy in studying the phenomenon in context. It has given light and meaning to specific issues or phenomena that had hitherto been unknown, like FOMO. The findings could very well also generate further insights into how the phenomenon occurs within a given situation (Creswell & Poth, 2016).

Purposive sampling design. The participants were pre-selected. This method involved identifying and selecting individuals or groups of individuals. The researcher recruited participants who could provide in-depth and detailed information about the FOMO phenomenon. The participants met the following "criteria" and qualified them as participants in the study. These participants were knowledgeable about or have experienced the phenomenon of interest (Creswell & Plano Clark, 2011).

They at least have had an idea or have experienced the FOMO phenomenon at hand to be able to share and communicate their experiences and perspectives, expressively, and reflectively.

Participants

Table 1

Demographic Profile of the Participants (Age, Gender, Work/Occupation)

Participant	Age	Number of Hours on Social Media	Gender	Work/Occupation
<i>Working Young Adults with Fear of Missing Out Tendencies</i>				
P1 - Precious	25 years old	12 hours/day	Female	Manager
P2 - Ann	25 years old	17 hours/day	Female	HR Officer
P3 - Sam	24 years old	5 hours/day	Male	Construction Engineer
P4 - Divine	24 years old	5 hours/day	Female	Teacher
P5 - SJ	27 years old	entire day	Female	Guidance Facilitator
P6 - Cha	26 years old	more than 5 hours/day	Female	Teacher
P7 - RM	22 years old	9-10 hours/day	Male	Payroll Admin
P8 - JL	27 years old	most of the day	Female	Physical Therapist
P9 - ED	26 years old	more than 5 hours/day	Male	Office Clerk
P10 - JP	26 years old	6 hours or more	Male	Real Estate Agent

Ten (10) participants agreed to take part in this study. Their ages ranged from 24 to 27 years old. There were five (5) females and five (5) males. The participants were also currently employed and working young adults in their field of specialization.

Inclusion Criteria

1) 10 Working Adults (Professionals) 2) Ages 21-30 years old 3) Both Gender (Male and Female) 4) Use social media for more than 4 hours daily (according to studies, on average, individuals stay online for about 4 hours per day) 5) Use more than one social media platform like Facebook, Instagram, YouTube, TikTok, Snapchat, etc.

Exclusion Criteria

Working with young adults whose profession lies in using social media tremendously (ITs, Computer Engineers, Social Media Influencer, etc.) 2) Generally, individuals who access social media occasionally and solely for important reasons.

The **questionnaire** was semi-structured and open-ended for the participants to provide insights and have more options for their answers. The interview questions focused mainly on their online engagement in the daily context of their lives and primarily for them to describe their attitudes and motivations of SNS use.

The questions that answered the query of the researcher and the objectives of the study were as follows:

1. What motivates you to stay online every day?
2. How many hours a day do you usually stay online? And for what reason/s? How do you feel when you try to "unplug" for a while on social media?
3. What social media platform/s do you use?
4. Why do you keep on using these social media applications?
5. What concerns/issues did you encounter upon using these sites?
6. How did you overcome these issues? What did you do?
7. What inputs and realizations do you want to share when using social media and other social networking sites?

Data Gathering Procedure

The University of the Assumption Review Ethics Board (UAREB) approved the study framework and the relevant materials such as the informed consent and interview questions used in the study. Additionally, the semi-structured questionnaire was validated by three authorized and expert personnel for test reliability and validity before test administration. The researcher, along with the adviser, did a pilot interview before the administration of the actual conference with the participants. A "role-playing" was done online (researcher-thesis adviser) simulating the whole online discussion. This practice included tone of voice, modulation, right/proper words to say during the interview (introduction to closing

remarks) following the 40 minutes allotted time to guarantee the consistency of the whole interview process.

Prior to the interview, the study was explained by the researcher in an informative manner online among the participants. Upon agreement to participate, informed consent was sent and distributed electronically following the scheduling of the interview of the participants in the Gmeet application online. This was caused by the limited face-to-face social interaction due to the Covid-19 pandemic and implemented health protocols for safety purposes. One-on-one interviews were also electronically employed.

Online one-on-one interview was a method commonly used in health and social sciences research. This technique was valuable in gaining insights into people's experiences, panoramas, and understanding of a given phenomenon and could contribute to in-depth data collection (Seidman, 2006).

At the end of the interview, the researcher gave a token of appreciation to the participants for their support, willingness, and cooperation in the researcher's study. The 15 selected participants were given 300 pesos each through GCash or bank transfer.

All selected participants were given a token of appreciation even if they later decided to withdraw from the study, as a way of showing appreciation for their time and effort right from the start.

The transcribed responses and analyzed data were checked and validated by expert evaluators.

Ethical Considerations

The participants were between the ages of 22 and 30; hence, they were of legal age, and consent from their parents was not required. Before the interview, participants were informed about the study's purpose and its associated health risks. Upon their approval to take part, the information was made available online along with the consent form.

Regardless of their decision, whether to participate or eventually withdraw, every participant received a token of appreciation for their time, effort, and earlier willingness to participate.

Moreover, the researcher along with the adviser, did a mock interview before the administration of the "actual" interview with the participants. There was a "role-playing" done online (researcher-thesis adviser) which included the simulation of the whole online interview. This practice included tone of voice, modulation,

right/proper words to say during the interview (introduction to closing remarks); following the 40 minutes allotted time to guarantee the consistency of the whole interview process.

The researcher sought the assistance of the adviser and three research evaluators to check and validate the transcribed responses of the participants. Online/one-on-one interviews will be utilized (thru google link). All responses of the participants from the interview were recorded. The researcher used the feature of the google meet application to record the conversations transpired during the interview session. Prior the interview, permission was sought from the participants.

The researcher respected the decision of the participants concerning the recording of the interview session. The participants who went over the allocated 40 minutes for their interview received corresponding compensation.

The data was saved electronically in the "Google Drive" on the personal computer's drive of the researcher (for backup purposes). The researcher made sure that the data were out of reach of unauthorized personnel that were not outlined in the approved study for the privacy, safety, and protection of the participants.

The participants' availability and schedules were considered and their convenience given priority in determining the date and time of the interview.

Every word spoken by the participant was taken into account when transcribing their responses. The specialist translated any texts that were written in a different language. The data gathered were placed in three (3) back-up storage (google drive, PC, flash drive). The researcher, thesis adviser, thesis professor, had access to all the information gathered. Online informed consent forms were kept in google drive (backups - PC, flash drive, they were labeled as confidential).

The 15 selected participants were given 500 pesos each thru GCash or bank transfer. The three (3) validators/evaluators were given gift checks worth 1,500 pesos each in cash and a simple token.

Data Analysis

Thematic Analysis (TA). This method was good for analyzing qualitative data. This was employed to describe the data collected. TA was an organic approach (Braun & Clarke, 2017) that guided the author's analytic choices. In general, it was theoretically flexible, applying a theoretical framework. The researcher identified themes or patterns that were deemed important and interesting, addressing the research or the main problem of the study. Themes were identified at both semantic and latent level to develop a more in- depth

understanding of young adults' usage of social media, motivations, attitudes (access to the internet, connectivity, etc.).

Thematic Analysis. The initial stage involved reading related literature and studies about the topic and formulating research questions. Then, after the entire interview process with the chosen participants, the data collected were analyzed. The recordings were listened to numerous times to transcribe the data verbatim; every word uttered by the participants was taken into account. The verbatims were typed into MS Excel. The verbatim transcripts were read several times to be familiarized with them and to gain a clear understanding of the experiences of the participants on the FOMO phenomenon. Conducting thematic analysis, coding was delivered. The researcher reflected on the interview and documented any relevant thought patterns of the participants and identified codes which appeared to be interesting and meaningful. During this stage, the researcher worked with the data to transform them into emerging codes.

At a higher level of abstraction, the researcher created concise terms. To unravel relationships between emerging themes and their connections to the focus of the study; this stage involved combining them according to conceptual similarity and assigning each cluster a descriptive term or subtheme. At this stage, the researcher created a summary of the main themes from the subthemes and established a verification-focused final analysis of the research object. The researcher recorded the participant number, notes, codes, subthemes, and themes which were all placed into an excel file, ensuring the ability to refer back to the transcript and context of the extract; then combined, refined, separated or discarded initial themes as data within themes must be concise and coherent. Then the researcher produced a written report, the core of the process of which was composing and revising with critical thought to provide a comprehensive description and analysis of the participants' experiences. The framework was then established.

For the validity and trustworthiness of the themes that emerged, these were referred back to the relevant literature and studies. The narrative generated when the researcher integrated the findings with literature showed their credibility (Aronson, 1994). To support the validity of the themes, they were checked by five professional validators and guidance counselors for verification. They were asked to rate the themes, subthemes, codes, and responses.

Additionally, a column was provided for them to leave comments and recommendations to help them make accurate, legitimate and unbiased judgments. The study's background and objectives were given to them. Based on the evaluation, comments, and recommendations of the evaluators, necessary modifications were made. To ensure that the participants understood the themes and categories, the final themes were also given to them. Alterations were made in response to their remarks and suggestions.

FINDINGS

Case 1: Precious

Demographic Characteristics

Precious is 25 years of age, a female, and currently working as a Manager at Siowings. She stays online for about 12 hours a day and primarily uses Facebook on both personal and work-related matters. She admitted that she felt something was missing when she stayed away from using social media platforms, especially on Facebook.

Experiences on the FOMO phenomenon

Aside from communication with family, Precious felt motivated to be on social media every day because of delivery inquiries and pick-up orders and being away from social media for even just a few minutes could mean missing a business transaction and possible revenues.

Internal Factors

Precious felt unproductive, incomplete when not connected to social media.

External Factors

When her internet connection speed slows down, she feels irritated. She believes that many rewarding opportunities related to her work may slip - orders, deliveries, when offline.

Issues and Challenges

Aside from the internet connection to check and monitor orders, Precious finds it hard to trust anyone on social media. She expressed that some people used it to deceive others. A case in point is when she herself experienced her account being hacked by someone and her private information being used it for their gains.

Positive Attributes

Precious keeps track of orders and pick-up deliveries and staying online helps her informed and productive at work.

Negative Attributes

Some people, she added, constructed multiple accounts under various names and exploited the identities of others to defraud someone else.

Coping Strategies

She pointed out the need to be more guarded with people on social media. There is a lot of hoax going on. And, before making friends with anyone, it is necessary to know the person first and make a background check. She reiterated the need to be mindful and not to trust anyone easily, especially people that someone meets online. And, as for the issue of internet connection, reporting immediately to the system provider is a must.

As for the issue of internet connection, reporting immediately to the system provider is a must.

Insights and Realizations

For Precious, social media applications like Facebook and Messenger are practical to use. Apart from communication purposes with her friends and loved ones abroad, it makes life effortless and convenient. She also uses them to look for suppliers in her job, and there is no need to look around everywhere and it is hassle-free.

Case 2: Ann

Demographic Characteristics

Ann, a 25-year-old female, is a HR Officer. She uses social media for about 17 hours a day. Staying online entails monitoring work emails and keeping up with her job assignments, and getting in touch more often with friends' and relatives' daily activities. Mostly, she uses Facebook and Instagram to see some posts that can be motivational or inspirational as this may help her adapt and cope with everyday living.

Experiences on the FOMO phenomenon

Ann, on the other hand, has developed a habit of using social media. She cannot help but use it because she's become accustomed to it. It is already a part of her daily routine.

Internal Factors

According to Ann, something seems lacking, and she finds it unbearable when she is offline.

External Factors

She tends to have a hard time unplugging on social media because it is part of her routine and work-related activities.

Issues and Challenges

Ann uses social media to learn and be skilled on what to do, manage, and cope with life in her everyday challenges. Thus, because of the unceasing use of social media, she tends to have problems sleeping.

Positive Attributes

Ann relies on social media to become aware of the things she does not easily grasp. She enjoys looking for uplifting posts on the internet. As a result of this, Ann may learn, be motivated, and obtain guidance in making changes in areas where she is currently having difficulties.

Negative Attributes

Since she is so engrossed with using her phone due to her unrestrained social media use, Ann is prone to compromising her sleep at night. This happens when she overly scrolls through her feeds on her devices, forgetting how much time she is spending on it.

Coping Strategies

Ann has tried to follow a specific schedule and to practice time management to address her sleeping problems at night.

Insights and Realizations

For Ann, regulating social media use should be applied. She believes that excessive use of social media leads to ineffective behaviors that may threaten oneself and others. She believes that one should be a responsible social media user. Self-control in social media use must be practiced. She said that social media is just a part of one's life, but it should not take over one's system.

Case 3: Sam

Demographic Characteristics

Sam is a 24-year-old male, works as a Construction Engineer. He remains online for about 5 hours a day. For him, social media serves as a pastime, a form of relaxation. In addition, he is able to keep in touch with and be up to date on his friends and family.

He also wants to know the latest trends, current news on what is happening inside and outside the country. Social media for Sam is the easiest 'portable' source of vital information.

Experiences on the FOMO phenomenon

Sam is often logged on the internet, waiting for the chance to communicate with his mother who lives abroad. This also helps him to keep up with what is going on, both inside and outside the country. As a result of the information overload he sees on the internet, Sam admits to feeling left out by others. Therefore, when he sees postings from his peers who are doing better in life, he becomes upset since comparing himself to others on social media causes Sam to question his own pace in life and wonders what kind of life he should lead. For Sam, social media posts that he sees tend to be his norm, and he should follow through.

Internal Factors

Sam sometimes feels left out. The details from posts that he sees online make him think that others seem to be doing better in life; this makes him question his own pace in life. This gives him the impression that this is the "ideal" of how life can be lived, causing him to feel frustrated.

External Factors

Sam continues to stay online to keep in touch with her mother overseas. Messenger and other social networking sites make it simple for him to communicate with his loved ones. He claims that it is less expensive and unrestricted now, unlike those days when social media programs were not well-known or commercialized. They used to charge a hefty amount of cellphone load for a few minutes of calls with their loved ones abroad. Now using the current social media platforms saves them more effort and money. Thus, he considers social media as the fastest way to get in touch with important people in his life and to acquire the vital information he needs to be updated on issues.

Issues and Challenges

As he himself narrated, Sam started to work late because he did not graduate on time. He tends to feel frustrated because of his notions that his peers were doing better than him in their professional careers. When he sees the status updates of his batch-mates on social media, he regards their accomplishments as above par and he feels envious and sees himself as having been left behind.

Positive Attributes

Still, Sam strives to be the best version of himself. Despite feeling that he has missed out on life's opportunities, he is determined to practice the virtue of working hard while waiting patiently for his own season to shine.

Negative Attributes

Sam feels frustrated because of having been left behind, professionally and personally, by his colleagues. But it may be a natural consequence of his having graduated later than his peers and therefore got employed later as well. He feels upset and disappointed when he sees on social media his peers' updates on their accomplishments. He tends to compare himself and consequently feels inferior and begins to doubt his own ability to uplift his own status.

Coping Strategies

Sam has learned to accept things as they were even as he also pushes himself to work toward achieving his own goals. Sam trusts his capabilities and believes that each and everyone has their own time and story of triumph to tell.

Insights and Realizations

Sam decided to filter posts that are too sensitive and that might trigger psychological distress. He also unfollowed specific pages or posts that are too "toxic" for him and which will not contribute to his personal development. Sam thinks that one should be careful and selective on what he feeds his mind; troubling information on social media platforms may play on his mind over again and may threaten his well-being.

Sam has gotten this insight that one should be a responsible social media user. And that life does not revolve around social media. When he posts on his account, he need not feel downhearted if it got only a few likes. In Sam's opinion, social media is a means of expressing oneself and have a platform to share posts that are meaningful and relevant to him. If others do not appreciate what he shares, he does not need to feel bad about it and mind them. What matters to Sam is that

he is able to do what makes him happy without being too conscious of what others may think or say.

Sam also emphasized the tagline, 'Think Before You Click' and he urged people to be skeptical of some things that they see on social media. He suggested doing research first and verifying information. He sees many people using social media just to spread 'FAKE NEWS' and urges people not to be easily taken in by these and instead look for factual and verified information.

Sam firmly believed that his "moment" would come at some point. He argued that negative emotions such as hate and jealousy do him no good. Sam is optimistic and determined that in due time, he will get what he aspires for.

Case 4: Divine

Demographic Characteristics

Divine is a teacher, 24 years old, female. She stays online for about 5 hours every day. Divine uses social media for work-related matters and to reach out to her students. Moreover, she browses for some entertainment to avoid overthinking during stressful times or when she has free time on her hands.

Experiences on the FOMO phenomenon

Divine had a hard time keeping away from using social media applications. She tried taking a break from it and when she came back after a hiatus, she met with a barrage of questions/inquiries from some of her students online, and she could not keep up with them. She needs to address her students' queries immediately about their academics. The rest of the time, or during the break, Divine looks around the sites for some fun to relieve her stress from work.

Internal Factors

Divine enjoys exploring the internet for entertainment and as a way to avoid overthinking.

External Factors

Divine also uses social media in her profession. The pandemic saw classes being conducted online. She must remain online to monitor and check on her students. Some students were asking questions about their course over the internet, and Divine, as a teacher, wanted to respond promptly so that their inquiries will not pile up.

Because of the present circumstances online classes became the norm. Therefore, her school's curriculum included a flexible home-based learning program. She primarily utilizes Facebook and Messenger at school to connect with her students and do follow-ups.

Issues and Challenges

Some individuals display and disclose themselves on social media, even their personal lives, according to Divine. Even posts that were deemed too sensitive to reveal were made public. She becomes irritated because of this. Furthermore, to her, irrelevant data is scattered all over the sites. As a result, Divine considers social media as a "toxic" environment. But, she adds, she cannot do anything about it because everyone has their own opinions and ways of using social media platforms.

Positive Attributes

Divine claims that she considers social media to be a toxic place, but at the same time, for her, it is an escape from reality and a form of entertainment when she is overwhelmed with her work. To avoid adverse implications, she keeps her accounts private for her psychological well-being. As a result, her mental state is free from all the toxicities in social media.

Negative Attributes

Divine believes that social media has evolved into a ranting ground for most users. Individuals express and share way too much about their personal lives. In addition, much erroneous information is all over the internet. Seeing this annoys her since personal and private matters, in her perspective, should be handled discreetly and there is no justification for them to publicize it for everyone else to see.

Coping Strategies

Divine turned her profile private on all her social media accounts which freed her from seeing stressful posts. Her account was only a means of enabling her family and close friends to converse with her.

Insights and Realizations

Divine stated that she favored having a small number of connections on social media; the fewer individuals in her social media circle, the better and less toxic it would be for her.

The world has altered drastically as a response to the global pandemic, according to Divine. People have changed the way they live. Even people's working

customs are evolving; all transactions are now completed online and on other social media platforms, which is especially relevant for today's young adults as their conditions change. As Divine mentioned, even education is altering; it is all about the internet these days.

Divine advised being mindful of what others might post on social media. She referred to the tagline, Think Before You Click, which she thinks is a good reminder for every social media user. Anything someone posts on the internet has the potential to spread quicker than people may imagine. What people posted, according to Divine, represented the type of person they are. She further argues that some posts are deceitful and that others are untrue, so users must be alert, wise, and insightful.

She does not need to stay online every day because the internet world is not the real deal for her, but rather just a means to transact business. She needs to be in a less toxic setting, which she will not obtain on social media. She emphasized being cautious and repeated the phrase "Think Before You Click." She reminds others that these platforms must be used for truthful agendas. Hence, people must be mindful of what they post. Posts that are too personal should be kept private and not for others people's consumption.

Case 5: SJ

Demographic Characteristics

SJ is a 27-year-old female, a Guidance Facilitator. She confessed that she used to spend a whole day online. Firstly, he did this mainly to connect with her friends and loved ones through various social media sites as they were physically far from each other and did not frequently have the chance to see each other in person.

Secondly, SJ tends to be bored and, social media keeps her entertained through the videos, photos, updates, and even memes she sees online. Then, her third reason for spending so much time online is that it allows her to be informed with what is happening in the country and in the world. Add to these, SJ said, is information on the weather, popular travel destinations, fashion. Finally, she benefits from social media since she can learn a lot from it, from DIYs to information she can apply in her work.

Experiences on the FOMO phenomenon

SJ keeps her social media accounts "active" throughout the day in case she gets a message from a friend or one wants to meet up with her. But, as she reveals, she spends most of her time on social media scrolling through her news feed or

updating it on her way to work, during her lunch break, on her way home, and at night until she falls asleep. It felt like a habit to SJ, and it kept her from becoming bored.

Internal Factors

SJ used social media to keep in touch with her pals and with people who may want to have a talk with her as it is what her work as guidance facilitator entailed. She maintains an "active" online status because she assumes that someone may require her supervision and guidance.

SJ stated that she keeps on using social media when she is bored and feels lonely. and she finds that viewing such sites makes her feel better. When she is having a tough day. SJ enjoys looking for inspiring quotations and watching humorous videos keeps her spirit upbeat.

External Factors

SJ cannot stand it for longer hours, not on social media. She will swipe through her feeds whenever she has the chance because it has become a part of her daily routine, which helps her always be updated.

Issues and Challenges

SJ is concerned about the negative comments people made on social media. For a time, she wanted to remove herself from the toxic world of social media because of too much negativity.

Positive Attributes

On the other hand, through other social media apps, SJ was able to share her feelings and thoughts. By being genuine to herself, it gives her a sense of liberation. Since she only follows a relatively small number of people on Twitter, SJ claims that this site has become her refuge because she can say everything that she cannot otherwise tell others.

Negative Attributes

For SJ, social media is full of negativity. And people who express themselves without consideration of how others would feel. As a result, SJ shies away from using it for quite a while.

Coping Strategies

SJ considered social media detoxification. It is a method of removing oneself from social media to avoid absorbing all of the negativity that she receives from it, such as news about the Covid-19 outbreak, political conflicts, and the like.

SJ conveyed her irritation with the nasty comments and unpleasant perceptions of others on social media. SJ was jealous of a particular individual, so she removed her Facebook account; yet, she keeps using other apps to express herself, such as Twitter.

Insights and Realizations

After using social media for quite some time, SJ discovered how detrimental it was. However, it also has a positive side and is beneficial in many ways. To minimize the toxicity that social media may entail, SJ advocated using it in moderation. SJ addressed social media detoxification as a great practice. She recommended unfollowing some persons or websites that spread negativity. She feels compelled to report those who spread "FAKE NEWS" especially those who maligned others and painted a wrong picture of factual events.

Case 6: Cha

Demographic Characteristics

Cha is a 26-year old female teacher. She signs onto the internet every day to keep up with what is going in the world. Notably, in this time of the outbreak, she also needs to be involved in their church organization's online activities. Cha uses the internet for more than 5 hours a day. She stays online as she looks for updates and posts relevant information to and from group chats. She keeps herself abreast of the daily news and watches inspirational content.

Experiences on the FOMO phenomenon

Cha revealed that detaching from social media is difficult for her. She cannot help but sign in since it has become habitual for her.

Internal Factors

Cha's motivation for staying linked to the digital world is to stay in touch with her church organization members and to be kept posted with what is going on in the country, particularly the latest news on the Covid-19 pandemic.

External Factors

It has been her habit to check her social media accounts. Hence, Cha finds it difficult to steer away from using these platforms.

Issues and Challenges

The toxicity of the social media world is Cha's great concern. Unpleasant events, as well as issues with her close friends emerge. Even though Cha is not directly involved in the situation, it still affects her. She aspired for a pleasurable life experience. Social media, on the other hand, was unable to provide her with that perspective.

Positive Attributes

Although social media platforms are full of "toxicities," Cha sees a positive aspect to them. For instance, some of these apps may provide information that will make users more knowledgeable and skilled. In this modernized era, everything that someone may need or want to know can be accessed with just a click of a finger.

Negative Attributes

Some of Cha's social media interactions have been toxic and oppressive. This involved one of her friends and it left an impression on her. Cha's recollection of it has not faded and has affected her profoundly. Consequently, she is disturbed when encountering unpleasant social media posts of which there are many.

Coping Strategies

Cha, for the most part, tries to ignore the negativity that she encounters on social media. That is the only way she will not become agitated.

Insights and Realizations

When utilizing social media networks, Cha emphasizes the need to be watchful at all times. She emphasized that these platforms should not enslave the users. After all, according to Cha, one's mental health is essential, so users should not misuse social media or allow it to control one's mental and emotional processes.

Case 7: RM

Demographic Characteristics

RM is a 22-year old Payroll Administrator. He spent roughly 9-10 hours every day on the internet. He utilizes the internet to communicate with his family and friends. Likewise, likes to keep up with the latest trends in the online selling market. He finds online shopping quite convenient and has easy access to these platforms.

Experiences on the FOMO phenomenon

RM admits that he gets easily bored. Because of this, he constantly checks his phone for updates and mostly to pass the time. He has developed the habit of scanning through his phone, looking for notifications, and searching for unique items in the online marketplace.

Internal Factors

RM characterized himself as having a mundane personality. Because of this, social media for him is a form of amusement. He wants to keep connected, have fun and maintain contact with his loved ones and peers.

External Factors

RM accessed the internet to browse for items that he needed. He finds it hard to stay away from his phone especially waiting for notifications from online selling platforms.

Issues and Challenges

One of RM's concerns is that the time he spends online distracts him and results in inefficiency at work.

Positive Attributes

For RM, social media is a convenient way to communicate with his family and friends. It is also a spot where he may seek unique goods that he is looking for.

Negative Attributes

RM has become concerned about his lack of productivity and inefficiency at work as a result of his excessive social media time. He admits that when he goes

to his social media accounts, he loses track of time and forgets that he is working on something important.

Coping Strategies

Before using social media, RM makes it a point to finish what he has to accomplish. And, rather than spending his time scrolling through his social media accounts, he has begun to devote his time to more productive tasks that would help him improve his lifestyle.

RM suggested the need to be prudent when using social media platforms. People should be cautious about what they see, post, and share on social media because some information tends to be a sham and are based on make-believe stories.

Case 8: JL

Demographic Characteristics

JL is a Physical Therapist, a 27-year-old woman. She used to spend excessive amounts of time on work-related tasks when online. Because she is a PT, she used the internet to keep a list of her patients, and most of her clients used the internet because it is for them to access anything they need. JL engaged with her patients on social media regarding their appointments, treatment, and other requirements.

Experiences on the FOMO phenomenon

JL admitted that she gets anxious anytime she hears a notification sound from her phone if she cannot respond straight away. She feels compelled to respond right away since it might be a serious or urgent situation that requires rapid response. As a result, she finds it necessary to check her phone regularly.

Internal Factors

JL stays glued to her phone mainly due to the need to promptly respond to her clients' queries and needs.

External Factors

JL's motivation for staying connected through the internet was work-related tasks. She utilized social networking sites to market her Physical Therapist business since social media is the quickest and now popular way to go about it. She used it to attract potential clients and get them to set a booking with her. She used such

sites to engage with her patients, answering their questions and scheduling their treatment appointments.

Issues and Challenges

JL considers the social media world to be a scary place. Especially when she sees harsh remarks on Facebook, she is saddened and frustrated by the animosity and nasty comments. Another concern she has is seeing posts from her family and friends who seem to be doing better in life. JL claimed she felt that time was passing her by. And, because of this, her self-esteem takes a dive.

Positive Attributes

Despite the negative comments JL encounters on social media platforms, she continues to utilize them for communication, knowledge, and enjoyment.

Negative Attributes

JL identifies social media to be a vicious place, especially when she sees vile comments on every post, which gets feeling down and vexed at the same time. Another concern is that some of the updates she views on social media make her doubt herself. It makes her feel outpaced when she sees posts from her relatives and friends who appear to be doing well and this, in turn, lowers her self-esteem.

Coping Strategies

JL believes that avoiding hate comments and unfollowing specific postings on social media sites that may cause psychological distress is the most efficient way to cope with the polluted world of social media.

Insights and Realizations

JL advised that if social media and other platforms are affecting someone's psychological makeup, they should stop using them.

Case 9: ED

Demographic Characteristics

ED is an Office Clerk, 26 years old, male. He stays online for more than five (5) hours whenever he is bored and when he needs to reach out to his family, friends, and even co-workers. According to him, Facebook and Messenger are now the easiest methods to be connected with them. He rarely uses his phone for texting purposes.

ED communicated through these applications and responded to all of the messages here because, according to him, the majority of people that he knows are using them.

Experiences on the FOMO phenomenon

Apart from communicating, ED uses social media to be "in the know" and updated. He is likely not to miss anything. Everything he needs to know is already available on social media. He does not skip anything, from current events to the newest fashion trends, especially details concerning Covid-19 and other related health issues, which is why he invests most of his time online.

Internal Factors

Boredom is the driving force behind ED's urge to access social networking sites like Facebook. When he scans through his newsfeed, it relieves the dullness he feels in life. This is particularly during the lockdown when people are forced to stay home doing nothing. For him watching movies on these websites allows him to lose track of time. It makes him forget the worries and troubles he is facing for a time.

External Factors

The social media platforms practically contain everything a person may need, which ED finds very convenient - from communicating with his loved ones to staying up to date on current events, especially the Covid -19 and other health-related issues. In addition to keeping up with current events and the newest fashion and entertainment trends, ED shops online for things he needs or wants.

Issues and Challenges

ED is concerned about "fake news" that circulates online, specifically those related to health. He struggles to discern what to believe. Furthermore, negative posts online irritate him.

In addition to these, when ED sees posts of his peers achieving more in life than him, he begins to doubt himself and his ability to do as well as they do like having a better job, accomplishing early some of their life goals. Because of this, ED is apt to question his own life, resulting in feelings of inferiority.

Positive Attributes

Despite his reservations about maintaining an online presence, ED continues to do so, since, in his view, everything is already there. Primarily, he uses

it to communicate with his family and friends, an advantage of social media which he finds quite beneficial.

Negative Attributes

ED is concerned about these things on social media -the fake news or misinformation, the nasty posts, and the posts of his friends or relatives reflecting their accomplishments and the good lives they lead. ED feels like he is missing out on life's opportunities and this results to his low self-esteem.

Coping Strategies

ED advises checking and verifying the authenticity of some posts shared on social media, particularly those on health-related matters. He thinks that not everything he sees on Facebook and other social media sites is reliable. Before reaching a decision based on that information, one needs to conduct research. On a more personal level, ED suggested avoiding any postings that made him feel apprehensive. Some posts were also fabricated, according to him. Additionally, to transcend and cope on social media, ED professes to accept his situation as it is. He also believes that everyone's life has its timetable and that with faith in the Almighty, everything will work out for him in the end.

Insights and Realizations

ED urges people to take social media in moderation because not everything people see is the actual thing. Moreover, too much exposure on social media is not healthful. If social media impedes one's personal and professional life, ED insists on not using it.

Case 10: JP

Demographic Characteristics

JP is a male Real Estate Agent and is 26 years old. He spends more than 6 hours a day online. JP is motivated to be on social media by his job as a real estate agent, which requires him to seek and contact potential clients and buyers. Another one, JP, shared that he's been in a long-distance relationship with his girlfriend for quite some time. His girlfriend already migrated to Canada, and though they have different time zones, he makes it a point to communicate with her on Messenger when he has the opportunity. JP added that he scans specific updates on a few stories on Instagram and Twitter. Moreover, he watches out for some news on other domains and profiles, such as the NBA or new NetFlix programs.

Experiences on the FOMO phenomenon

JP admitted that he spends six (6) hours or more every day online. He only comes to a halt when he is playing online games. He cut his social media use when he had to make ocular trips for work. He checks his phone regularly for updates on his page, as well as calls from people looking for housing or property. JP's social media accounts are linked to his phone, so he cannot stay away from it. He continues to use it to keep up with everything.

Internal Factors

JP was motivated to stay online because he wants to reach out his girlfriend who is in Canada. They keep on updating each other through social networking sites.

External Factors

Another reason for JP to use social media was to promote his business. As a Real Estate Agent, he used social media to boost his clientele and advertise some properties that he is selling.

Issues and Challenges

JP's social media concern is about other people's need to stand out. He stated that there were times, when he was a student, when he could not stop himself from scrolling through his Facebook or YouTube feeds. As a result, his academic performance was adversely affected. He considers social media as a toxic world, where individuals rant, share unpleasant content and encourage social comparison with others.

Positive Attributes

JP connects to social media because he wants to stay informed. He is interested in learning about the most recent events in the country. In particular, he wants to know all that is happening during this epidemic, the Covid-19.

Negative Attributes

The issues that JP faces on social media is the toxic culture, with all the rants of different people to negative postings all over the sites and the desire of most people to stand out. His excessive time spent on social media made him lose track of his academic priorities. Meanwhile, he also questioned his ability to achieve his goals in life when he saw posts that depicted his peers' happy events and accomplishments in their lives.

Coping Strategies

JP is concerned about social media's toxicity. Because of this, he decided to stop using it. Shutting down his connection to the virtual world provides him a sense of relief and peace of mind. When he was still a student, he had done this as well to concentrate on his studies. For JP, what matters the most is to live a quiet life. To this day, some of his social media accounts are still deactivated.

Moreover, JP emphasized that he must accept himself for who he is. Acceptance of oneself, people, and circumstances, as well as knowledge of how to deal with them. Being low-key is better for him because he understands that there is a world outside of technology.

Insights and Realizations

The fine things in life, according to JP, are those that are tangible. Social media is merely a tool for making things in life more convenient. But, in the past, people have managed to succeed without it. He emphasized that a person does not need others to validate him or her; instead, the individual must affirm himself or herself. The sense of worthiness comes from within, and no amount of likes or comments will ever make someone valuable except the person himself.

Data Syntheses

In the presentation of the data, the objectives were indicated, the table of the summary was shown, themes were described and mirrored with extracts from interviews to retain the voice of the participant's personal experience.

Motivations of Working Young Adults with Fear of Missing Out (FOMO) Tendencies on Using Social Media

Objective 1: Describe the participant's experiences and perspectives on FOMO phenomenon including their motivational use of social media

Table 2 explains the participant's views on the FOMO phenomenon, including their motivation, and addresses research question no. 1. There were two (2) subthemes that showed in relation to the motivation of working young adults to use social media. The first, under internal factors, had a total of ten (10) positive answers, while the second, under external factors, had four (4) positive responses. Whereas, two themes appeared in the category of external factors, with four (4) responses for livelihood and two (2) responses for leisure and entertainment.

Table 2:
Theme 1: Motivations

Subthemes	Codes	Number of responses
Internal factors	Communication	10
	Information	4
External factors	Livelihood	4
	leisure and entertainment	2

Based on the results of the study, Working Filipino Young Adults view social media as an indispensable platform for communication with family and friends, work-related activities, a source of information, a means of livelihood and for leisure and entertainment. Regarding the internal factors, communication was the sole purpose of social media use for 10 individuals. The other 4 individuals, on the other hand, considered social media to be a source of information.

Because of the innovations in technology, these platforms were also used in their work-related activities. Especially in this time of the pandemic crisis where, in most cases, activities which were usually done with face-to-face interaction, almost translated virtually. These working young adults use these platforms to do their jobs. As of now, most companies follow the work-from-home policy. Due to the Covid-19 pandemic, several employees lost their careers. For external factors, four (4) participants used social media to find security and fulfill their needs, and they used these platforms to make a living, while two (2) participants revealed that it was for leisure and entertainment.

Feelings of Working Young Adults with Fear of Missing Out (FOMO) Tendencies When Unplugging on Social Media

Objective 1: Describe the participant's experiences and perspectives on FOMO phenomenon including their motivational use of social media.

Table 3 shows the various feelings of Working Filipino Young Adults when they try to “unplug” for a certain time on social media. Participants shared how they felt about temporarily switching out of social media, and three key themes emerged. A feeling of missing out, anxiety, emptiness, boredom, difficulty, and discomfort in the absence of social media were their negative feelings. On the other hand, one participant gave the reaction of experiencing peace outside of social media, and another response of feeling neutral feeling or indifferent.

Table 3:
Theme 2: Feelings

Subthemes	Codes	Number of responses
Negative feelings	missing-out	3
	feeling anxious	1
	feeling empty	2
	Feeling bored	3
	difficult	2
	feeling discomfort	1
Neutral feeling	indifferent	1
Positive feeling	peaceful	1

Twelve participants had negative feelings about “unplugging” on social media. Unceasing online usage was triggered by FOMO or “Fear of Missing Out”. They wanted to be updated with current friends’ activities that were initiated, maintained, and nurtured via social media. Additionally, as working adults, social media had taken part in their system. Now and then, they need to know what is happening in their organization, and the fastest way to be informed is also logging to social media platforms into their company's social accounts. And, in this modernized era, that is the most rapid way to connect with co-workers. Social media use of working young adults had become routinary for them. FOMO drove their social media use and was experienced by working young adults who tend to experience anxiety when they miss out on opportunities to spend time with friends. There was a need to be aware of what their friends were doing, and/or there was a need to follow their groups' activities.

Consequently, some participants felt unconcerned and uninterested in whether or not they are “offline” or disconnected from the virtual environment.

And, that being away from social media gives them a sense of peace of mind.

Unplugging or being "deactivated" for the time being keeps them away from all the "toxicity" in social media.

Perceptions of Working Young Adults with Fear of Missing Out Tendencies (FOMO) on Using Social Media

Objective 1: Describe the participant's experiences and perspectives on FOMO phenomenon

Table 4 illustrated that two (2) subthemes emerged when participants were asked about their perspectives on using social media - these were social and personal perceptions. Under social perception, the primary means of communication solely surfaced with positive nine (9) responses. The other two (2) codes, connectivity, and work productivity, have four (4) responses each.

Furthermore, for personal perceptions, some participants taught that social media became a source of information making up a total of four (4) responses. Other participants may look at social media as a form of inspiration, motivation, and relaxation - both themes have two (2) positive responses each. Then there is one (1) response each pertaining to them as forms of self-expression and of entertainment.

Table 4:
Theme 3: Perceptions (Benefits and Functionality)

Subthemes	Codes	Number of responses
Social perceptions	primary means of communication	9
	Connectivity	4
	work productivity	4
Personal perceptions	source of information	4
	inspiration and motivation	2
	relaxation	2
	self-expression	1
	entertainment	1

Nine participants said they utilized social media completely as a primary means of communication, for both personal and business matters. Family members and relatives who reside abroad or in far away places can be reached effortlessly. Unlike back in the days, the form of messaging was through snail mail, telephone, or a cell phone that needed to be loaded regularly.

These applications were often used by working young professionals, especially in this lockdown state where employees work from home. These platforms have been used for live video conferencing. At most, participants who were teachers utilized these applications to teach their students online. They used this for their discussion and lectures. Meanwhile, employees from different companies were also trying to be resourceful and creative on how to be productive by holding organizational meetings, seminars, trainings and similar activities online.

As to the “personal perceptions”, aside from being a source of information, the participants saw social media as an “inspirational” outlet that can uplift their spirit, especially in these trying times of the pandemic, it can motivate them to move forward in their life journeys.

Other participants, speaking of the positive side of social media, experienced being able to relax and alleviate their everyday stress. The internet also served as a space for them to express themselves and to be entertained. They can watch funny videos on social media and be refreshed during their break time, especially for working young adults.

Challenges of Working Adults with Fear of Missing Out (FOMO) Tendencies on Social Media

Objective 2.1: Determine the issues and challenges of the participants with FOMO tendencies

Social media use can compromise one’s well-being (challenges stemming from within the individual) and inherent (challenges that were naturally common upon using social networking sites). These were the two (2) primary concerns of working young adults on these social media platforms. As reflected in Table 5, negative social comparison (FOMO), Nomophobia, excessive screen time with six (6) responses each, unproductivity with four (4) responses, and sleep disturbance with one (1) response were the challenges rooted within the individual. Meanwhile, challenges like online toxicity with seven (7) responses, fake news, scam, and fraud with one (1) response each stemmed from the innate characteristics of these social networking platforms.

Table 5:
Theme 4: Challenges

Subthemes	Codes	Number of responses
Affecting well-being	negative social comparison (FOMO)	6
	no mobile phone phobia (Nomophobia)	6
	excessive screen time	6
	unproductivity	4
	sleep disturbance	1

Inherent	online toxicity	7
	fake news	1
	scam and fraud	1

Six participants experienced negative social comparison (FOMO) and no mobile phone phobia and revealed that too much screen time or social media use might affect one's well-being. Fear of Missing Out (FOMO) is anxiety experienced by individuals when they think they missed something important, running out of time, left behind by their peers, personally or professionally. Nomophobia is described as the fear of not being able to use a smartphone and/or the services it provides in the context of this study.

The working participants expressed that their task at hand may be affected by their negative feelings triggered by their FOMO tendencies.

As for the "Inherent" challenges that the majority of working young adults experienced, for most of them, online toxicity, fake news, scams, and fraud were the most significant concerns. Social media can be "toxic" for young adults; instead of being a place where people can freely express themselves, it has turned into a place where people bully, ridicule, and condemn one another for having different views on what they should believe in life.

Coping Mechanisms of Working Adults with Fear of Missing Out (FOMO) Tendencies on Social Media

Objective 2.2: Discuss the different coping strategies of the participants with FOMO tendencies

Table 6 discusses the various strategies employed by the participants in coping with Fear of Missing Out (FOMO). Two subthemes were derived from the available data: emotion-focused and problem-based coping. Under emotion-focused coping, staying vigilant and acceptance of reality tied with both three (3) responses. Under problem-focused coping, social media detoxification has the greatest number of responses among all the coping strategies, followed by fact-checking, blocking, filtering, unfollowing with two (2) responses each and changing to private settings and exploring new hobbies with one (1) response each.

Table 6
Theme 5: Coping

Subthemes	Codes	Number of responses
Emotion-focused	staying vigilant	3
	acceptance of reality	3
Problem-focused	social media detoxification	5
	fact-checking	2
	blocking, filtering, unfollowing	2
	changing to private settings	1
	exploring new hobbies	1

Emotion-focused is coping centered on managing unfavorable stress-related emotions such as anxiety, fear, sadness, and aggression by staying vigilant and accepting of reality.

Participants responded that it is better to stay alert and keep a watchful eye on everything that they do and what others do. According to them, being on social media is not safe anymore.

Acceptance is also being able to come to terms with their true self, or who they are, and not comparing themselves to others and being happy and grateful for what they have.

The problem-focused coping centered on the stress-management technique in which a person faced a psycho-social stress head-on to eliminate or reduce it.

Five participants stated that keeping away from social media for a specific period has a positive effect like improving their mental, emotional, and psychological state of being.

Social media is laced with misinformation and fake news, and working young adults report they often struggle to tell the difference between the real ones and the fraudulent. Before jumping to a conclusion, individuals must always check the information if it came from legitimate sources.

For their sanity and peace of mind, they can unfollow people that may pose a threat to their well-being and mental health; it is a means to protect themselves from harm, as expressed by one of the participants.

Averting one's attention and focusing on something else helps to distract the person from

Insights and Realizations of Working Young Adults in Using Social Media with Fear of Missing Out Tendencies

Objective 2.3: Identify the insights and realizations of the participants with FOMO tendencies

As shown in Table 7, two (2) subthemes appeared from the theme insights and realizations. From the prescriptive subtheme, maintain healthy use of social media got the highest number of responses. Beyond the descriptive subtheme, the codes include a big part of the world is online with two (2) responses and being grounded on reality which obtained a single answer.

Table 7:
Theme 6: Insights and Realizations

Subthemes	Codes	Number of responses
Prescriptive	maintain healthy use of social media	7
Descriptive	big part of world is online	2
	being grounded on reality	1

Seven participants suggested the need to maintain healthy use of social media. Being in social media may present a potential risk for them. The primary issue that young adults face today is the negativity/toxicity they get from using social networking sites. Some working young adults admitted that they feel tired/exhausted; they tend to have social “fatigue” due to prolonged social media use.

Two participants said that even the way we lived was changing due to technology. They have come to understand how much the world has altered from the past. There were numerous changes due to digitalization. Nowadays, most activities are carried out online and on other social media platforms, which is particularly important for today's young adults as their circumstances change.

Social platforms were simply tools for improving practicality in daily life. However, without it, people have succeeded in the past. One participant highlighted that people must validate themselves and not require the validation of others. A sense of acknowledgment comes from within, and only the individual can add value unto himself and no amount of likes or comments will ever do that.

DISCUSSION

Most young adults stated that SNS use plays a major part in their lives, taking part in their system. However, as shown by previous studies, using social media had both positive and negative effects. SNS usage has now been ingrained in society, with shared values, laws, and context.

Motivations. Findings revealed that working young adults' motivation to stay online was based on their needs in communication, livelihood, information, and leisure and entertainment. Consistent with the study of Ryan & Deci (2012), **Self-Determination Theory** stated that people tended to pursue goals, situations, and relationships that supported need satisfaction, resulting in positive psychological outcomes. The use of social media gratified these needs. Therefore, they seemed to be motivated to stay online because of the fulfillment they got out of it. Following SDT theory, social media satisfied their needs in *autonomy*, *competence*, and *relatedness*.

Autonomy referred to the ability to act on one's own volition, free will, and preferences. Individuals with autonomy had high control over things and they took charge of their lives. They had a sense of self and a personal belief system (intrinsic motivation). It also had something to do with people being motivated because of external factors such as rewards like money, prizes, acclaims, etc. (Deci and Ryan, 2002).

Discovered themes among working young adults' motivation in using social media in relation to livelihood, leisure, and entertainment fall under this classification. As mentioned by some of the participants: *"One reason is for my business. I've been an accredited real estate agent for months now and recently sold a few units, just with those I'm motivated to even earn more"*, using online platforms to manage external factors, gaining profits generating money on their own. On the entertainment side: *"During my break, I'm browsing for some entertainment online when I want to avoid too much thinking"*. It gave them the freedom to escape for a while. In Whiting & Williams (2013), Wolin (1999) identified escapism as a relevant factor for internet use. They described escapism as fun, enjoyable, and something pleasurable. In congruence with the past studies, the findings inferred that young adults use social media to escape from reality and avoid too much stress from their work, making them look like they have control over their lives.

Competency was defined as the ability to execute one's skills and capabilities, acquire knowledge, being aware of things, winning over challenges, and accepting new experiences that developed one's growth, and expressed the true sense of self (Deci and Ryan, n.d.). The motivational theme of information found in this study belonged to this group. As expressed, *"And, to keep updated on what's new, trendings and sometimes news about our country because sometimes social*

media is easier and 'portable' source of news than the television", social media, as a gateway of the latest knowledge, a source of a new set of skills, and the like. Another participant stated, "I stay online every day to keep in touch with what's happening around, especially in this time of pandemic."

Fergie et al. (2016) found that participants consistently looked for information. They specifically browsed social media for health-related materials from various sources, including professionally designed sites and user-generated content. Based on social media habits and traits as well as judging information heuristically, the majority of them appreciated and trusted diverse health-related inputs from multiple sites.

Relatedness was the need of individuals to experience attachment, belongingness, intimacy, and a sense of security with others and their relationships (Ryan & Deci, n.d). Thus, their motive for communication stemmed from this intrinsic motivation on both personal and professional levels. The findings of this study identified that the main driving force of most young people to stay online had been their human nature to connect with their fellow social beings. *"I stay online to constantly communicate with my loved ones and friends,"* and even more so, access to online platforms allowed working young adults to communicate with their prospective clientele because it is the new approach in engaging with people in this day and age, *"I also need to communicate with my patients there, answering inquiries about the therapy and making schedules"*, as stated. Social media has been so simple to use, especially for communication around the globe. Moreover, young adults had strengthened their relationships like those couples in long-distance relationships by staying connected through these digital platforms. As previously said, *"Another is my partner who is in Canada. Being updated with her and vice versa is enough reason for me to stay online via messenger"*. It was simply the desire to develop relationships and interact socially (Lee & Ma, 2012) that is why users remained active on social networking sites. Social media stimulated active communication and was mainly intended for connection building (Sihombing, 2017).

Feelings. Furthermore, disconnecting from social media made young adults feel as if they were missing out on vital opportunities. Moreover, several of them reported boredom, discomfort, and difficulty. On the other side, a sense of indifference emerged; people were okay being onscreen, but being away from social media was no different. However, they discovered that avoiding social media made them more peaceful, giving them peace of mind from all digital toxicities. Fear of missing out (FOMO) on social media on this paper referred to the apprehension that online content and interactions with others were unseen and unnoticed in a timely manner. Thus, FOMO related to missing out on important information, rewards, including social information. This drove the urge to stay persistently connected and follow the activities of others involved in their social network (Gezgin et al., 2017). In simple words, FOMO was the anxiety/fear that others might be experiencing

rewarding/pleasurable things that had not happened to them but still hoped would happen to them. This situation resulted in staying connected to what others were doing (Przybylski et al., 2013), especially in social media. Similarly, when people were having a sense of boredom, they appeared to be substantially more likely to steer away from their work to connect with their smartphones than when they were not feeling exhausted. Interestingly, fatigue was related to the notion that people would leave their tasks to interact with their smartphones (Dora et al., 2020). As per the findings, young working adults felt bored when they disengaged from social media for a lengthy time. Being on social media enabled them to relieve the stress and tensions they were experiencing at the workplace.

Again, as aforementioned, being bored and tired from work was associated with frequent social media use. Other themes on negative feelings such as discomfort and difficulty emerged. The participants confessed that they were having a hard time on turning away from social media, as expressed, *"I feel uncomfortable because social media is part of my daily routine"*, and some said that, *"it's very difficult for me, kasi [because] whenever I log out, then come back again online to check I'm bombarded with messages on Messenger with my students. It's better to check my social accounts, over and over again, I needed to respond to them for their inquiries that piled up when I went offline."* The smartphone's essential character in everyday life made it difficult for users to detach from these devices and social media platforms, which might cause anxiety and dissatisfaction. A partial disconnection may be a more realistic compromise; the fundamental functions (e.g., phone dialer, navigation apps, camera, clock) might be available, but other applications can be disabled for a set significant period. It might minimize unnecessary distractions while maintaining the critical functionalities that the user needs, promoting more instances of smartphone withdrawal (Aranda & Baig, 2018). Meanwhile, neutral feelings of indifference surfaced; some were just fine to stay online or turn away from it. They had no problem with it at all. Lastly, a theme about positive feelings; being peaceful appeared when disconnecting from social media. Staying low-key on these sites gives them a quiet mind. *"I never felt so peaceful being away from all the bullshit and toxicity of people. Being non-existent to them has never felt so clear to me, and this day. I've deactivated from them"* as some participant echoed. There were also studies about the positive impact of social media dissociation which will be discussed further below.

Benefits and Functionality. Under this category, working young adults shared their thoughts about the uses and functions of social media and social networking sites. The themes include primary means of communication, connectivity, and work productivity for various social reasons. Generally, results revealed that conventional communication methods were utilized more and were far more successful for team collaboration. In line with the study of Cardon et al. (2014), the perceived usefulness of social networking tools for team communication compared to other channels and attitudes about social networking for team

communication was high. Easy and convenient to use in the workplace. Consistent with the research findings, social networking platforms will be the primary tools for team communication in the future for the next generation and professional workers. In addition, this study revealed that, in most cases, social media provided a source of information, inspiration and motivation, relaxation, self-expression, and entertainment for the participants' personal needs. About the theme information found in this study, as supported by Urista et al. (2009), young individuals had to rely hugely on the internet for information. These individuals used social networking sites to experience selective, efficient, and immediate connection with others for their (mediated) interpersonal communication satisfaction and as an ongoing way to seek the approval and support of others. Several of the participants echoed that, *"Hindi na kasi ako gumagamit ng phone para magtext, thru Facebook and Messenger na talaga yung pakikipag-communicate, halos kasi lahat ng tao nandun na at may account na dun. Mas madali mong ma-reach ang mga family, friends, ka-trabaho, etc."*

[Because I no longer use the phone to text, communication nowadays is thru Facebook and Messenger because almost everyone is already there and have an account there. It was much easier to reach family, friends, co-workers, etc.] According to Papacharissi and Rubin (2000), the internet can provide natural benefits from interpersonal interactions through functions such as email and chat rooms. At the time, the most popular applications were Facebook and Messenger, which allowed them to communicate with their contacts rapidly and in a snap. In terms of inspiration and motivation, there's a research about social media as a good source of inspirational information, especially for most young people. Meier et al. (2018), observed that benign envy produced by social media posts might result in inspiration and positive effect. Furthermore, exposure to enhanced positive imagery on Instagram led to higher emotions of inspiration and partial improvements in well-being. Dale et al. (2017) studied 100 videos on YouTube tagged with "inspiration" and identified specific features in media eliciting self-transcendent emotion, such as triggers associated with hope, appreciation of beauty, and excellence. Consistent with the present study about working young adults with FOMO, they used such platforms to adapt to everyday life as quoted - *"I keep on using these social media to be updated and see some posts that can be motivational or inspirational. There are possibilities that it can help me adapt to everyday living."* Hence, at the time, social media was a powerful tool for acquiring social life skills that may be applied to thrive in all aspects of life. For relaxation, some participants said, *"...gives me peace of mind. It refreshes me, gives me relaxation."*

At some point, social media for them means a place to shake one's thoughts or what might be disturbing them emotionally, mentally, and psychologically. For self-expression, *"Kasi sa Twitter, any thoughts mo pwede mo sabihin, lalo na ako, kasi konti lang naman kakilala ko na pina-follow ko sa Twitter, kaya parang naging safe space ko siya na pwede ko pag-releasan ng mga gusto ko sabihin na 'di ko*

masabi sa iba." [On Twitter, you may share any kind of thought—especially since I only follow a limited number of people there—and it became a safe space where I can release the thoughts that I could not say to other people.] As some participants mentioned, at this time, social media has been a place where young adults can freely share their thoughts; express one's feelings without judgment from others; at some point, it can also be a form of catharsis, releasing their pent-up emotions; and, in some ways, this is a positive means to improve their psychological well-being and mental health. As has already been identified by some researchers, they found that people ventilate to relieve their rage caused by bad experiences or a tragic situation (Martin et al., 2013). People may feel calm and relaxed after reading posted rants, which work as catharsis (ibid.) Jalonen (2017), Hadert & Rodham (2008) discovered that active online processing of one's emotions is beneficial in terms of "emotional well-being, reductions in self-reported symptoms, and mood improvements". It was worth noting that young adults used social media to obtain social support when they were going through difficult moments in their lives. Thomson (2017) highlighted the lack of in-organization procedures or a culture that supported or allowed employees to vent frustrations at work.

As a result, there was insufficient personal aid at work. Therefore, such employees attempted to communicate their issues outside the workplace such as through social media platforms (Facebook, Twitter, and Instagram) for their voices to be heard. They needed to identify and address these problems, as well as to get the necessary social support they needed. That was just one of many reasons why most young adults remained online. Social media served as a "venting mechanism" to express pent-up feelings they could not articulate in person. Similarly, for the last theme, entertainment, young adults preferred to be active on social media because of its features, such as funny videos to watch, games to play, memes to read, and more. It was discovered that entertainment and gaming on social networking sites predicted perceived social support, introversion, and happiness (Mitchell et al., 2011). Furthermore, these platforms helped them in reducing the everyday stressors that they were experiencing. They were able to escape boredom and reality and be present in their fantasies.

Challenges. Based on the findings, under the category of affecting well-being, the problems that young adults encountered were about negative social comparison (FOMO), no mobile phone phobia (Nomophobia), excessive screen time, unproductivity and sleep disturbance. On negative social comparison (FOMO), individuals may misinterpret the posts of other people as having better living conditions than them and they may feel left behind by their peers. This made working professionals feel that they were running out of time. Feelings of anxiety, envy, low self-esteem, negative affect, and even depression may happen (Hayran et al., 2020).

Negative feelings, anxiety, tension, low self-esteem, and self-worth may

resurface within the individual having FOMO tendencies (Alutaybi, 2020). Individuals were inclined to develop negative feelings when they compared themselves to others on social media. When they saw that some of their peers were already married and had kids, a high-paying job, accomplished great things, and were able to deal with adversity without losing their composure, the viewer may feel cynical about themselves. Based on **Social Comparison Theory** (Festinger, 1954), individuals had an innate tendency to compare themselves to others to determine their achievement in life. They evaluated themselves against individuals to whom they feel inferior. They made what they referred to as upward comparison. They very likely would reassess and reevaluate their lives and then they would start to develop feelings of inferiority, anxiety, and low self-esteem. Nomophobia (Phone attachment) was FOMO triggered by compulsive checking behavior which was when people had time to proactively browse their internet-enabled devices such as smartphones, “always” checking on social media, frequently “active” through the many social-related notifications received for the day to which there was an urge to respond immediately (Elhai et al., 2021). In line with this, excessive screen time comes along, as cited in Neophytou et al. (2021), prolonged sensory stimulation from excessive screen engagement may have a detrimental effect on brain development. Excessive smartphone usage in adolescents and young adults may raise the risk of cognitive, behavioral, and emotional issues, as well as the chance of early-onset dementia in late adulthood. Reduced self-esteem, increased prevalence, the severity of mental health difficulties and addictions disrupted learning and acquisition, and an increased risk of early cognitive decline are all connected with increased screen use.

Therefore, future research should broaden research methodologies and investigate the long-term effects of excessive screen time on cognition and mental health in different populations and contexts; a need to inform the public by developing a policy addressing social media use and excessive screen engagement. Another issue that young adults faced was unproductivity, as expressed, *“When you scroll through your news feed, you forgot about the time, and you just realized that it consumes you doing nothing at all the whole day, aside from scrolling and scrolling. It makes me unproductive even at work.”* According to Odusanya (2020), workers should be well-acquainted with the risks of social media. Because of the misuse of social media, some people attempt to do as little work as possible. In Aguenza et al. (2012), the Nucleus Research survey of corporate employees, 77% of them browsing websites during work hours resulted in a 1.5% decrease in employee productivity for firms that enable access to social networking sites in the office (Gaudin, 2009). Employee productivity has decreased because of addiction and excessive behavior, googling, and uploading images that have nothing to do with the company. But those who have appropriated the use of social media have a strong work ethic and discipline. Furthermore, this sensible use of social media allows devotion and optimum employee performance as well as imbues employees with accepted ideals that guide their work conduct, causing them to generate high-quality work. Such individuals were described as dependable, devoted,

hardworking, cooperative, and self-disciplined. The absolute proposed solution was proper supervision and performance policies. Moreover, working young adults experienced sleep disturbance due to uncontrolled social media interactions which occurred due to not wanting to lose out on these opportunities. This could result in people adopting poor sleep hygiene, which can harm their sleep quality.

Based on research, increased use of technology and social media may damage their sleeping patterns/habits (Adams et al., 2017; Woods & Scott, 2016). Additionally, the inherent issues that younger adults faced today included online toxicity, fake news and scam and fraud. Online toxicity, in this study, refers to the oversharing of negative posts about other individuals whining about personal issues (family, relationships, social). People have turned social media into a ranting ground. As previously said, social media was rampant with bashing, bullying, and demeaning. Working young adults felt obnoxious in the e-community as a result of this. Because online negativities were common on various sites, some researchers developed a classifier that works well across multiple platforms to address these emerging challenges that affect many users. Their research showed that there was a possibility to train classifiers that can distinguish harsh statements across several social networking sites with high performance and a manageable number of false positives and negatives. They identified the best available detector, BERT, an online negativity scanner. (Salminen et al., 2020). Conversely, misleading news was all over the sites and based on the participants' experiences. They claimed not know what to believe anymore on social media. For working young adults, they needed to be on the go, be updated on current news, know what was happening. It had caused distress and various kinds of destructive effects among social network users, especially when timely intervention was absent (Wu et al., 2016). Facebook was the most prevalent application where misinformation circulated. Based on some scientific work, there were numerous reasons why people shared false information on social networking sites.

Aside from social, there were cognitive, political, financial, and malicious factors. However, they found that social factors played a significant role in the dissemination of fraudulent posts with a person's urge to adjust their actions, beliefs, and views to fit in a particular social group. The drive of social media users to improve themselves on social media platforms may blur the line between factual and false information. As a result, users will publicize information even though it is propagated to get social approval and improve their image (Celliers & Hattingh, 2020). Furthermore, a lack of awareness about specific situations or events may contribute to misinformation dissemination. In line with this, fact-checking was suggested. Consequently, scams and fraud were critical issues in today's age, as well as data privacy. Government agencies, search engines, social networking sites, hospitals, financial institutions, and other organizations used databases to gather and store large volumes of data. Individuals may misuse recorded information that was important to them. The same threats that appear in the physical world, such as theft, fraud, and abuse, exist in cyberspace, as does an identity thief. As stated by

a participant, "*Meron kasing iba't ibang tao na gumagamit ng ibang pangalan or ibang pictures, 'di ba? Para lang makapanloko ng tao, identity theft, kesa yun yung gawin nila, gawin nilang productive yung Facebook or Messenger.*" [So, one must use Facebook, Messenger, and other apps wisely, not to use them for scam or trolling purposes. Different people use different names or pictures, isn't it, just to scam others, identity theft.] Some networks, such as Facebook, have been used to extort money from others by impersonating well-known or influential persons. The possible harm and danger during this technological time were uncontrolled information sharing.

It may be used later to ruin one's image and threaten people. People should be aware of the various options available on these systems for privatizing their accounts and avoiding malicious actions on these sites. Although information policies were specified, Abdulahi and Samadi (2014) observed that many were unconsciously mindful. Even if they had known or browsed these guidelines, they were unaware of the potential repercussions. According to their findings, significant users were unaware that their personal information was being disclosed, or worse, hacked, on these websites. Because of their naive attitude, they wind up disclosing confidential information to unauthorized individuals. The researchers inferred that social networking sites had a detrimental influence on users' privacy and security concerns. Hence, while publishing material on social media, one should be cautious. From scamming and spear-phishing risks to malware spreading, one should carefully scrutinize each post, message, and link before engaging with or sharing it. They claimed that these pieces of information were leaked and shared with third parties for marketing reasons, therefore jeopardizing one's privacy. Knowing one's rights was the key to preventing these instances. In the Philippines, there was no official law regarding social media privacy (Brutas, 2015). However, there are several laws and judgments dealing with privacy in general. But, based on the Cybercrime Prevention Act of 2012, which was the nearest act enacted by the legislative government to deter cybercrime and technological exploitation. It encompassed 31 sections spread across eight chapters, with the incarceration of various offenses including unauthorized access (hacking), data interference, device misuse, cybersquatting, computer-related violations such as data theft, along with content-related charges like cybersex and spam, among others (ibid).

Therefore, it was imperative, in this time to implement laws to guarantee persons' rights in digital media. Not only should a statute be drafted, but there is need to create guidelines, social media policy to protect children from the overuse of these sites. As previously said, it may cause maladaptive behaviors and trigger fear of missing out (FOMO), which can undermine someone's lifestyle and well-being. Likewise, these sites can compromise their privacy and security outside the world of social media. Education about the benefits and drawbacks of social media is required. In that way, the users might avoid harmful consequences in their lives because of excessive and obsessive exposure to these platforms.

Coping. As per data acquired, young adults aim to remain cautious and accept reality to overcome feelings of missing out (FOMO) on social media, which is for the emotion-focused coping mechanism. Participants believed that being vigilant and keeping a keen eye on their actions and others' doing was preferable. The line "Think Before You Click" was used countless times. As earlier noted, there were a lot of scammers and illegal activities on these sites. Defamed profiles were used for thefts and other types of cybercrimes. They believe the only way to prevent such an experience is to be cautious at all times. In parallel to this, while online dating is popular at present, scammers also use these platforms to play with other people's emotions, to take advantage of their vulnerability, to mislead them. As expressed by the participant, "*And, sa mga scammers, nag-iingat na lang ako, bago mag add ng "friends" sa FB dapat kilalanin muna sila ng lubusan. Huwag agad magtiwala. Maging mapanghusga bago magtiwala agad-agad.*"

[And, for the scammers, I am being cautious; before adding a "friend" to my Facebook friend lists, I should get to know them first. Don't put your confidence in just anyone. Before trusting people, judge them first.] Making friends online was fine, but trusting people at first glance, in a quick manner was too risky. The digital world was not the same as reality. As advised, don't get easily swayed by people online, because their images were fabricated to please the public's eye. Another was learning to embrace reality as it was, to live in the moment, to understand that things might not go as planned; learning to welcome their current circumstances, the people they met, and who they were. They believed that conquering FOMO comes from within the person, from having a positive outlook and being optimistic about everything. They conveyed their certainty that they were not being overlooked by their peers or acquaintances, and that it was not their season or time to reap the fruits of their labor, but that time will come. Everyone has their own time, according to God's plan. Thus, conquering FOMO entailed believing in oneself, having an open mindset, having positive self-esteem and self-worth.

Under the problem focused category, the themes were about: social media detoxification, fact-checking, blocking, filtering, unfollowing, changing to private settings and exploring new hobbies. Social media detoxification was a term used to describe the process of excluding oneself from social media. Detox referred to voluntary efforts to reduce or eliminate social media use and improve one's health (El-Khoury et al., 2021). It was one way to overcome the fear of missing out and negative feelings that may come into play. The findings in this study were similar to the views of Hunt et al. (2018) which indicated that limiting social media usage to at least 30 minutes a day could result in a substantial increase in happiness and may decrease anxiety.

It may also lead to positive change in mood and improved sleep during and in the immediate aftermath of the detoxification period (El-Khoury et al., 2021). Fact-checking has been emphasized since social media was flooded with fake news and

postings that appeared to be too good to be true. People's knowledge can be harmed by misinformation, especially in terms of health-related information. In some instances, there was misleading propaganda regarding individual politicians in politics. It may or may not assist them by increasing the number of people who vote for them. Misinformation was a concern. Therefore, extensive research and scrutiny were required from validated sources. Chung & Kim (2021), fact-checking decreases the likelihood of sharing the content of bogus materials online. When fact-checkers invalidated the fabricated information, participants considered the material to be of lower quality and concluded that the content influenced others more than themselves, demonstrating a typical third-person viewpoint (TPP). Greater TPP, as a consequence of fact-checking data, resulted in lower intentions to share posts on social media. Thus, one way to prevent fake information postings was to do comprehensive study; it was essential to examine the authors' credibility; to be informed and educated of specific reasons and concerns. As responsible users, what they shared may affect others' views and actions based on what they saw and input on their cognitions. Another approach was blocking, filtering, and unfollowing. Due to the unpredictable nature of social media, participants tended to block, filter, and unfollow specific posts.

One participant stated, "*Filter posts that may trigger your anxiety. Minsan kasi toxic din yung mga ibang posts and sensitive. Tapos ina-unfollow ko din yung about sa politics, tungkol sa mga love affair, yung wala naman maitutulong sa growth ko, parang ang toxic kasi pag pumapasok sa isip mo, 'di na maalis. Siyempre, kailangan din nating ingatan yung pumapasok sa isip natin, kasi minsan sila yung naglalaro sa isip natin pag wala tayong ginagawa, kaya mas maganda na lang na iun-follow yung mga ganung bagay.*" [Sometimes, some posts are toxic and sensitive. I also unfollow those about politics and love affairs; which do not contribute to my growth and are toxic when they cross your mind. We need to be careful of the things we put to our mind, because they linger sometimes. It is better to unfollow those kinds of things.] Similarly, based on a study, individuals disengage from online because of the aggression and rudeness of some users. Aside from these, the main reasons would be their differing points of view in life, especially about a political disagreement that others may find offensive, unacceptable sacrilege, and things that were considered taboo and may cause anxiety or disturb their peace (Baysha, 2020). They found that weak ties were more likely to be filtered from social networks because breaking weak ties relationships had a lower social cost and produced less social anxiety than severing stronger ties (ibid). Users who spent more time on social media were more likely to be literate on such platforms. Media literacy had been found to increase the likelihood of participating in post hoc filtration, as a sort of personal connection boundary maintenance. These measures were also effective at maintaining equilibrium in social media.

Because some postings may bring them anxiety and stress, users should be aware of the many features available in screening people or content that may result

in a negative experience on these sites. On that note, changing to private settings may be applied. It addressed the specific steps users take to regulate the flow of information to different individuals throughout their networks. As per reports, variables such as gender play a role. Women, on average, configure their accounts secretly, whereas most males do not (Madden, 2012). They restrict who may view their posts and profile; want only their family members to know what is going on in their lives. Stated by a participant, *"From a public figure account, I make it private...because I finally don't get to see toxic posts..."* There is no articles regarding the effect of changing one's account into private one, but, as claimed, it gives them the control of not viewing negativities on social media as it may also have an impact on their mental health. Studies about this must be explored further as this generation was more inclined and advanced on these technological services. However, as it also has a positive effect, it may also have drawbacks. This needs to be studied for future reference. As such, instead of full-time hours on digital, it was also suggested that users may try to explore new hobbies as way to overcome their FOMO. Reconnect with the present moment, with reality outside of the online world. The researcher urged people to spend time and directly engage with family and friends; create relationships, and get back to fundamentals by connecting with nature and the real world. Discover hidden talents and learn new abilities. Disconnect to connect.

As previously mentioned, fear of missing out (FOMO) was associated with negative consequences. It can lead to maladaptive behavior, addiction, anxiety, depression, negative effects on well-being, poor sleeping patterns and many emerging problems to relating to mental health. Therefore, individuals must be cautious and take control of their social media use. Taking up new hobbies may help them redirect their attention to more productive activities.

Insights and Realizations. Two (2) themes emerged on this category, prescriptive and descriptive. Under prescriptive, there was the need to maintain a healthy use of social media. For descriptive interpretation, big part of the world is social media and being grounded on reality. Maintaining healthy social media usage entails utilizing social media in moderation and detoxification from these platforms for a while. Since social media is addicting and full of toxicities, it may hamper their healthy lifestyle, productivity, and mental health. When individuals feel like they're intoxicated with these sites, posts, people, and anything else that is giving them a poor experience and may disturb their comfort and convenience, social media detoxification was recommended as a positive approach. With respect to previous studies, limiting social media use decreases the likelihood of FOMO and other related psychological problems such as anxiety, loneliness, depression (Hunt et al., 2018) and addicted internet behaviors. On a positive note, social media detoxification promotes positive well-being and a healthy lifestyle. Previous studies implied that restricting social media use and taking a break from SNS for even 30 minutes per day might result in a considerable boost in life satisfaction (Hunt et al.,

2018; Hinsch & Sheldon, 2013).

Consistent with the findings of this study, most participants claimed being offline for a while had made them far more productive at work. With this, they avoided negativities, resulting in less tension and stress from the toxic world of social media.

A big part of the world is social media. People recognized the use and importance of social media. It was used as an alternative and a way to connect with people all around places, especially during this pandemic. Individuals' use of social media was strengthened as a result of COVID-19 restrictions, and those experiencing FOMO attempted to manage their fears through a massive/problematic SNS use, aided by their preexisting attitudes toward online communication, which may have been reinforced, on their own, by this specific situation of social-distancing. As per a study, researchers suggested that individuals spent more time on social networking sites (SNSs) during the pandemic, particularly women (Gioia et al., 2021). Businesses, corporations, and other organizations were already adopting internet transactions, making them easy and accessible to a majority of people. They adapted quickly to the changes in work style ethics due to the current situation. Otherwise, even though social media was quite convenient. There were also negative consequences. People came to realize to be more grounded in reality. Everything on social media was not the real deal. It was to stay in touch with reality, building relationships that can be seen and last a lifetime. Individuals must not be too focused on the digital world. That validation comes from accepting who they were. No amount of likes and reactions can validate them.

Limitation of the study

In general, the present study is still unknown. Only a few researchers have undertaken this current research. The participants' gender, ethnicity, environment, and degree/level of social media use might play a role in how the participants will respond to the researcher's query. This study will not look at these mediating factors.

Likewise, the group size for the study should be replicated by future researchers to cater to large groups and diverse population samples and to generate more valid hypotheses from the collected themes.

Besides, the referred participants may not be the best possible candidates; they may be chosen out of convenience and not include those who face problems and issues with regard to their SNS use and social media engagement. Another concern includes informing the intended participants before the case study interview session. They may "fake" their responses to get favorable views from others (faking good).

Lastly, given the rapid advancement and developments on social media

engagement and SNS use, the participants' responses should be taken into consideration for temporal validity.

Conclusion

Young adulthood is the stage where individuals need stability in terms of relationships, financial status, job/career, and when they seek meaning and purpose in life. The participants, being in this age group, were driven to be more adaptive, competent, and flexible in all aspects. Based on studies, social media contributed to identity formation by facilitating reflexivity, or the process of reflecting on themselves and how others saw them. Social media played a part in shaping one's belief system and perceived social norms. According to Social Cognitive Theory, through vicarious observation and interaction, people gathered vital information from others that could help direct their behavior and beliefs. They could learn through modeling, "electronic acculturation." Digital and social media were readily accessible mediums through which young adults can learn, explore and discover various things. Hence, they used social media pervasively for such reasons. Social media was a big platform in establishing and forming networks. It could help in building their self-esteem towards connecting with their peers and social circle. Social media appeared to be an accessory that strengthened their existing relationships in real life. It provided numerous opportunities for communication, information, livelihood, leisure and entertainment, and more. It was an essential tool to bring in reliable data in various fields, including finance, culture, research, crisis management, and politics, most of which they needed to have on hand to flourish in everything they do. Working young adults used social media heavily because it played a critical role in their job.

Social media use happened in their actual workplace; the production and management used social networks for monitoring, dissemination of information relating to the work or their organization, all examples of professional use of social media. Organizational use of social media could exist on both public social media channels and internal business platforms. If their concentration failed and the line between work and pastime was hard to draw, it could also lead to fatigue and burnout. Some studies were needed to fully grasp the benefits and drawbacks of using social media at work. In line with this, the present study explored the motivations, feelings, benefits and functionality, challenges, coping, and insights of working young adults in using social media platforms.

The findings of this research showed that although social media was beneficial to humans in many ways, it also showed a negative impact. Being on social media for too long could cause physical symptoms. It could also have a detrimental effect on the individual's psychological being. It may also cause the FOMO phenomenon. Workplace FOMO was driven by missing out on urgent and primary tasks and opportunities at work. Consequently, this could cause tension and stress for the employees.

They may unceasingly check their computers and mobile gadgets for constant updates related to the subject matter. As was stated in a study, fatigue (burnout) and compulsive checking behavior were brought about by FOMO. Generally, FOMO seemed to be a significant factor/predictor of employees' behavior and psychological well-being.

The FOMO felt by the individual may cause anxiety or, worse, depression may surface. Instead of being constantly in social media, young working professionals realized that it was better to find something to do outside of it.

Therefore, social media detoxification or keeping away from the virtual community was proposed as a positive means to alleviate potential FOMO. Studies showed that social media detoxification improved mood, behavior, sleep patterns/habits, professional activity, health, and overall well-being.

Addressing the motivations of working young adults in using social media became an eye-opener for the general public and respective authorities. Through these ideas/insights, they may prevent SNS addictions and negative feelings like anxiety and depression. This initiative may contribute discovering more about the experiences of working young adults on social media that have received little attention. Along with how it affects their career and lives in general. More research is necessary, especially when young individuals spend the considerable time on social media platforms. On a daily basis, these social networking sites were used. Individuals grew attached to them primarily because of communication and information. But, more importantly, is everything that they saw and read on social media true? Misinformation appears to be the most crucial issue, aside from internet toxicity. What effect will this have on their mental health? It has to be scrutinized. The government should address these concerns, and public authorities may adopt social media policies to regulate how these sites were used. Excessive use of social media, according to research, is harmful to one's health. They have little control over what others see; there may be violence, sensitivity, or traumatic posts that may trigger their anxieties, resulting in a variety of mental health issues. When numerous individuals access these networks, these must be carefully reviewed for disinformation. This information, whether true or false, may have an influence on individuals, and these posts will be visible for a long time online. Authorities should monitor posts that have been identified as fraudulent and could be used to corrupt the minds of individuals.

Implications of findings

This undertaking may help to design and develop an intervention program for emerging maladaptive behaviors brought about by the new FOMO phenomenon in social media and SNS use. Compulsive social media use may lead to different kinds of psychological problems, which might turn into social media addiction,

Nomophobia, or new emerging clinical disorders about social media engagement.

Research on intrinsic and extrinsic motivations about FOMO in social media may prevent these negative tendencies and psychological problems by assessing, evaluating its role. Intervention and coping strategies may also be included in such programs and activities that address these underlying motivations.

Public authorities, the government, mental health practitioners, and institutions may regulate policy regarding social media engagement and SNS use. They may limit individuals, especially young adults, in their screen time on their mobile phones and gadgets. Thus, these may cause social media addiction, the emerging problem of this digital period. Future researchers may try to investigate the different mediating factors that lead to maladaptive behaviors and addiction. They may also try to look into the relationship of the individual's underlying motivations, age, gender, environment, ethnicity in the aspect of social media engagement and SNS use.

Generally, the Department of Social Sciences and Psychology has been missing an understanding and knowledge about the fear of missing out (FOMO) phenomenon of social media; many things are still unknown and have yet to be discovered.

Recommendations

This research supported mediation strategies and intervention programs concerning excessive social media use among young adults. Exploring more motivational analysis was promoted to prevent maladaptive actions with psycho-emotional disorders such as compulsive checking behavior, Nomophobia, and other SNS addiction. The researcher made the following recommendations:

That with the results of this research, concerned authorities may implement a policy regarding social media use. The school and/or the workplace may impose a specific schedule allowing students and/or employees to go online and for them to strictly adhere to. Moreover, in order to address misinformation online in this generation, the government should examine the problem and take appropriate measures. Review previously posted online content, and develop or build a system that can detect fraudulent content.

That HR personnel, concerned school and company officials may conduct seminars or include in their orientation the possible dangers of FOMO on social media. They may also create an awareness campaign regarding FOMO on social media since the public still does not have enough knowledge about this phenomenon. Promoting positivity and resiliency to their employees especially in times of fatigue and burn-out that will lead to FOMO and other internet addictions.

They may also develop techniques to assist workers in overcoming excessive social media usage, reduce their use of SNS, reinforce their productivity and promote positive reinforcement at work.

Guidance Counselors, HR Practitioners, and other concerned officials may include in their scope of responsibilities providing updates on the challenges posed by technology to people's well-being. This would include both the advantages and disadvantages that technology brings into the school, the workplace, and the home, to empower their students and to help build self-esteem and self-worth and prevent FOMO tendencies; that validation comes from within, rather than from others or from social media. Being more authentic to themselves and not comparing themselves to others or how social media users perceived them.

This research may notify the clinical practitioners to combat excessive social media use and potential risks of SNS addictions.

Educators, counselors may try to educate the youth, the working professionals, and concerned citizens about FOMO. They may consider counseling and psychological first aid only if they feel and experience the FOMO phenomenon on social media.

Young adults may try to devote their time and energy to activities and interests that are productive and may lead to actual self-improvement. To address their need for communication, instead of staying online, they can make time for their significant others, to bond and build their relationships in an actual, face to face manner rather than just virtually.

Have a nature date with family; talk with them about what happened in their day, instead of posting it online. Go to the church and make time to eat together. Be present, connect with the world, and nurture genuine relationships rather than being detached from reality and focusing on the virtual world. For livelihood, they can do arts and crafts, baking, cooking, dress making, grow plants in the backyard (farming), and making someone's hobby generate an income; all these would prove to be more fruitful. For competence, they can try to learn new things like reading a book, gain insights and knowledge about random stuff, and be cultured. For their leisure and entertainment, they can exercise (Zumba, yoga), go biking, trekking, swimming, all positive elements for an improved lifestyle.

A program about social media use for working professionals may be developed for future use as it is an area that, as of this time, is still largely neglected by Psychology researchers. Given the dismissive effects of FOMO, Social Psychologists must be at the forefront of studying FOMO, doing research, and developing ideas that one day might help people cope with those events, possibly by changing their negative thinking habits, feelings, or behavior against FOMO. It is

also essential to look at FOMO mediating influences (gender, the impact of their peers, family relationships, teachers, etc.).

Emerging Framework

Shedding light and finding the answers to the questions in this study were derived from the participants' experiences, motivations, and perceptions on social media, leading the researcher to design a framework. The study's key findings confirmed that FOMO and social media usage played a significant role in developing maladaptive internet use in young adults. Some factors may contribute to the life of these young adults inside and outside the new social milieu, including the interplay of FOMO and social media.

The right-pointing orange arrow contained all the negative experiences identified by the participants. Specifically, these included problems that may affect their well-being, such as negative social comparison (FOMO), Nomophobia, excessive screen time, unproductivity, and sleep disturbance. Furthermore, inherent risks such as online toxicity, fake news, scams, and fraud were rampant. These different aspects may have an impact on the life of individuals.

On the opposite field of the right-pointing orange arrow was the left-pointing one consisting of all the benefits of FOMO on social media as experienced by the participants. These benefits were highlighted by social purposes as a primary means of communication, connectivity, and work productivity. For personal needs, it is a source of information, inspiration, motivation, relaxation, self-expression, and entertainment.

On the bottom, the yellow light bulb signified their realizations on social media use with regard to their negative and positive experiences having Fear of Missing-Out (FOMO) tendencies.

The arrow pointing upward symbolizes that the working young adults may overcome Fear of Missing-Out (FOMO) on social media if they have acceptance of reality, stay vigilant, do fact-checking (self-awareness on the negative consequences of the phenomenon of FOMO on social media; information must be thoroughly research), social media detox (having a healthy lifestyle; taking care of their wellness and well-being by keeping one's time away from the techno-world), blocking, filtering, unfollowing (prevents them to see triggering posts that can affect their mental health and peace of mind), changing to private settings (avoidance of online toxicities) and exploring new hobbies, instead of social media, devoting their time to more productive aspects in their lives would allow them to transcend the adversities of this time and beat the Fear of missing out (FOMO).



Figure 1. Emerging Framework: Overcoming Adversities and FOMO on Social Media among Working Young Adults

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